

## Worksheet 7A: Fuel For Your Day

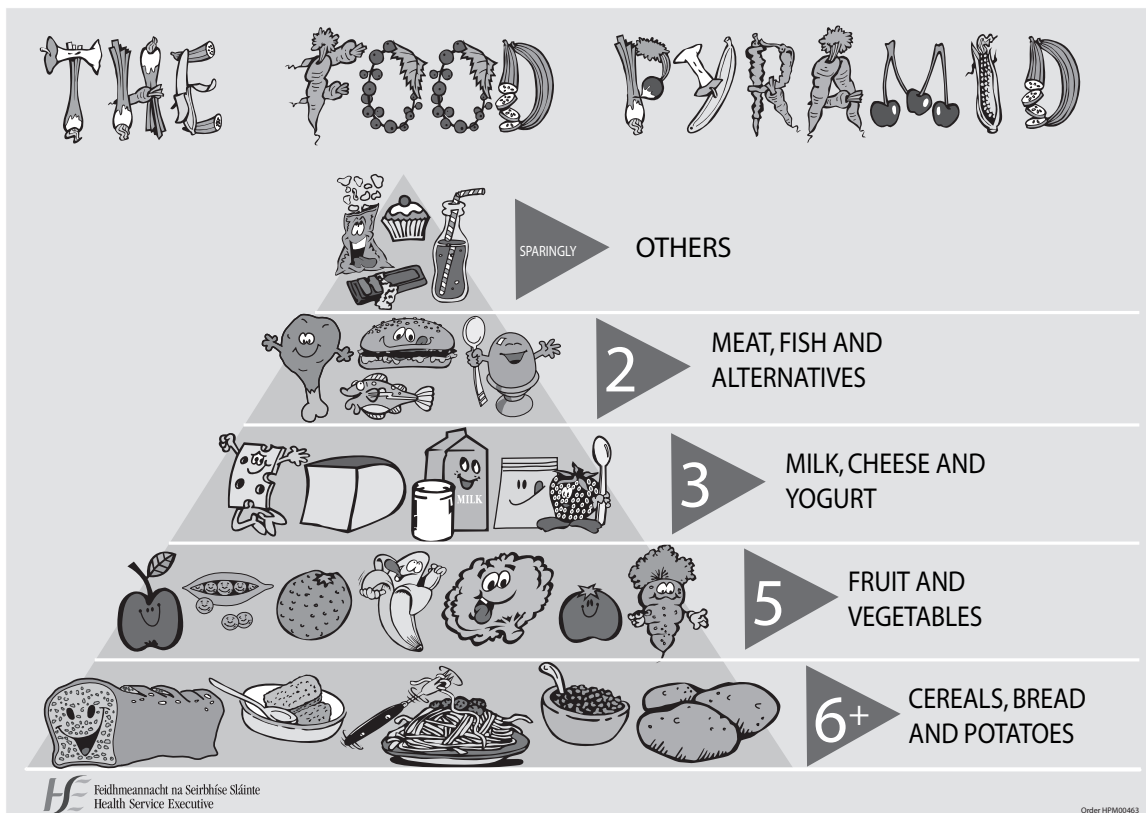
You need to eat a lot of different foods to stay fit and healthy as food is fuel for your body. The food you eat gives you energy for school and your daily activities but you need to eat the right food and the right amounts. If you put bad fuel in your car, the car will splutter and won't work properly, our bodies are the same.

### Fun Food Facts:

1. Food can take two days to travel through your body.
2. A sip of milk takes six seconds to reach your stomach.
3. 1.7 litres of saliva is produced each day.
4. Different parts of your tongue taste different things. The tip tastes sweet and salty things, the back tastes bitter things and the sides taste sour things.
5. Your taste buds can change as you grow older so in a few years you might eat some things you thought were disgusting before.

### Experiment Time

Put tiny bits of lemon, sugar, vinegar and salt on your tongue to find out where your taste buds are. Taste buds tell your brain if something is sweet, sour, salty or bitter.



This diagram is a great guide to the amount of each type of food we should eat each day. It also shows how much of these foods are needed to help keep you healthy.

Examine this diagram and discuss with a partner the different foods which you could eat for a balanced meal at breakfast, lunch and dinner.



