Eat and Drink a Marathon

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Discipline / Subject:
Physical Education high school course 1, standard 2.9 and Health expectation 1 – food choices.

Topic: Hydration and Nutrition for sports activities

Grade Level: 7-12

Resources / References / Materials Teacher Needs:
Internet search, various cookbooks, a bathroom scale, excel program for charting results.

Lesson Summary:
Students weigh themselves regularly before daily running activity, run 30 minutes (on top of stretching and warm-up activities) and weigh again immediately after running. Time of day and temperature should also be recorded. The weight loss is equivalent to the amount of water lost from the body during this exercise and time interval that needs to be replaced. Students read about the need for hydration for optimum muscle functioning and brain activity.

Students also learn about the 60-20-20 ratio for caloric intake for physical activity (carbs-fats-protein) then design and prepare high quality pre-run meals.

National PE Standards:
Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Learning Objectives:	**Method of assessment for learning**
1. Students will hydrate adequately before and during exercise. 2. Students will eat balanced, nutritionally appropriate meals during training seasons.	Student potluck where all dishes are labeled with caloric and nutritional values. Students carry and use water bottles at all workouts.

Materials Students Need: Both bathroom scales and food portion scales.

Technology Utilized to Enhance Learning:
Internet searches for recipes and nutritional values, excel program for recording daily results.

Modifications for Special Learners/ Enrichment Opportunities:
Students with special dietary needs such as diabetes or hypoglycemia will investigate and employ alternatives.