

# Energy use, diet, nutrition and hydration

## “Top Trumps”



**UNTAMED**ED  
EDUCATION

# “Top Trumps”

## Task Instructions

1. Get into pairs.
2. Cut out the cards, shuffle and divide the cards between you. Keep the cards facing down in a pile.
3. Use paper, scissors, rock to decide who will go first.
4. The first person looks at their first card and chooses one of the nutrients and states its value i.e. “Protein, 7.5”
5. If your opponent’s value on their first card is higher you must hand your card over, it is lower they must hand their card to you, if it is the same you both keep your own cards.
6. Winning cards are placed at the bottom of your deck.
7. Alternate turns.
8. The winner is the one who collects all the cards or has the most at the end of the teacher’s time limit.

## Variations/Extensions

1. State the nutrient, its value, and explain how that nutrient supports performance in the chosen sport.  
Example:  
“Protein, 7.5. Protein supports muscle repair and growth, which is important for a rugby player after tackle training and strength work.”

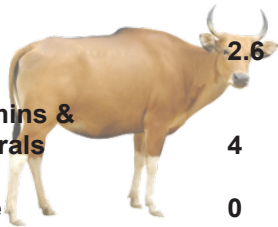
## The Learning

1. By selecting nutrients strategically, students begin to recognise which nutrients are typically higher in certain foods and why they are significant for physical activity and sport.
2. Frequent use of nutrient names and values supports retention of core vocabulary.



# “Top Trumps”

| BEEF                |     |
|---------------------|-----|
| Carbohydrate        | 0   |
| Protein             | 7.5 |
| Fat                 | 2.6 |
| Vitamins & Minerals | 4   |
| Fibre               | 0   |
| Water               | 10  |
| Energy              | 8   |



| FISH                |     |
|---------------------|-----|
| Carbohydrate        | 0   |
| Protein             | 9.4 |
| Fat                 | 0.7 |
| Vitamins & Minerals | 3.5 |
| Fibre               | 0   |
| Water               | 5   |
| Energy              | 1   |



| COLA                |     |
|---------------------|-----|
| Carbohydrate        | 9.9 |
| Protein             | 0.1 |
| Fat                 | 0   |
| Vitamins & Minerals | 0   |
| Fibre               | 0   |
| Water               | 10  |
| Energy              | 0.1 |



| PASTA               |     |
|---------------------|-----|
| Carbohydrate        | 7.8 |
| Protein             | 1.5 |
| Fat                 | 0.7 |
| Vitamins & Minerals | 1   |
| Fibre               | 1   |
| Water               | 7   |
| Energy              | 5   |



| ORANGE              |     |
|---------------------|-----|
| Carbohydrate        | 9   |
| Protein             | 0.7 |
| Fat                 | 0.4 |
| Vitamins & Minerals | 6   |
| Fibre               | 6   |
| Water               | 8.2 |
| Energy              | 1   |



| BROCCOLI            |     |
|---------------------|-----|
| Carbohydrate        | 7   |
| Protein             | 2   |
| Fat                 | 1   |
| Vitamins & Minerals | 9   |
| Fibre               | 2   |
| Water               | 9   |
| Energy              | 0.4 |



| BREAD               |     |
|---------------------|-----|
| Carbohydrate        | 7   |
| Protein             | 1.6 |
| Fat                 | 1.4 |
| Vitamins & Minerals | 3   |
| Fibre               | 5   |
| Water               | 3   |
| Energy              | 5   |



| WATER               |    |
|---------------------|----|
| Carbohydrate        | 0  |
| Protein             | 0  |
| Fat                 | 0  |
| Vitamins & Minerals | 3  |
| Fibre               | 0  |
| Water               | 10 |
| Energy              | 0  |



| CHICKEN             |     |
|---------------------|-----|
| Carbohydrate        | 0   |
| Protein             | 8.2 |
| Fat                 | 1.8 |
| Vitamins & Minerals | 6   |
| Fibre               | 0   |
| Water               | 6.8 |
| Energy              | 4   |





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| LAMB                |     |
|---------------------|-----|
| Carbohydrate        | 0   |
| Protein             | 1   |
| Fat                 | 9.4 |
| Vitamins & Minerals | 4   |
| Fibre               | 0   |
| Water               | 2.4 |
| Energy              | 8   |



| RICE                |     |
|---------------------|-----|
| Carbohydrate        | 9   |
| Protein             | 0.7 |
| Fat                 | 0.2 |
| Vitamins & Minerals | 3   |
| Fibre               | 4   |
| Water               | 7   |
| Energy              | 7   |



| POTATO              |     |
|---------------------|-----|
| Carbohydrate        | 9   |
| Protein             | 0.7 |
| Fat                 | 0.1 |
| Vitamins & Minerals | 4   |
| Fibre               | 7   |
| Water               | 7.5 |
| Energy              | 2   |



