**OCR Cambridge Coursework Year 9**

**Year 9 Sports Nutrition: Task 4**

### **Task 4: Develop a diet plan and evaluate its effectiveness**

**Task**: complete/improve so you can add to your pre-existing work.

1. A sports nutritionist has asked you to carry out an **initial** evaluation of the client’s diet) and develop a **suitable diet plan** for them.
2. You will carry out an **evaluation** of the diet plan, after a suitable period of time, to see if it has been **effective** for the client.

**Note**:

You don’t have to use the template below, it is there for guidance on what should be included for top marks.

**Client Nutritional Plan**

**Name of client: Age: Date:**

**Current Exercise:**

1. **.**
2. **.**
3. **.**

**What does the client’s diet consist of currently?**

**What is good about their current diet? (Tip - think about the components of a balanced diet)**

**What is bad about their current diet? (Is it a ‘balanced’?)**

**Aims of NEW diet plan (these should follow on from the weaknesses of the current diet)**

1. **.**
2. **.**
3. **.**

**How will these new aims and goals be measured/tracked over time to determine whether is working? E.g weight loss? Weight gain?**

1. **.**
2. **.**
3. **.**

**How will this NEW diet plan help the client to achieve their goals?**

1. **.**
2. **.**
3. **.**

**6 week diet plan:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MEAL 1 (BREAKFAST)** | **SNACK** | **MEAL 2 (LUNCH)** | **SNACK** | **MEAL 3 (DINNER)** |
| **MONDAY** |  |  |  |  |  |
| **TUESDAY** |  |  |  |  |  |
| **WEDNESDAY** |  |  |  |  |  |
| **THURSDAY** |  |  |  |  |  |
| **FRIDAY** |  |  |  |  |  |
| **SATURDAY** |  |  |  |  |  |
| **SUNDAY** |  |  |  |  |  |

**TIPS:**

* More specific and tailored to your CLIENTS needs and AIMS = more marks.
* Portion sizes included

**Your client will be committing to this diet plan for 6 weeks… include alternative meals to ensure it does not get boring (you want your client to enjoy it).**

**Alternative foods/meals**

**Breakfast:**

1. **.**
2. **.**
3. **.**

**Lunch:**

1. **.**
2. **.**
3. **.**

**Dinner:**

1. **.**
2. **.**
3. **.**

**Evaluation of diet plan**

**You now need to evaluate the overall diet plan and its effectiveness. Be sure to write in continuous prose**

**Sentence starters/things to think about:**

My clients goals were…………..

The way I tried to get these goals to be achieve was by……….. (reducing calories/ including protein etc.) I did this by including (give examples of foods)…………

Was your diet plan successful for your client? Did they hit their goals? Why?

What were final results? (e.g. what were their weights before and after? How much weight did they lose?)

Did this show improvement?

What were the weaknesses of your diet plan?

How would you change this next time?

Feedback from client? (what they enjoyed/disliked about the diet.. were they satisfied with the outcomes?)