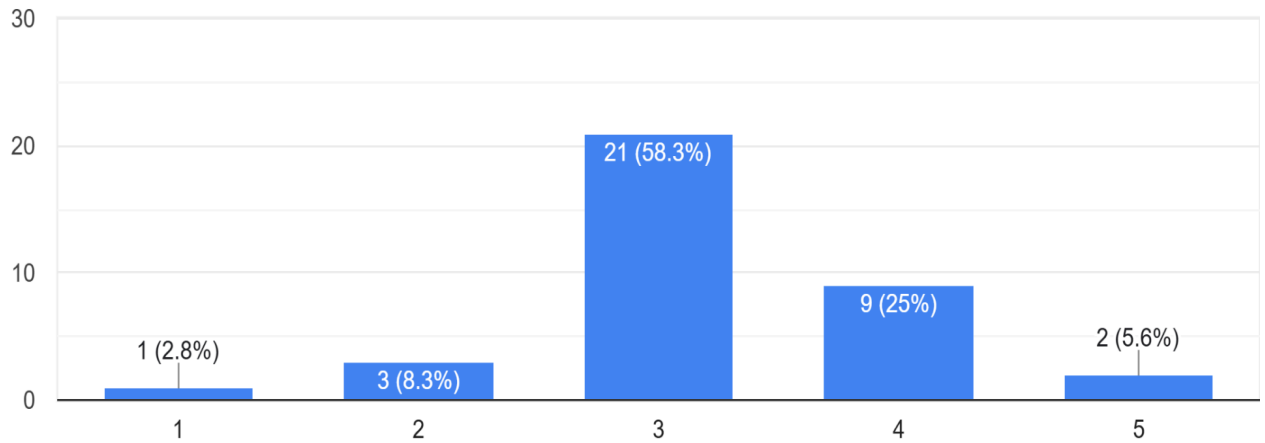


Pre:

On a scale of 1 to 5, how confident are you in making food and drink choices that help support athletic performance? (1 = not confident, 5 = very confident)

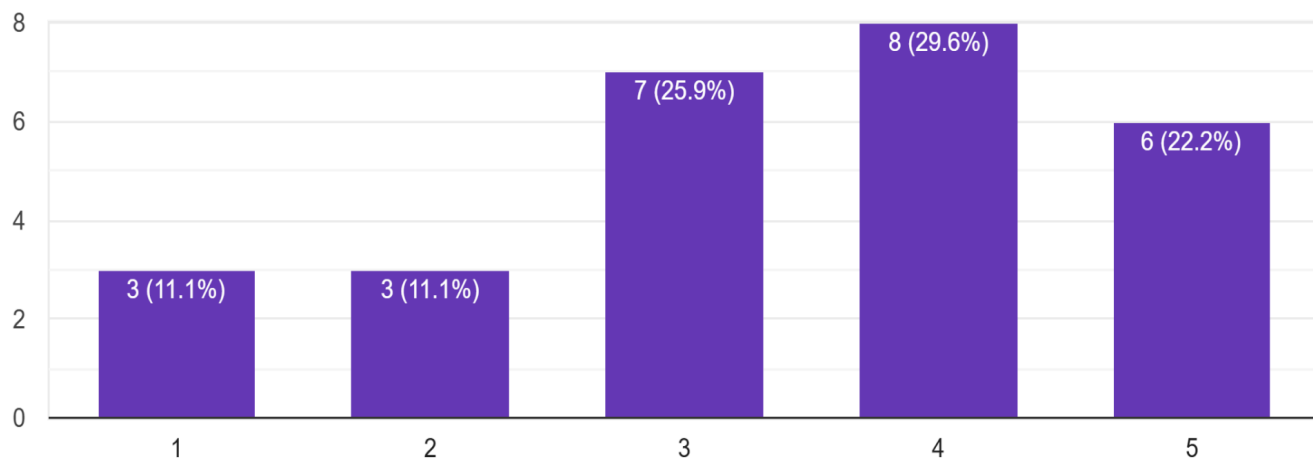
36 responses



Post:

On a scale of 1 to 5, how confident are you in making food and drink choices that help support your athletic performance? (1 = not confident, 5 = very confident)

