

## Teaching the topic of Poverty Youth Social Action through Physical Education

Why is nutrition important? Nutrition is essential for supporting an athlete's general health and training needs. A suitable diet provides a person with enough energy and nutrients to meet the demands of training and exercise. In addition to helping a person perform optimally, it facilitates recovery. <https://www.medicalnewstoday.com/articles/nutrition-for-athletes>

Undernutrition causes children to have less energy and interest in learning during childhood, negatively influencing cognitive development and academic performance. Undernutrition will also affect physical growth and maturation, thus affecting growth rate, body weight and height. <https://www.ausmed.com/cpd/articles/nutrition-for-children>

### Discuss the link between diet and performance.

7	How does the food we eat help physically? Investigate the link between nutrition and energy.
8	Can we reduce poverty by ensuring every child has a healthy meal? Investigate the link between food and energy.
9	How does food impact your ability to perform academically and physically? Investigate what a healthy diet is. <ul style="list-style-type: none"><li>• What do you need to eat if you are training for a sport?</li><li>• What do you eat if you are revising for a maths test?</li><li>• How can we ensure every child is eating such a balanced diet?</li></ul>
10 and 11	Look at the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases. Show Calculations of energy requirements in a healthy daily diet. Create a diet and exercise plan.