

NAME: _____

CHAPTER 5 WORKSHEET

NUTRITION AND SUPPLEMENTS

MATCHING—Match the following *vitamins* with the appropriate response.

- | | |
|----------------------------|--|
| _____ 1. Vitamin A | A. Contributes to general good health; main vitamin derived from sunlight |
| _____ 2. Vitamin B complex | B. Essential in energy metabolism of muscle and development of red blood cells |
| _____ 3. Thiamine | C. Works with riboflavin and thiamin and enters into enzyme reactions |
| _____ 4. Riboflavin | D. Essential for cell building; resists infections, prevents night blindness |
| _____ 5. Niacin | E. Closely interrelated to and involved in various enzymatic actions |
| _____ 6. Vitamin B12 | F. Least stable of all vitamins; essential for repair and healing of wounds |
| _____ 7. Vitamin C | G. Important for proper and complete utilization of carbohydrates |
| _____ 8. Vitamin D | H. Essential to certain aspects of nerve tissue and cell respiration maintenance |

MATCHING—Match the following *minerals* with the appropriate response.

- | | |
|--------------------------------------|---|
| _____ 9. Potassium | A. Assists in formation of some amino acids |
| _____ 10. Calcium | B. Regulates body's synthesis of hemoglobin |
| _____ 11. Sulfur | C. Important for muscle contraction |
| _____ 12. Phosphorus | D. Activates certain enzymatic reactions |
| _____ 13. Iron | E. Important role in development of strong teeth and bones |
| _____ 14. Manganese, copper and zinc | F. Important in the transport of fatty acid and energy metabolism |

MATCHING—Match the following *nutrients* with the appropriate response.

- | | |
|-------------------------|---|
| _____ 15. Carbohydrates | A. Utilized when carbohydrates are depleted |
| _____ 16. Proteins | B. Organic compounds present in natural foods that act as regulators or catalysts |
| _____ 17. Fats | C. Makes up approximately 75% of all protoplasm and is necessary for life |
| _____ 18. Minerals | D. Organic compounds of carbon, hydrogen, oxygen; primary source of body fuels |
| _____ 19. Vitamins | E. Necessary for proper maintenance of metabolic processes; potassium and calcium |
| _____ 20. Water | F. Have building & repairing properties; help resist infection and aid healing |

SHORT ANSWER

21. What functions do *proteins* perform? _____

22. What is meant by "non-essential" amino acids? _____

23. List the *fat-soluble* vitamins. _____
24. List the *water-soluble* vitamins. _____

25. Describe the practice of *carbohydrate loading*. _____

26. What are some *nutrient/dietary concerns* you should have if one of your athletes is a vegetarian? _____

List some guidelines to follow in establishing a *pre-game/event meal*.

27. _____

28. _____

29. _____

30. _____

31. _____

ESSAY

32. In what ways should diet differ between athletes and non-athletes and why?

33. If one of your athletes wanted to lose *fat* weight, what guidelines would you give them to lose the weight safely?