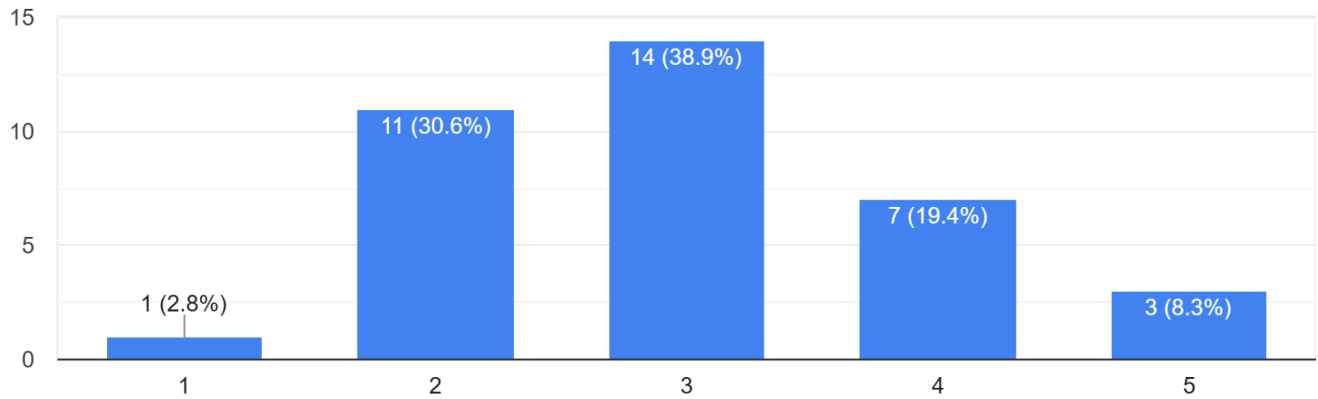
27 responses



Pre:

On a scale of 1 to 5, how confident do you feel that you know where to find trusted nutrition information? (1 = not confident, 5 = very confident)

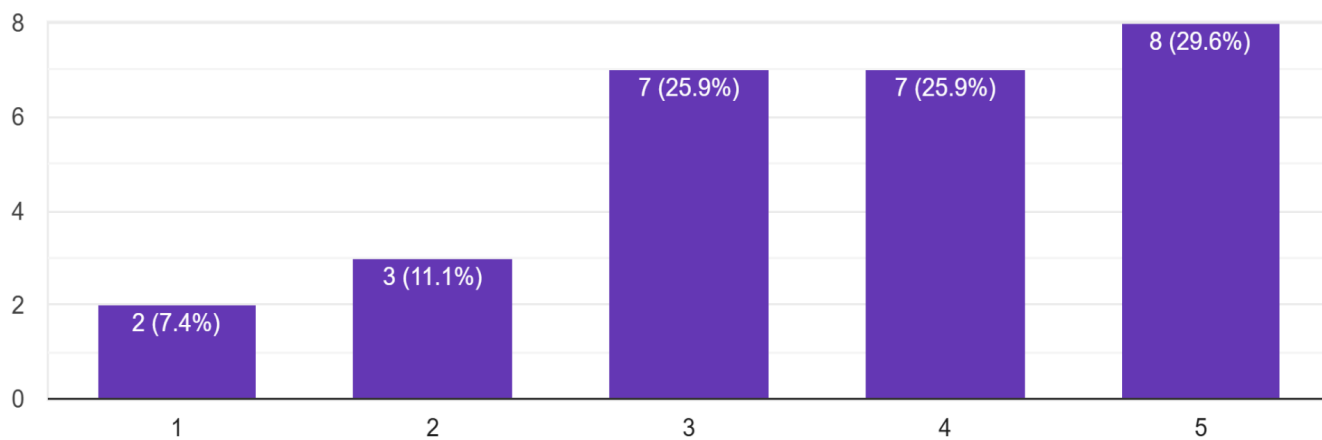
36 responses



Post:

On a scale of 1 to 5, how confident do you feel that you know where to find trusted nutrition information? (1 = not confident, 5 = very confident)

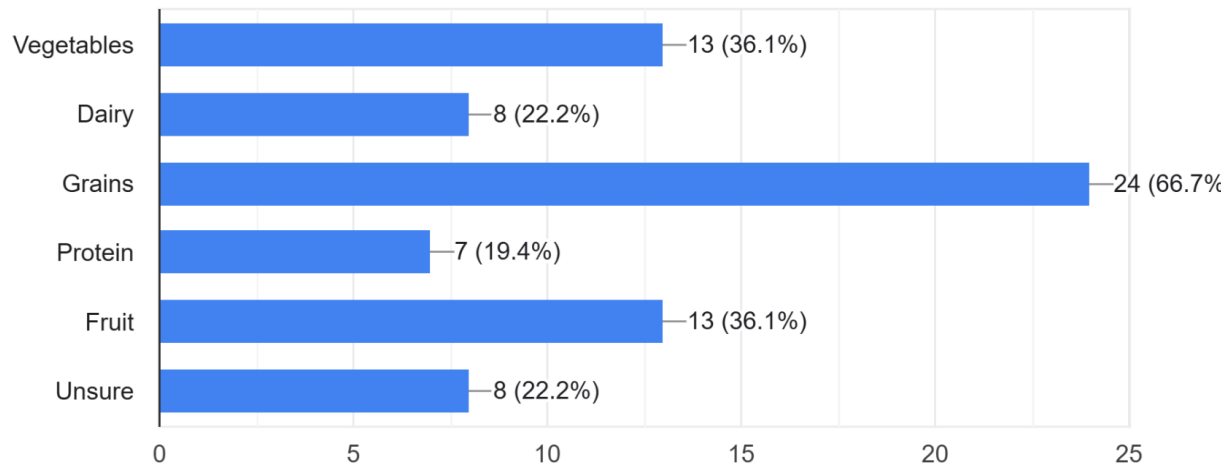
27 responses



Pre: (correct answer is all except protein (although argument can be made for all due to beans))

Select all that contain carbohydrates?