## Worksheet 7B: Fuel For Your Day

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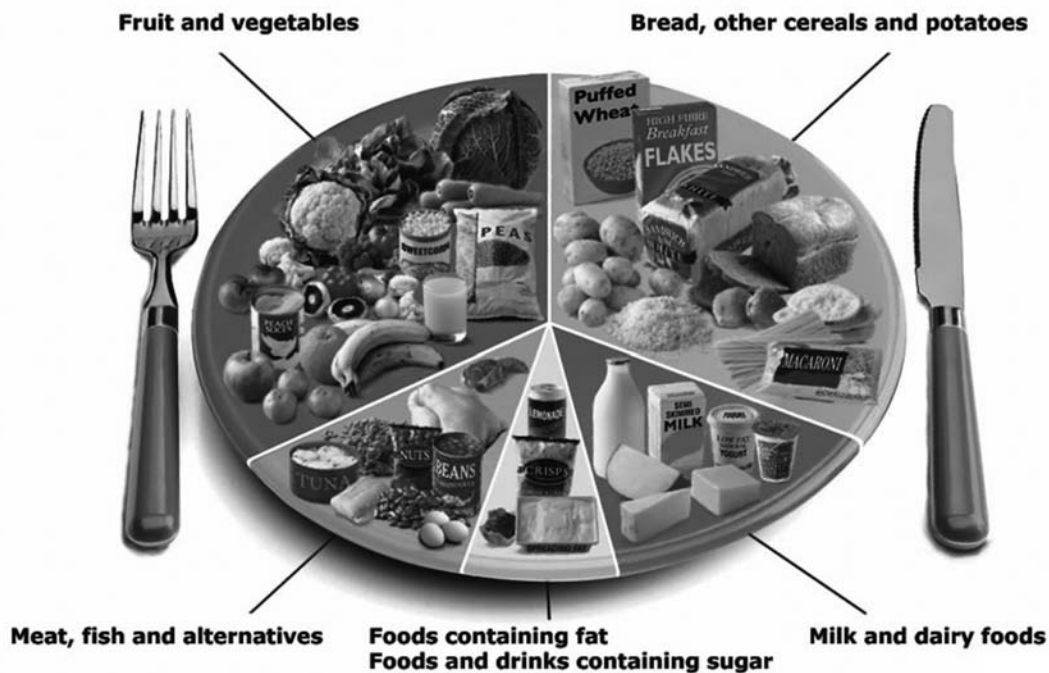
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## The Balance of Good Health



**There are five main groups of valuable foods**



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## Worksheet 7C: Exercise

No matter what the weather is like or how many friends are around, there's always a way to be active and have fun. Here's how.

### 1. When it's just you.

Sometimes being by yourself gives you a chance to practice skills. If you play camogie/hurling, try hitting a tennis ball against a brick wall. Hit the ball at a different height and speed each time and try to control the ball on the hurley with fewer touches. When you play with your friends again, they'll be amazed at what you can do.

**Write some more things to do when it's just you.**

### 2. When there are two of you.

If it is just you and a friend hanging out and you are looking for something to do there are plenty of ways to exercise. You could play handball against a wall or practice your catching for Gaelic football.

**Write some more things to do when there are two.**

### 3. Be Wise, Exercise.

Watch the "Be Wise, Exercise" section of the DVD, then write one important piece of information below that you have learned.

### Don't Be Thirsty.

When you're exercising in the heat, it is very important to remember to drink lots of water even if you don't feel thirsty. Hot temperatures make you sweat more when you're exercising, so you must replace the water you lose to prevent heat exhaustion.

**Use this table to design a week of physical activity.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	Time	Time	Time	Time	Time	Time



## Worksheet 7D: Play Safe With Rules

In order for games to be fair, everyone has to play by the same rules. Rules and fair play are central to Gaelic Games.

### 1. List below all the rules you can think of:

a) At home

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b) At school

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c) In the community

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### 2. Discuss the following topics with your group:

Why it is good to have rules?

What might happen if there were no rules?

Do we need someone, like a GAA referee, to oversee our rules?

Can we have too many rules?

What happens when rules are broken?

How does the referee ensure fair play?

### 3. Write a short paragraph about the role of a referee in a GAA match.

### 4. You too can become a referee. The Young Whistlers Programme is a fun way to learn about refereeing. Ask your teacher about the programme and have fun refereeing Go Games.



## Worksheet 7E: Teamwork

It is not just the players that work as a team in GAA matches. There are a lot of people who are needed so that a game can take place.

**1. List all the people who organise GAA matches.**

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**2. The player who scores the winning point or goal in an All-Ireland final would not be able to win the game without her/his team. The score may be taken by one player but the game is won by the whole team. Think about one of your classmates or team mates. What are their qualities?**

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**3. Teams are selected so that every player offers a special skill. List the different skills needed to be a good team player.**

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**4. Why do teams need a captain?**

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**5. What might a captain need to do if his/her team were playing an All-Ireland final?**

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## Worksheet 7F: GAA Personality Profile

All GAA players follow a strict diet and exercise daily to make sure they are fit enough to compete in matches.

### A. Choose your favourite GAA star and fill in this profile.

Name:	Age:
Eye Colour:	Hair Colour:
Sports Played	Club And County:
Position:	
Achievements:	
Picture/Photograph:	

B) Why do you admire this player?

C) What type of lifestyle do you think this player has?

D) What type of training do you think this person does each week?

Imagine you are a coach of this person's team, design a week's exercise programme for the team. Make sure you include enough time for skills practice.

