

# Nutrition Quiz

1. The time between eating and training (less than 2 hours) will NOT be long enough for complete digestion of a large meal.  
☐ True  
☐ False
2. Pepperoni and double cheese pizza is high in PROTEIN and low in FAT.  
☐ True  
☐ False
3. Rehydration CAN continue during activity.  
☐ True  
☐ False
4. As there are only 1 hour between a school sporting activity and a training session, athletes should eat only ONCE during this period.  
☐ True  
☐ False
5. Athletes should always wait 30-60 minutes after the end of the training session to rehydrate and eat foods rich in carbohydrates but low in fat.  
☐ True  
☐ False
6. It is a good idea to include a drink with the meal to ensure being hydrated.  
☐ True  
☐ False
7. Athletes SHOULD drink coffee because of its hydrating effect.  
☐ True  
☐ False
8. Athletes SHOULD consume small quantities of foods high in carbohydrate until their next meal.  
☐ True  
☐ False
9. DO NOT encourage athletes to continue drinking water for the next few hours they CAN trust their thirst to determine how much water to drink.  
☐ True  
☐ False
10. Athletes should drink plenty of fluid every day, particularly before a practice session or competition.  
☐ True  
☐ False