

Energy use, diet, nutrition and hydration

“Master Chef”



UNTAMED
EDUCATION

“Master Chef”

Task Instructions

1. You have been hired as a professional athlete’s nutritionist.
2. You have been asked to create three plates of food for an athlete of your choice and it must meet all their nutritional needs.
3. You should also present the food on the plate. We eat with our eyes first so be creative.
4. You should label each part of the dish and list how the ingredients will benefit your athlete (include information about the nutrient content of each food you have chosen).
5. Present your menu choice to your table or class.

Variations/Extensions

1. Write out a recipe for your dish.
Research the benefits of each of the ingredients that you use and incorporate them into your recipe page. This can be in the format of a web page, podcast or movie, it’s your choice.
2. Create a story board showing you cooking your meal and then act it out.

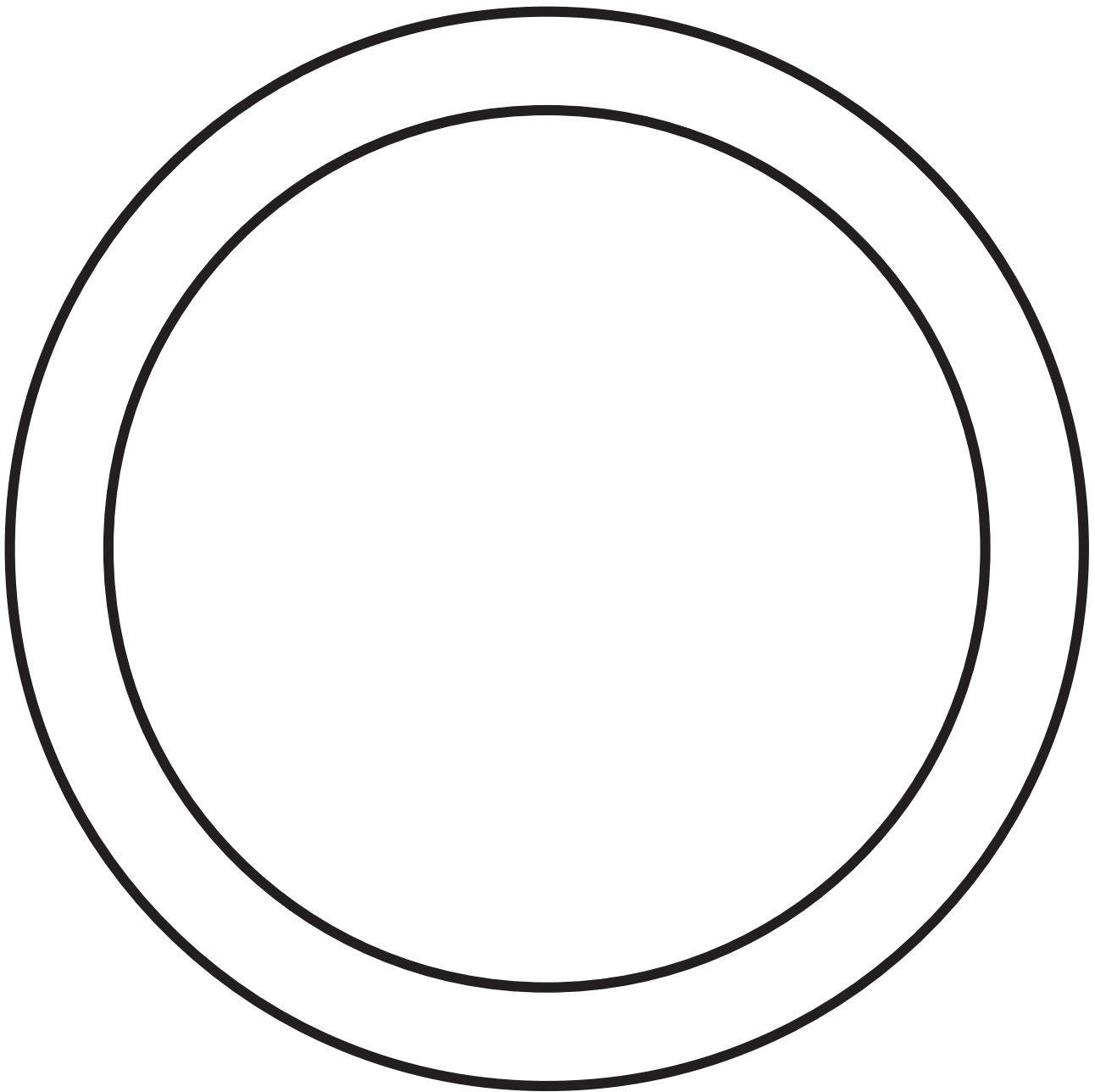
The Learning

1. Researching ingredients, justifying choices, and presenting findings in different formats strengthens students’ ability to explain, analyse, and evaluate nutritional strategies using subject-specific terminology.

