

<p align="center"><u>Components of Diet (7)</u> List & Explain Role</p>	<p align="center"><u>What is a Balanced Diet?</u></p> <p align="center"><u>Macro & Micro-Nutrients</u> List & Explain Importance</p> <p align="center"><u>Deficiency Diseases (4)</u></p>	<p align="center"><u>Diet & Performance</u></p> <p>Carbo-Loading:</p> <p>High Protein:</p> <p>Hydration:</p> <p>Blood Shunting:</p>	<p align="center"><u>Energy Balance (Calories)</u></p> <p align="center"><u>Optimum Weight</u> What is optimum weight?</p> <p align="center">List the 4 Factors which affect it Height Makes Giants Big</p> <p>BMI: Obesity: Overfat: Overweight:</p> <p>Anorexia:</p>
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GCSE PE – Diet & Lifestyle Revision Sheet

<p align="center"><u>Sedentary Lifestyle</u></p> <p>What is a Sedentary Lifestyle?</p> <p><u>7 Linked Long Term Health Problems</u></p>	<p align="center"><u>Lifestyle Choices (5)</u> List Impact on Health & Well-Being</p> <p>1) Diet</p> <p>2) Work/Rest/Sleep Balance</p> <p>3) Exercise</p>	<p align="center"><u>4) Alcohol</u></p> <p>Effects on Health & Well-Being</p> <p>Effects on Performance</p>	<p align="center"><u>5) Nicotine</u></p> <p>Effects on Health & Well-Being</p> <p>Effects on Performance</p>
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