

Name.....

# **National Extended Certificate in Sport**

## **Unit 2**

### **Note booklet for Nutrition**



**Sport**

Name.....

# 1) Macronutrients



Name.....

## 2) Vitamins A, B and C



Name.....

### 3) Vitamin D, Calcium and Iron



Name.....

## **4) Hydration and Dehydration**



Name.....

## 5) Nutritional Strategies