“Master Chef”

Athlete's sport _____

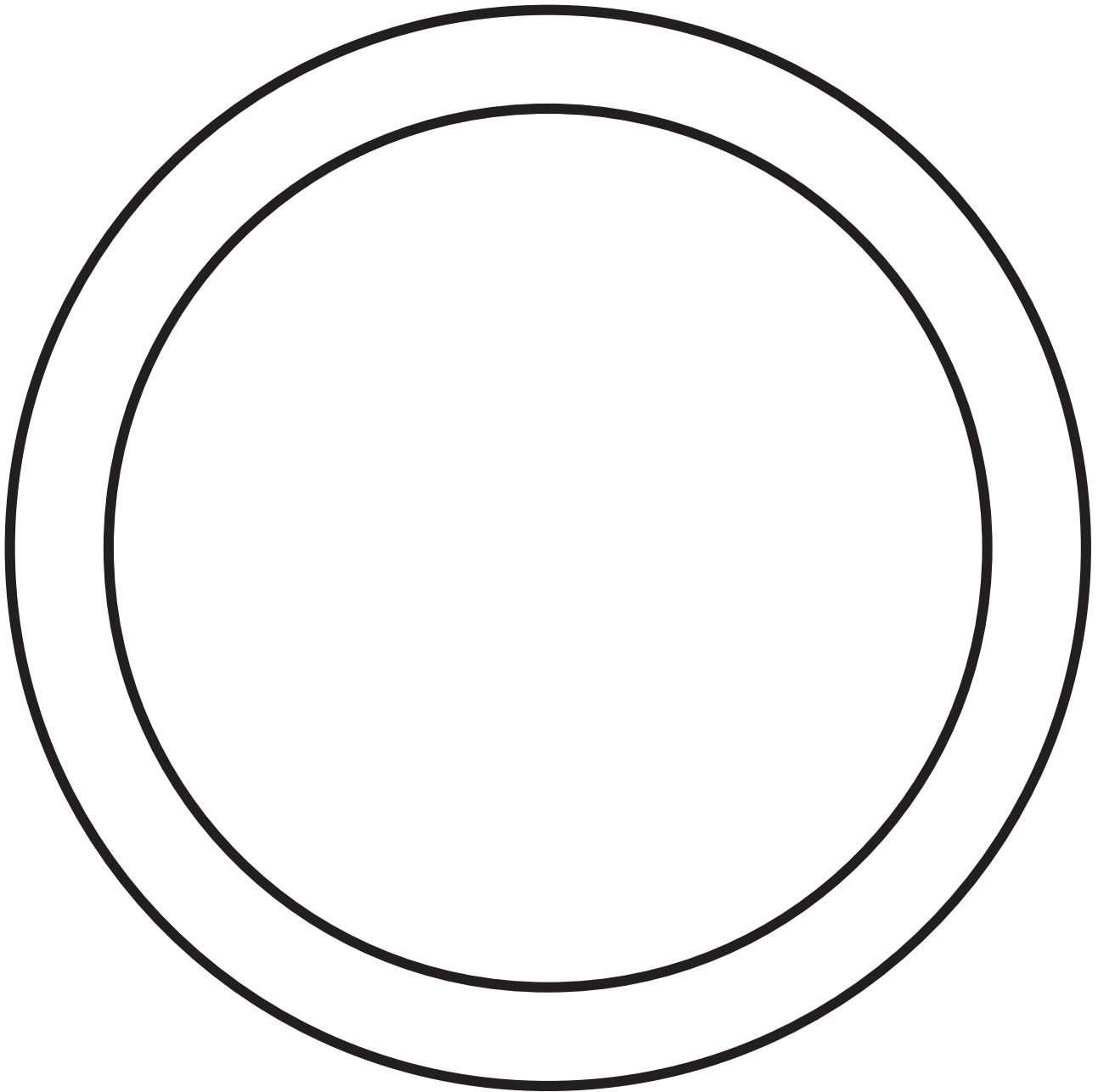
Starter



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Athlete's sport _____

Main Course



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Dessert

