

### Task 1- A new olympic sport

I think Circuit Training would be a great Olympic sport to get the heart pumping because it uses lots of different muscles, muscle groups and skills / endurance. Also, you can get really out of breath when doing this type of fitness which is building up a healthy heart.

### Task 2- A 3 course meal fit for an olympic champion

I am thinking about the food that a long distance runner would need to help them train for the long distance events.

Starter: Granola, dried fruit and yoghurt.

Main: Chilli con carne with lots of pasta, red kidney beans and a little beef.

Dessert: Fruit cake and a dollop of creme fraiche.

Long distance runners need lots of carbohydrates (because they are using a lot of energy of a long period of time, water and fluids (because you are going to use lots of fluid during a marathon), nuts, pulses, cereals (because these carbohydrates give a slow release of carbohydrates for the long time it takes to run a marathon and iron (for healthy and oxygen rich blood). The chilli dish has the carbohydrates and pulses that they need, there are nuts in the granola fruit in the starter and pudding. Lastly, there is plenty of iron in the beef meat and red kidney beans.

Recipe 1 (starter) -

- Granola with oat flakes, dried fruit and nuts
- Some more dried fruits like raisins, apricots and sultanas
- A dollop of full fat yoghurt

Recipe 2 (main) -

- Pasta
- Minced beef
- Kidney beans (red)
- Onion
- Pepper
- Tinned tomatoes
- Seasoning
- Chilli flakes

Recipe 3 (dessert) -

- Sultanas
- Currents
- Raisins
- Glace cherries
- Plain flour
- Spices (cinnamon and nutmeg)
- Butter
- Orange and lemon zest
- Caster sugar
- Black treacle
- Eggs