

# NUTRITION FOR STUDENT ATHLETES



[Watch the video lesson](#) and then show what you know



**1. Which nutrient should athletes avoid before and after a workout?**

- a) protein
- b) fats
- c) carbohydrates

**2. The food you eat impacts how you perform in your sport.**

- a) True
- b) False

**3. When is the best time to eat a meal before a competition?**

- a) 30 minutes before competition
- b) one hour before competition
- d) 2 hours before competition

**4. If you are short on time before practice, which of the following snacks would NOT be a good choice?**

- a) banana
- b) pretzels
- c) peanut butter
- c) trail mix

**5. Which is NOT a good recovery meal for after practice or competition?**

- a) a chicken burrito
- b) a turkey sandwich on wheat bread
- c) a hamburger and french fries