

## Question 22 (continued)

- (b) Discuss the role of supplementation in meeting the dietary needs of athletes. 6

The dietary needs of athletes requires supplementation enable to meet the requirement needed. One example of supplementation taken by an athletes are vitamins. Because of the specific food intake of an athlete some of ~~the~~ food they eat lacks of vitamins. As an elite athlete their body require a lot of vitamins and mineral some food does not contain as much vitamins and mineral their body ~~is~~ ~~the~~ In addition carbohydrate loading is also needed as it produces the main energy source of our body. For example, if an athlete is to perform in two weeks time his body requires ~~as~~ much ~~as~~ carbohydrate <sup>intake</sup> to store in his body. Carbohydrate can be found in a variety of food, ~~however~~ ~~most~~ ~~athletes~~ ~~consume~~ ~~carbohydrate~~ such as ~~bread~~ breads. However there are two types of carbohydrate, simple and complex carbohydrate. Athletes are required to eat foods that ~~contains~~ <sup>are</sup> complex carbohydrate.

Question 22 continues on page 19