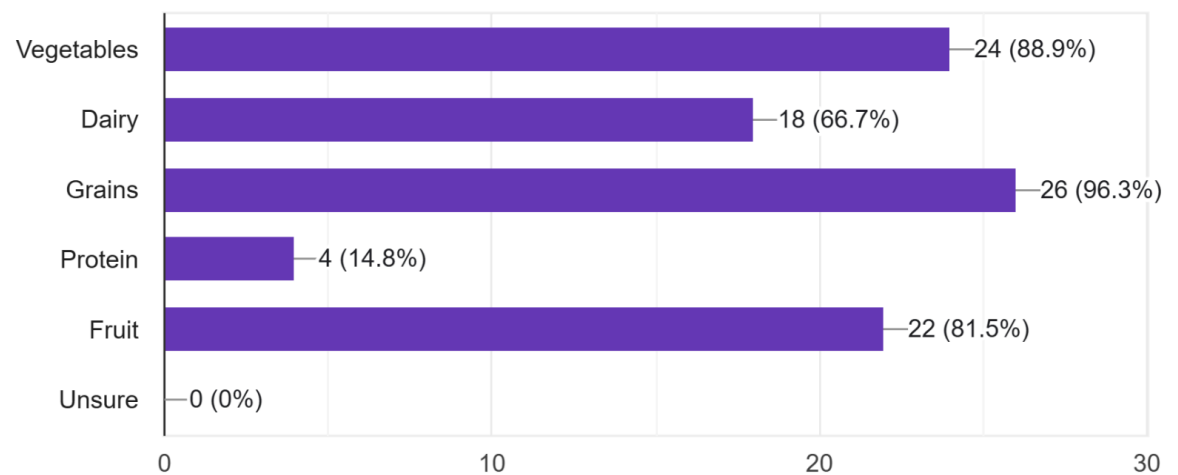
36 responses



Post:

Select all that contain carbohydrates?

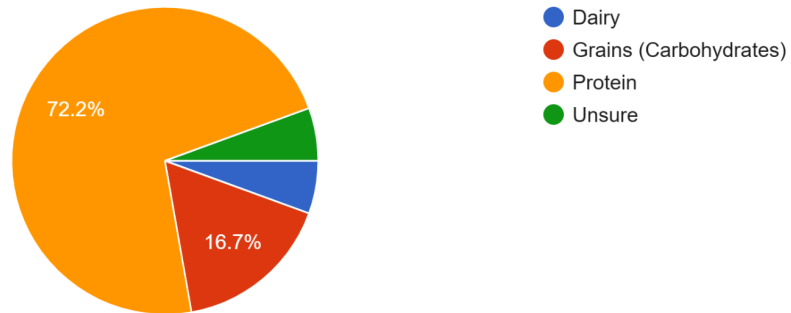
27 responses



Pre: (correct answer is Carbs)

Which of these food groups is the best source of energy for the body?

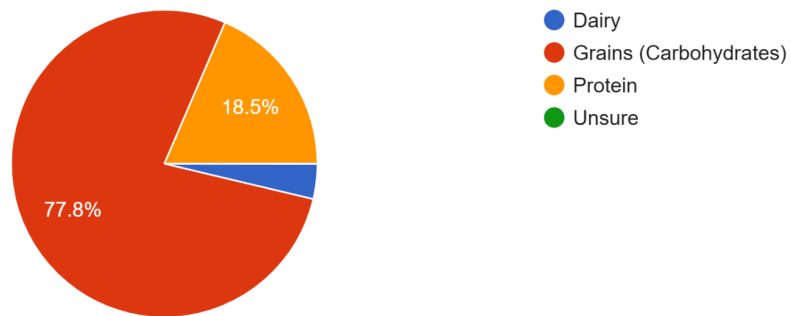
36 responses



Post:

Which of these food groups is the best source of energy for the body?

