



Name: _____

FUELLING PERFORMANCE

Research Worksheet

Page A – Fuelling an active lifestyle: <https://www.vegansociety.com/fuelling-active-lifestyle>

Page B – Protein: <https://www.vegansociety.com/protein-download>

Question	Answer	Page A/B?
1. How many grams of protein per kg of bodyweight does the British Dietetic Association recommend for strength athletes?		
2. How does this compare to the recommendation for endurance athletes, and for the general sedentary population?		
3. List five foods described as good sources of carbohydrate for fuelling exercise.		
4. What type of meal does the page recommend eating 2–3 hours before intense training, and again as soon as possible afterwards?		
5. Name four 'double-duty foods' and explain what makes a food count as one.		
6. What nutrient should be eaten alongside iron-rich food to help the body absorb the iron? Give one example meal combination.		
7. After how many minutes of training does the page suggest that a drink containing carbohydrate and electrolytes becomes more useful than water alone?		
8. Find the protein content (in grams) of these: 100g tofu, 80g cooked red lentils, 80g tinned kidney beans, 80g tinned chickpeas, 25g peanut butter.		
9. What two ingredients (plus a pinch of salt) make up a home-made sports drink, according to The Vegan Society?		

Plan a day's meals for a vegan athlete. Athlete type: _____ Athlete weight(kg): _____
