

Script:

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

1. 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.*