

Runner's Balanced Diet

Name _____

A Runner's Story

A long-distance runner has been training hard for the past month. She has been running every day and has been eating a balanced diet. She is racing and runs hard toward the finish line. Her training and her balanced diet help her win the race.

Why does the runner need to eat a balanced diet, and how did it help her to win? Use Handout 4.1, Food, Nutrients, and You, to fill out the following chart:

TABLE 4.2 Runner's Balanced Diet

Nutrient in her balanced diet	How nutrient helps her	What she might have eaten
Carbohydrate		
Protein		
Fat		
Minerals		
Vitamins		
Water		

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).