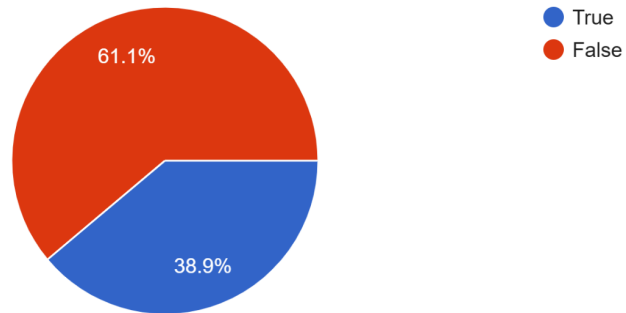
27 responses



Pre: (correct answer is false)

True or false: low carb diets are superior to high carb diets for athletic performance.

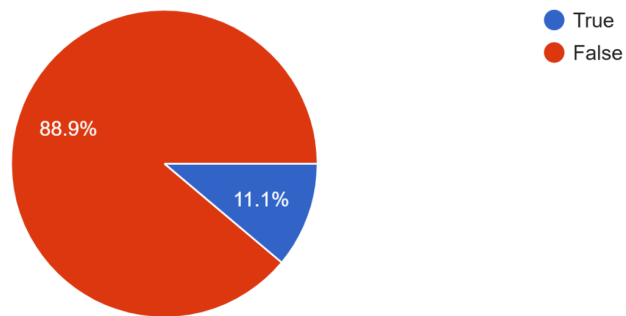
36 responses



Post:

True or false: low carb diets are superior to high carb diets for athletic performance.

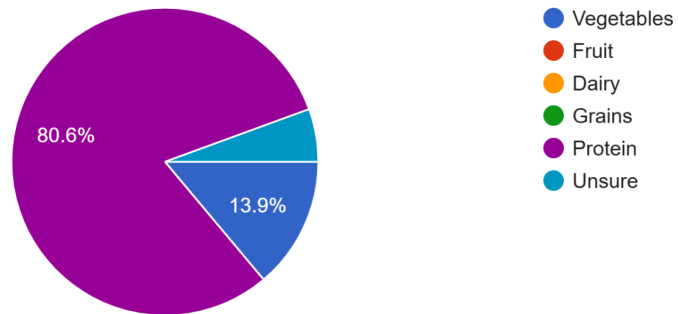
27 responses



Pre: (correct answer is protein)

Which of these food groups is most important for building muscle and strength

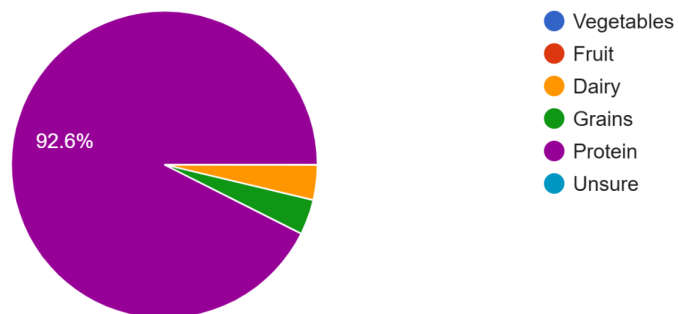
36 responses



Post:

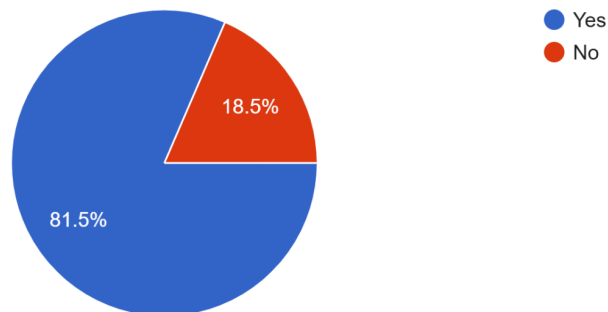
Which of these food groups is most important for building muscle and strength

27 responses



Did you learn anything from this curriculum?

27 responses



If yes, what did you learn?

- I thought it was interesting to learn about. Especially with what teenagers consume nowadays, chips, soda, energy drinks; it's important to consider what people are consuming and know what's beneficial and healthy.
- i learned how to eat healthier while being active
- different types of carbs
- how to maintain a good diet
- That building up carbs 30-40 minutes before game is important. While eating a heavy meal 3-4 hours before game is necessary.
- important information
- carbs aren't bad
- servings for our body weight
- I learned what sources to trust, how to portion my meals, etc.
- I learnt that carbs aren't bad.
- To drink Gatorade right before a game
- How you need to balance your food and make sure you stay in your range
- Information on how to eat properly and some examples of meals before and after a game
- how to properly eat before a game and after a game as well as post game recovery meals
- I learned that most foods contain carbohydrates
- We learned the importance of nutrients throughout the everyday life for athletes and what's most valuable in a healthy meal especially before workouts or sport events.
- what to eat before and after game day
- how important diets are

- how to plan a meal
- I learned the food groups that would be effective for my health while being an athlete. I learned the effectiveness of the different food groups, and how important it is to have knowledge on them.
- portions and stuff like that
- protein good