

### **Health and Nutrition**

6. (a) Name ONE food high in fibre. ( 1 mark )
- (b) Give TWO benefits of fibre in an athlete's diet. ( 2 marks)
7. Identify ONE food that is high in
- (i) saturated fats
- (ii) unsaturated fats. ( 2 marks)
8. Tissue damage occurs during exercise. Name the nutrient that is responsible for tissue repair. ( 1 mark )

- 5) (A) Force  $\rightarrow$  3. ~~The body~~  
(B) Mass  $\rightarrow$  4.  
(C) Inertia  $\rightarrow$  2.

## Health and Nutrition

6) barley

7) Fibre strengthens the intestines, therefore if a sufficient amount of fibre is consumed absorption and transportation of nutrients and waste products respectively will be improved. ~~Also, fibre prevents constipation~~ If this is improved the athlete would gain sources of energy faster and digest faster.

Also, fibre prevents constipation and adds bulk to the food. Constipation is a very serious disease, if an athlete does not have to worry about constipation then he/she can focus more on their sport. Also, bulk to an athlete's food will keep the athlete more 'full' or satisfied after eating so that they will not be tempted to overeat.

7) Potato chips

(1) Fish

8) Proteins

## **Physical Education and Sport**

### **Paper 01 – May 2011**

#### Comments

##### Question 6(b):

The candidate correctly identified the prevention of constipation and the addition of bulk and related both to functions of performance.

##### Question 7:

The candidate's response indicated understanding of the relationship between the types of fat and specific foods.

##### Question 8:

The correct nutrient was identified.