

Script:

How Much and What to Eat to Practice Sports? Positive and Negative Nutritional Balance

- Presentation with Text and Video
 File: How Much and What to Eat to Practice Sports? Nutritional Balance Part 1.mp4
- 2. Exercise Phase Task and Presentation with Text (Conclusions)

Command: To organize our knowledge, let's complete a task. On the screen, you will see figures of three athletes:

Bodybuilder – 1 Runner – 2 Sumo Wrestler – 3

and various types of food products and meals.

Drag the appropriate tiles to the corresponding athletes.

File: How Much and What to Eat to Practice Sports? Nutritional Balance Part 2.mp4

3. Presentation with Text and Exercise Phase

File: How Much and What to Eat to Practice Sports? Nutritional Balance Part 3.mp4

Command 1: Complete the sentence: A poorly balanced diet and a negative balance in a young athlete can lead to... Select the correct answer:

- Excessive laughter
- Weight loss
- Lack of strength
- Lack of energy
- Desire to train with more commitment
- Lack of training progress

Command 2: How many calories must a 12-year-old student provide to their body to avoid a negative caloric balance if they burn 800 kcal daily? Submit your calculations on the platform.

[&]quot;Strengthening the health awareness of primary school students with the use of modern forms of education" benefits from funding worth EUR 240,000.00 received from Iceland, Liechtenstein and Norway under the EEA Funds. The aim of the project is to increase knowledge and develop habits regarding proper patterns of a healthy lifestyle among students of grades IV-VI.