| APPLE               |     |
|---------------------|-----|
| Carbohydrate        | 9.5 |
| Protein             | 0.2 |
| Fat                 | 0.3 |
| Vitamins & Minerals | 3   |
| Fibre               | 3   |
| Water               | 8.5 |
| Energy              | 1   |



| WATERMELON          |     |
|---------------------|-----|
| Carbohydrate        | 9   |
| Protein             | 0.7 |
| Fat                 | 0.4 |
| Vitamins & Minerals | 3   |
| Fibre               | 1   |
| Water               | 9   |
| Energy              | 1   |



| CEREAL              |     |
|---------------------|-----|
| Carbohydrate        | 8   |
| Protein             | 1.3 |
| Fat                 | 0.8 |
| Vitamins & Minerals | 5   |
| Fibre               | 9   |
| Water               | 0.7 |
| Energy              | 5   |



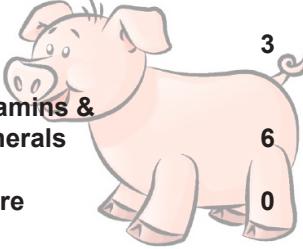
| MILK                |   |
|---------------------|---|
| Carbohydrate        | 1 |
| Protein             | 3 |
| Fat                 | 8 |
| Vitamins & Minerals | 7 |
| Fibre               | 0 |
| Water               | 5 |
| Energy              | 3 |



| TOMATO              |     |
|---------------------|-----|
| Carbohydrate        | 8   |
| Protein             | 1.2 |
| Fat                 | 0.9 |
| Vitamins & Minerals | 3   |
| Fibre               | 2   |
| Water               | 9   |
| Energy              | 0.5 |



| PORK                |     |
|---------------------|-----|
| Carbohydrate        | 0   |
| Protein             | 9   |
| Fat                 | 3   |
| Vitamins & Minerals | 6   |
| Fibre               | 0   |
| Water               | 6.8 |
| Energy              | 5   |

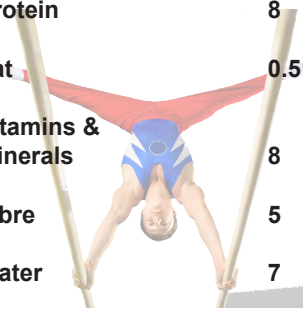


# “Top Trumps”

| SPRINTER            |     |
|---------------------|-----|
| Carbohydrate        | 5.5 |
| Protein             | 8   |
| Fat                 | 1   |
| Vitamins & Minerals | 7   |
| Fibre               | 3   |
| Water               | 6   |
| Energy              | 7   |



| GYMNAST             |     |
|---------------------|-----|
| Carbohydrate        | 5   |
| Protein             | 8   |
| Fat                 | 0.5 |
| Vitamins & Minerals | 8   |
| Fibre               | 5   |
| Water               | 7   |
| Energy              | 8   |



| FOOTBALLER          |    |
|---------------------|----|
| Carbohydrate        | 8  |
| Protein             | 6  |
| Fat                 | 1  |
| Vitamins & Minerals | 8  |
| Fibre               | 5  |
| Water               | 10 |
| Energy              | 9  |



| BASKETBALLER        |    |
|---------------------|----|
| Carbohydrate        | 8  |
| Protein             | 7  |
| Fat                 | 1  |
| Vitamins & Minerals | 8  |
| Fibre               | 5  |
| Water               | 10 |
| Energy              | 9  |



| SHOT PUTTER         |     |
|---------------------|-----|
| Carbohydrate        | 5.5 |
| Protein             | 9   |
| Fat                 | 5   |
| Vitamins & Minerals | 6   |
| Fibre               | 6   |
| Water               | 6   |
| Energy              | 7   |



| SUMO WRESTLER       |     |
|---------------------|-----|
| Carbohydrate        | 5.5 |
| Protein             | 7   |
| Fat                 | 8   |
| Vitamins & Minerals | 6   |
| Fibre               | 5   |
| Water               | 6   |
| Energy              | 7   |



| DISTANCE SWIMMER    |    |
|---------------------|----|
| Carbohydrate        | 10 |
| Protein             | 5  |
| Fat                 | 1  |
| Vitamins & Minerals | 8  |
| Fibre               | 5  |
| Water               | 10 |
| Energy              | 10 |



| BOXER               |     |
|---------------------|-----|
| Carbohydrate        | 5.5 |
| Protein             | 8   |
| Fat                 | 1   |
| Vitamins & Minerals | 7   |
| Fibre               | 3   |
| Water               | 9   |
| Energy              | 9   |



| HORSERIDER          |   |
|---------------------|---|
| Carbohydrate        | 3 |
| Protein             | 3 |
| Fat                 | 1 |
| Vitamins & Minerals | 7 |
| Fibre               | 3 |
| Water               | 5 |
| Energy              | 5 |

