**Fueling for energy: How to Fuel your body for exercise**

**Part One: Fuels**

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|  | **Fats** | **Proteins** | **Sugars** | **Carbohydrates** |
| **What are they** |  |  |  |  |
| **What type of energy do they give us?****Quick or lasting** |  |  |  |  |
| **How easy are they to digest? How long does it take?** |  |  |  |  |
| **Examples** |  |  |  |  |

What fuels/sources does our body deplete while exercising and exerting energy? Short term , long term?

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**Part Two: Pre- Activity Fueling**

What types of foods give us lasting energy? Why? List examples

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What type of food should we eat prior to a strenuous activity? Why?

Night before:

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Couple of hours before:

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**Part Three: During**

What types of food give us quick energy? To help Maintain energy and maximize  performance? Why? List examples

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What is the glycemic index (GI) and what does it mean?

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What foods should we **avoid** during activity and why?

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What types of foods hydrate us?

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| water,  |

**Part Four: Post Activity**

What types of food replenish sources after an activity and help us recover?

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**Part Five - Plan for your performance:**

Putting all this information together. Choose a recipe for a post activity snack.

Why did you choose this?How does it replenish our energy sources after strenuous activity?

Include brief description and link

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