

**Bell Block School**  
**Body and Nutrition - Honours Points Project**  
**Sports Badge**

**Project Guidelines:**

In order to successfully complete this project you must **collect 10 points** over a variety of 10 different tasks that investigate the human body and nutrition. Each task is worth a different amount of points. You can choose to complete your project in a variety of different formats of your own choice (eg. slide show, poster, paper, Canva document, video etc.). Once you have completed your tasks and are ready to submit it to your teacher for signing off **please attach and complete this task checklist to your project** either digitally or printed. Your classroom teacher can print this for you if required.

**Task Checklist:**

Task Number and Name	Number of Points	Tasks Completed	Teacher Sign Off
<u>Task 1</u> Write a Formal Letter to a Sports Committee	2	•	
<u>Task 2</u> Create a Promotional Page for a Nutritional Food	1	•	
<u>Task 3</u> Create an Original 3-D Sports Food Pyramid	2	•	
<u>Task 4</u> Draw and Label Muscles and Bones	2	•	
<u>Task 5</u> Create a 3-D Model of a Joint Movement	2	•	
<u>Task 6</u> Design a 3-Day Sports-Specific Menu	1	•	
<u>Task 7</u> Create a Visual Page of Protective Gear for a Sport	1	•	
<u>Task 8</u> Investigate the Different Food Groups	2	•	
<u>Task 9</u> Write a Poem Promoting Healthy Eating for Athletes	1	•	
<u>Task 10</u> Design a Magazine Front Cover for a Sports Nutrition Magazine	2	•	
<b>10 Points Required to Complete Project</b>			

<p><b>2 Points</b></p> <p><b>Task 1</b></p>	<p><b>Write a Formal Letter to a Sports Committee</b></p> <p>Write a <b>formal letter</b> explaining <b>why a balanced diet is crucial during training and competition</b>.</p> <p><b>Your letter should include:</b></p> <ul style="list-style-type: none"> <li>• A <b>formal structure</b> (sender's address, date, recipient's address, body of letter, closing).</li> <li>• A <b>clear introduction</b> stating the purpose.</li> <li>• <b>Key points</b> on how a balanced diet improves energy, recovery, and performance.</li> <li>• A <b>call to action</b> encouraging the committee to promote proper nutrition.</li> </ul> <p>Keep your letter <b>clear, concise, and professional</b>.</p>
<p><b>1 Point</b></p> <p><b>Task 2</b></p>	<p><b>Create a Promotional Page for a Nutritional Food</b></p> <p>Select a <b>nutritional food</b> and design a creative <b>A4 promotional page</b> to encourage others to eat it.</p> <p><b>Your page should include:</b></p> <ul style="list-style-type: none"> <li>• A <b>catchy title</b> or slogan to grab attention.</li> <li>• A <b>description</b> of the food, highlighting its <b>nutritional benefits</b>.</li> <li>• <b>Images or illustrations</b> to make the page visually appealing.</li> <li>• Creative ideas to promote the food, such as recipes, fun facts, or health tips.</li> <li>• An <b>eye-catching layout</b> with bold colours, clear text, and an easy-to-read design.</li> </ul>
<p><b>2 Points</b></p> <p><b>Task 3</b></p>	<p><b>Create an Original 3-D Sports Food Pyramid</b></p> <p>Design a <b>3-D sports food pyramid</b> that includes the <b>essential components</b> needed to support performance during competition.</p> <p><b>Your pyramid should include:</b></p> <ul style="list-style-type: none"> <li>• <b>Categories</b> for each level (e.g., carbohydrates, proteins, fats, vitamins/minerals, hydration).</li> <li>• <b>Explanation</b> of each category and why it is important for sporting performance.</li> <li>• <b>Visual representation</b> of your pyramid with clear labels.</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Details on how each category benefits your body</b> during training and competition (e.g., energy from carbs, muscle repair from proteins).</li> </ul>
<b>2 Points</b>  <b>Task 4</b>	<p><b>Draw and Label Muscles and Bones</b></p> <ol style="list-style-type: none"> <li>1. <b>Draw a body</b> and label <b>20 muscles</b> using their <b>scientific names</b>.</li> <li>2. On <b>separate A4 paper</b>, <b>draw and label 20 bones</b>.</li> <li>3. Ensure that <b>all muscles and bones</b> are <b>correctly labelled</b> with their scientific names.</li> </ol> <p><b>Afterwards:</b></p> <ul style="list-style-type: none"> <li>● Select <b>5 muscles</b> and <b>5 bones</b> from your drawings.</li> <li>● Write a brief explanation of <b>how each muscle and bone is used</b> in the body, including their role in movement and function.</li> </ul> <p>Be <b>accurate</b> in your labels and explanations, and make sure the diagrams are <b>clear and neat</b>.</p>
<b>2 Points</b>  <b>Task 5</b>	<p><b>Create a 3-D Model of a Joint Movement</b></p> <ol style="list-style-type: none"> <li>1. <b>Select a joint movement</b> (e.g., hinge joint, ball and socket joint, etc.).</li> <li>2. <b>Recreate this movement in a moving 3-D model</b>. <ul style="list-style-type: none"> <li>○ You can use materials like clay, cardboard, or any other creative medium to demonstrate the joint's movement.</li> </ul> </li> <li>3. Ensure the <b>model clearly shows</b> how the joint works (e.g., bending, rotating, etc.) and <b>can move</b> to demonstrate the joint's function.</li> <li>4. <b>Label</b> the parts of the joint involved in the movement.</li> </ol>
<b>1 Point</b>  <b>Task 6</b>	<p><b>Design a 3-Day Sports-Specific Menu</b></p> <ol style="list-style-type: none"> <li>1. <b>Choose a person</b> (e.g., an athlete, a runner, a swimmer, etc.).</li> <li>2. <b>Design a 3-day menu</b> that supports their nutritional needs leading up to a <b>major event</b>. <ul style="list-style-type: none"> <li>○ <b>Day 1:</b> Focus on <b>carb-loading</b> to maximise energy stores.</li> <li>○ <b>Day 2:</b> Ensure they have the right balance of <b>protein</b> for muscle recovery and <b>hydration</b>.</li> <li>○ <b>Day 3:</b> Keep the meals <b>light and easily digestible</b>, with a focus on <b>maintaining energy</b> without overloading.</li> </ul> </li> <li>3. <b>Include a variety of foods</b> that meet the nutritional</li> </ol>

