



Maximizing the Benefits of Food and Activity

Case Study #1:

Nasir loves to run. He's on the school's cross country team and is hoping to contribute to a winning season. He runs every day for at least 60 to 90 minutes. His goal is to build up his endurance. He wonders if there is something he can eat or drink that will help him. The coach really doesn't like energy drinks, but Nasir thinks that these may give him the edge he needs.

Nasir is 5' 10" tall, weighs 145 pounds, and is 16 years old.

What nutrition recommendations do you have for Nasir when he is in training?

What nutrition recommendations do you have for Nasir on the day of a competition?

List your sources of information and your rationale in this chart.

Source of Information <ul style="list-style-type: none"> • Website, include the address and sponsoring organization or individual • Print Materials, include title and date of resource and author's name • Community Resource, include name of organization or individual and qualifications 	Rationale for Reliability

What could happen if he used unreliable information?