Final piece of work missed for year 13 Drama group!

1. Performer’s diet

Example:

-Male ballet dancer, performing nightly in a physically demanding show

-A female musical theatre performer currently in rehearsal for a high energy vocally demanding show.

**Focus on one example, to research which foods provide these performers with a healthy balanced diet.**

1. Design a diet

Research the nutritional requirements of a particular performance role and design a healthy balanced diet for that role. Include primary and secondary research methods.

1. Present a diet

Submit diets that you have designed via presentation. This should be treated as a  formal presentation. If appropriate a small invited audience could be present which could provide a sense of occasion for the learners. Each learner is given time to prepare their resources and materials and a time slot for their presentation. After each presentation (for example, each learner could be given 10 minutes to present their report) there could be an additional five minutes for questions and answers.

**Balanced diet**

Students to create a quiz to measure levels of knowledge, that asks questions about areas such as: • food groups e.g. cereals, pulses, poultry and meat, vegetarian and vegan options, dairy products, fruits and vegetables • nutrients e.g. proteins, carbohydrates and fats.

Learners submit their quiz and answers/ add a copy of this to their books.

**Food Groups**

Research the benefits of different food groups.

Including:

•the poultry and meat group • the fruits group • the pulses group.

Share your findings in either your unit 7 book or presentation.

**Nutrients**

Research the benefits of the different nutrients. • the carbohydrates group • the proteins group • the fats group.

You need to consider the effects of leaving a group of nutrients out of the diet: for example the effect on the body and mind if carbohydrates are left out of the diet.