##### Extended Learning Task

On a piece of A4 paper, design a healthy and balanced diet for your sporting idol.

Include;- Breakfast, Lunch, Supper

It is up to you what they drink and eat. Are they allowed any snacks?

Also describe why this is a healthy diet and why you are eating what you are eating

**Mark Scheme**

1. Include a variety of food groups within the three meals, along with the correct quantities of particular food types which are essential for the athlete you have chosen **(4 marks)**
2. **2 marks** awardedfor a snack chosen and why or justification as to why a snack is not needed
3. **1 mark** for stating the different food groups needed,

**1 mark** based on quantities of different food groups (15 % fat, 25 protein and 60% carbs) or this may differ according to what athlete you have chosen due to their individual needs.

1. **7 marks**  on why they are eating what they are eating

**Total /15marks**