

# SPORTS NUTRITION

## 11B Home Economics Cookery and Assessment Calendar - Term 3

2009	Monday P7	Tuesday P4	Wednesday	Thursday P4&5	Friday P6
13 July	<b>SFD</b>	Introduction, cook calendar and assessment.		Shaping up, Sports & Nutrition video + worksheet	S&N w'sheet A Balanced diet
20 July	Breakfast	Carbohydrates		<b>COOK</b> Pre-competition breakfast	Reducing Fats & Oils
27 July	Proteins	<b>Parent Teacher Night</b> Vitamins, Minerals & Supplements		<b>SCHOOL TRACK CARNIVAL</b>	<b>11 PDP</b>
3 Aug	Vitamins, Minerals & Supplements	Body Image & Self Esteem		<b>COOK</b> Refuelling between events	Grant the Swimmer (Chewing through the carbs)
10 Aug	Water	Gather ideas for pamphlet & Prac performance		SFD	Gather ideas for pamphlet and Prac performance
17 Aug	PAMPHLET (computer room)	PAMPHLET (computer room)		<b>COOK</b> Lunch on the run	PAMPHLET (computer room)
24 Aug	PAMPHLET <b>CHECKPOINT DUE</b> (computer room)	PAMPHLET (Computer room)		<b>COOK</b> Bulking up at dinner	PAMPHLET (Computer room)
31 Aug	<b>PAMPHLET DUE</b>	Prac performance preparation		<b>COOK PRACTICAL PERFORMANCE</b>	Evaluate Practical Performance
7 Sept	<b>WRITTEN PRACTICAL REPORTS DUE</b>	Recovery & rehydration		<b>COOK</b> Hearty Soups & Salads	McDonalds DVD
14 Sept	McDonalds DVD	McDonalds V Homemade		<b>COOK</b> Sweet treats Sweet rewards	Discuss McDonalds V Homemade