

Unit 5: Assignment 1 (Guidance Sheet)

P1: Describe the effects of nutrition on health and fitness

P2: Describe the effects of lifestyle factors on health and fitness

Section 1: Powerpoint (P1)

Slide 1

Create a slide which explains –

- ✓ The difference between a health and unhealthy diet
- ✓ What the problems and health risks of an unhealthy diet are

Slides 2-7

Create a powerpoint slide for each of the main nutrients:

- ✓ Carbohydrates
- ✓ Proteins
- ✓ Fats
- ✓ Vitamins and Fibre
- ✓ Minerals
- ✓ Water

On each slide you should include the following information:

- ❖ What is the role/function of the nutrient? Why does the body need it?
- ❖ How does it contribute to a balanced diet? Why is it important?
- ❖ What is the recommended daily intake (RDI) for this nutrient?
- ❖ Give at least 3 examples of foods containing this nutrient

Slide 8-9

Create two powerpoint slides including information about each of the following:

- ✓ 'Five-a-day'
 - What is it? Why is it important?
 - How might it help us to have a healthy diet?
 - How might this contribute to health and fitness compared to an unhealthy diet?
- ✓ The 'Eatwell Plate'
 - What is it? Why is it important?
 - How might it help us to have a healthy diet?
 - How might this contribute to health and fitness compared to an unhealthy diet?

Section 2: Powerpoint (P2)

Slide 10-15

Create a powerpoint slide for each of the following lifestyle factors :

- ✓ Smoking and Drugs
- ✓ Drinking alcohol
- ✓ Sexual health
- ✓ Sleep patterns
- ✓ Exercise
- ✓ Personal hygiene

On each slide you should include the following information:

- ❖ How can this lifestyle factor affect health and fitness?
- ❖ What illnesses or diseases (minimum 2 for each) can occur as a consequence of this lifestyle factor?
What are the symptoms of the illness?
- ❖ What are the recommendations in relation to this lifestyle factor?