(Define)

**BALANCED DIET:**

**CARBOHYDRATES:**

(Define what it does, where it is found, what athlete would need this nutrient)

**WATER & HYDRATION:**

(Define what it does, where it is found, what athlete would need this nutrient)

**FATS:**

(Define what it does, where it is found, what athlete would need this nutrient)

**FIBRE:**

(Define what it does, where it is found, what athlete would need this nutrient)

**2.3 DIET**

**PROTEIN:**

(Define what it does, where it is found, what athlete would need this nutrient)

**VITAMINS:**

(Define what it does, where it is found, what athlete would need this nutrient)

**MINERALS:**

(Define what it does, where it is found, what athlete would need this nutrient)