

Worksheet for the National Dairy Council Video “Dairy & Sport”



Background

This worksheet is to accompany the National Dairy Council (NDC) Back-to-School video entitled “Dairy & Sport”. The video can be accessed on the NDC Youtube channel (<https://www.youtube.com/playlist?list=PLwYgTsV2Gym2-5dwB2keqyyQN4SqJtFoR>)

An additional resource to help you answer the questions is the Nutrition Handbook fuelling Wise for Sport & Exercise available on the NDC website (<https://ndc.ie/our-publications/>)

Instructions

After watching the video, please answer the questions below.

Q1. What is protein important for?

Q2. What does muscle protein synthetic rate mean?

Q3. Give examples of how to include protein in a main meal and a snack.

In this video, Sinéad makes apple & berry overnight oats. Full recipe details can be found at <https://ndc.ie/recipes/apple-berry-overnight-oats/>