

# Iceland

## Liechtenstein

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Scenario for a PE lesson in the classroom.... For the implementation of the project

Topic: "SUPLE!" - what are nutritional supplements? Can they replace healthy food? Will they make you faster, stronger, more resilient?

General objective: The student will learn - what dietary supplements, nutritional supplements are and what effect they have on the human body.

Operational objectives:

The student will:

- will learn the concept of dietary supplements
- will learn what effect supplements have on increasing physical fitness and whether they actually have
- what overuse of supplements and nutrition leads to
- justify that a proper diet can replace the need to take supplements and nutrients supplements

Method: Informative lecture, description, concept map

Form: Individual

Didactic aids: film, multimedia presentation, notice boards

#### COURSE OF THE LESSON

##### **I. Introductory part**

Explain the terms: food supplements, nutrients (protein,

Carbohydrates)

Multimedia presentation about types of nutrition and supplements.

- Dietary supplements: are foodstuffs whose purpose is to supplement the normal diet, i.e. they are foods, not medicines. They allow us to supplement our diet with vitamins, minerals, antioxidants, probiotics or other nutrients. They are most commonly found in the form of tablets, capsules, powders or liquids.

Supplements (e.g. Protein) - one of the dietary supplements can be protein supplements, which are food substances targeted at people with an increased need for protein that provide complete protein. Such people may be athletes, people who work hard physically, or elderly and sick people



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who have difficulty taking normal meals. That is to say, these are nothing more than specially prepared preparations designed to supplement protein in the body.

Carbohydrate supplements - Analogous to protein supplements, carbohydrate supplements are specially formulated products designed to supplement carbohydrates in the daily diet. Such supplements are needed, for example, by athletes participating in endurance sports such as long-distance runners, cyclists and ultra marathon runners.

**II. The essential (main) part**

Lecturer: Let's ask ourselves, then, can dietary supplements, nutritional supplements and other man-made foods in laboratories replace healthy, natural foods? Will they only supplement our diet, or in the case of sick people or, in the case of sick people, a necessity. After all, vegetables, fruit, meat and dairy products also contain protein, carbohydrates and minerals. minerals.

Click on the [suple] icon, watch the videos and then complete the tables by inserting the relevant items in the appropriate places.

- youtube: Jacek Bilczynski - Protein supplements vs food
- youtube: Vegetables that contain a lot of protein
- youtube: Diet with Ajwen#14- Best sources of carbohydrates KFD

Items to be pulled: beans, chickpeas, peas, corn, spinach, lentils, fish, prawns, eggs, sirloin, pork loin, ham, yellow cheeses, quark, cottage cheese, potatoes, bananas, buckwheat groats, nuts

|                         |              |
|-------------------------|--------------|
|                         | healthy food |
| protein supplement      |              |
| carbohydrate supplement |              |

**Lecturer:** So if we conclude that healthy food is the best solution, then complete the sentence by choosing the correct wording:

Vegetables, proteins, carbohydrates, cereals, fish

If I just eat a lot of....., ....., ....., rich in ..... and ..... I won't need to take any nutrients or supplements.

Fixing phase (too many of these 'supps')

Lecturer: Now let's focus on the effects on our body of the effects on our bodies of excessive, uncontrolled intake of nutritional and dietary supplements dietary supplements using whey protein, carbohydrate supplements and amino acids. I therefore propose a game. You will see tiles on the screen with the symptoms and effects of abusing the above-mentioned nutrients and supplements

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and the symptoms of healthy eating. When you start the the game, you will also see a large bag into which you have to throw all the bad and undesirable effects.

Here we go - good luck!

Abdominal obesity

Overweight

Fit silhouette

Nudity

Diarrhoea

General enjoyment

Good digestion and metabolism

bloating

hypertension

skin changes

headaches

kidney failure

sleep well

activity

### III. Concluding part

As we have seen from our reflections: with nutrients and dietary supplements it is like with most other specifics. It is important to use common sense and if, for whatever reason, we have to take them, we should do so in accordance with recommendations and under the supervision of coaches, doctors or parents. under the supervision of trainers, doctors or parents. You should also not buy these kinds of products yourself, always under parental supervision.

Task:

Let's play out a scene involving 2 people:

No. 1 boy: fascinated by pictures of bodybuilders, who claims that if he eat a lot of protein supplements and amino acids and carbohydrates you don't have to train that hard to be like the bodybuilders in the photos.

No. 2 is the person who will try to convince No. 1 that supplements alone are not supplements alone are not enough and, in addition, you can develop a number of problems such as: overweight, skin changes, kidney failure and others.

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