

INDIAN SCHOOL AL WADI AL KABIR

Class 12 – Physical Education

UNIT 5- SPORTS AND NUTRITION

Date: _____

Worksheet 2

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is **not** a healthy method of weight control?
 - a) Regular exercise
 - b) Skipping meals
 - c) Balanced diet
 - d) Drinking water
2. Food intolerance differs from food allergy because:
 - a) It is life-threatening
 - b) It is caused by the immune system
 - c) It usually involves the digestive system
 - d) It needs immediate medical attention
3. Which of the following is a **food myth**?
 - a) Skipping meals helps in weight loss
 - b) Fruits are a good source of fiber
 - c) Water helps in digestion
 - d) Balanced diet is necessary for athletes
4. When should athletes consume carbohydrates for **peak performance**?
 - a) Only after competition
 - b) Only during training
 - c) Before, during, and after competition
 - d) Not necessary for athletes

♦ Section B: Very Short Answer (2 Marks Each)

5. What do you understand by the term “healthy weight”?
6. Give one example of food intolerance.
7. Define food myth and give one example.
8. State one key dietary recommendation for post-competition recovery.

♦ Section C: Short Answer (3 Marks Each)

9. Mention any three pitfalls of dieting.
10. Explain two signs of food intolerance.
11. Write three dietary considerations for athletes **before** a competition.
12. Why is hydration important **during** a sports event?

♦ Section D: Case Study (4 Marks Each)

13. Rahul is a football player who skips breakfast, eats fast food regularly, and follows fad diets to maintain weight. He often feels tired during games.
 - Identify his dietary mistakes.
 - Suggest three corrective measures.
14. An inter-school athletic meet is approaching. The PE teacher wants students to maintain optimum energy levels.
 - What should be the pre-competition, during, and post-competition dietary advice given to them?

♦ **Section E: Long Answer (5 Marks Each)**

15. Discuss the concept of food intolerance and explain how it is different from a food allergy. Also mention its impact on athletes.
 16. Describe the **role of diet in sports**, highlighting pre-, during-, and post-competition nutritional requirements.
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