	<p>requirements for their sport (e.g., complex carbs, lean proteins, healthy fats, and plenty of hydration).</p> <p>4. Write a <b>short explanation</b> of why you chose these specific foods for each day and how they help prepare for the event.</p> <p>Be sure to <b>tailor the menu</b> to the sport and needs of the person you've selected!</p>
<p><b>1 Point</b></p> <p><b>Task 7</b></p>	<p><b>Create a Visual Page of Protective Gear for a Sport</b></p> <ol style="list-style-type: none"> <li>1. <b>Choose a sport of your own choice</b> (e.g., football, cycling, basketball, equestrian etc.).</li> <li>2. <b>Research and select the necessary protective gear</b> used in that sport (e.g., helmets, pads, mouthguards, etc.).</li> <li>3. <b>Create a visual page</b> that includes: <ul style="list-style-type: none"> <li>○ <b>Images or illustrations</b> of the gear.</li> <li>○ <b>Labels</b> identifying each piece of protective gear.</li> <li>○ <b>A brief description</b> of what each item does and how it helps protect athletes during the sport.</li> </ul> </li> <li>4. Make your page <b>clear and informative</b>, using appropriate colours and design to make the protective gear stand out.</li> </ol>
<p><b>2 Points</b></p> <p><b>Task 8</b></p>	<p><b>Investigate the Different Food Groups</b></p> <ol style="list-style-type: none"> <li>1. <b>Research the main food groups</b> (e.g., carbohydrates, proteins, fats, fruits, vegetables, dairy, and others).</li> <li>2. <b>List 10 foods</b> in each food group. <ul style="list-style-type: none"> <li>○ For example: <ul style="list-style-type: none"> <li>■ <b>Carbohydrates:</b> bread, rice, pasta, oats, potatoes, quinoa, couscous, sweet potatoes, corn, crackers.</li> <li>■ <b>Proteins:</b> chicken, fish, eggs, tofu, lentils, beans, beef, pork, nuts, seeds.</li> <li>■ <b>Fats:</b> olive oil, butter, avocado, nuts, seeds, coconut oil, cheese, salmon, peanut butter, dark chocolate.</li> <li>■ <b>Fruits:</b> apples, bananas, oranges, strawberries, blueberries, grapes, pineapple, mango, watermelon, kiwifruit.</li> <li>■ <b>Vegetables:</b> spinach, broccoli, carrots, peas, zucchini, bell peppers, cucumbers, tomatoes, kale, cauliflower.</li> <li>■ <b>Dairy:</b> milk, cheese, yoghurt, cottage cheese, kefir, butter, cream, ice cream, ricotta, mozzarella.</li> </ul> </li> </ul> </li> </ol>

	<ol style="list-style-type: none"> <li>3. <b>Organize your list</b> clearly, ensuring each food group is easy to identify.</li> <li>4. Optionally, include <b>brief explanations</b> about the benefits of each food group.</li> </ol>
<p><b>1 Point</b></p> <p><b>Task 9</b></p>	<p><b>Write a Poem Promoting Healthy Eating for Athletes</b></p> <p>Write a <b>creative poem</b> that encourages athletes to <b>eat healthily</b> for better performance.</p> <p>Your poem should:</p> <ul style="list-style-type: none"> <li>● <b>Highlight the importance</b> of healthy eating for energy, strength, and recovery.</li> <li>● Include references to <b>nutritious foods</b> (e.g., fruits, vegetables, proteins, whole grains).</li> <li>● Use a <b>positive, motivating tone</b> to inspire athletes to make healthy choices.</li> <li>● <b>Be creative</b> in your use of rhyme, rhythm, or imagery to make the poem engaging and fun.</li> </ul> <p>Focus on making the message clear and <b>energising</b> for athletes!</p>
<p><b>2 Points</b></p> <p><b>Task 10</b></p>	<p><b>Design a Magazine Front Cover for a Sports Nutrition Magazine</b></p> <p>Create a <b>magazine front cover</b> for a <b>new sports magazine</b> that focuses on <b>nutrition for athletes</b>.</p> <p>Your design should include:</p> <ul style="list-style-type: none"> <li>● A <b>bold, catchy title</b> for the magazine (e.g., "Fuel for Performance" or "Athlete's Nutrition Guide").</li> <li>● <b>Eye-catching images</b> related to sports and healthy eating (e.g., athletes, nutritious meals, energy-boosting foods).</li> <li>● A <b>subtitle or tagline</b> that highlights the focus on nutrition (e.g., "Power Up with the Right Foods" or "Nutrition for Peak Performance").</li> <li>● Include <b>article headlines</b> or features inside the magazine that highlight different aspects of nutrition for athletes (e.g., "Top 10 Foods for Energy," "Recovery Meals," "Meal Plans for Champions").</li> <li>● Make the design <b>colourful</b>, professional, and engaging to attract readers interested in sports and health.</li> </ul> <p>Be <b>creative</b> with your layout, font choices, and images to make the front cover stand out!</p>