Grade 12 Olympic Project

1. Work in groups of 2-3
2. Pick an Olympic sport (and hopefully a Canadian athlete)
3. Look up a video of that athlete in that sport (less than 5 minutes – ideally 2014 Olympic footage)
4. Find the following information
   1. Athletes name
   2. Athletes home town
   3. Athletes age
   4. Athletes weight
   5. Athletes height
   6. Athletes BMI
   7. If you can… athletes training schedule

Questions to answer:

1. What does energy balance mean?
2. How many calories does your athlete burn per day?
3. How many calories should your athlete consume per day to achieve energy balance?
4. Why are certain foods good for pre-competition? Give examples of foods and specific nutrients.
5. Why are certain foods good for post-competition? Give examples of foods and specific nutrients.

Select a recipe that your athlete might consume pre or post-Olympic competition. Get the ingredients and method.

Determine if this meal is pre or post and how soon before or far after competition it should be consumed.

We will be making this dish after presentations.

* Presentations: Thursday February 20
* Lab: Tuesday February 25