



Bletchley & District Swim Club

Affiliated to the ASA South East Region and the Oxon & North Bucks ASA

ARE YOU EATING TO WIN?

Help us to help you by completing a short questionnaire, please return to Alison next Saturday morning, a small reward may be given to all those who return their sheets!

NAME

1. What is your favourite meal?

.....

2. What did you have for lunch on Friday?

.....

3. How much do you drink in a day, & what sort of drinks?

.....

.....

4. How much should you drink in a day?

.....

5. How much should you drink whilst training?

.....

6. What should you eat before the morning session of training?

.....

7. What do you think is best to eat the night before a competition?

.....

8. What is your favourite snack?

.....

9. What food do you think gives you lots of energy?

.....



Bletchley & District Swim Club

Affiliated to the ASA South East Region and the Oxon & North Bucks ASA

10. Which is better water or fizzy drinks?

.....

11. Is a banana good food to eat?

.....

12. How many pieces of fruit and veg should you eat in a day?

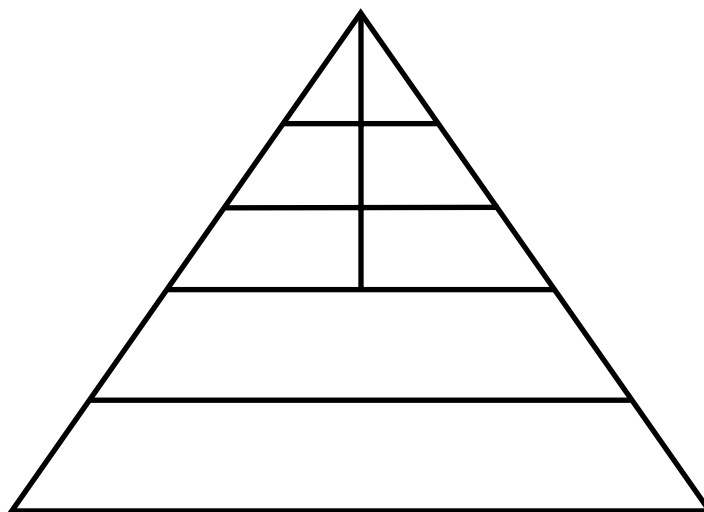
.....

FOOD GUIDE PYRAMID FOR ATHLETES

The food pyramid contains a balance of different types of food, which you need to support your training. These are listed below:

- a) Fats & Oils
- b) Sugars & Sweets
- c) Milk and Yoghurts
- d) Fluids
- e) Vegetables
- f) Breads and Starchy Vegetables
- g) Lean meats, eggs and cheese
- h) Fruits

Place the letter of the food group into the pyramid below, where you think they would give the correct balance of daily food intake to give you maximum energy.



Food Pyramid for Athletes