

# Leicester well-opoly support



## Nutrition:

1. How much water should you drink each day – 6-8 glasses or 2 litres
2. What do protein and carbohydrate do to our bodies? – Protein helps build and maintain muscles and Carbohydrate gives our body energy.
3. Name all 5 segments of the eatwell guide? – Fruit/veg , protein, carbohydrate, dairy and fats and oils.

## Questions?

1. Name 3 racket sports? Squash, badminton, tennis, table tennis, racquetball
2. Name 5 things important to our complete health and wellbeing? Getting enough sleep, eating a balanced diet, drinking enough water, getting enough exercise, being happy, feeling you belong, feeling well and illness free.
3. Name 5 olympic or Paralympic sports?

Athletics, archery, badminton, baseball, softball, basketball, beach volleyball, boxing, canoe / kayak, climbing, cycling (track, road, mountain, BMX), diving, equestrian (dressage, jumping and eventing), fencing, field hockey, golf, gymnastics, handball, judo, karate, modern pentathlon, roller sport, rowing, rugby 7s, sailing, shooting, soccer / football, swimming, surfing, synchronized swimming, table tennis, taekwondo, tennis, track and field, triathlon, volleyball (indoor), water polo, weightlifting, wrestling, Boccia, Canoe, Football 5-a-side, Goalball, Powerlifting, Rowing, Sitting volleyball, Wheelchair basketball , Wheelchair fencing, Wheelchair rugby, Wheelchair tennis

4. Name 3 Leicester City players?  
Kasper Schmeichel, Danny Ward, Eldin Jakupovic, Caglar Söyüncü, Jonny Evans, Filip Benkovic, Wes Morgan, Christian Fuchs, Luke Thomas  
Ricardo Pereirs, Timothy Castagne, James Justin, Wilfred Ndidi, Hamza Choudhury, Nampalys Mendy, Daniel Amartey, Youri Tielemans  
Dennis Praet, Adrien Silva, Matty James, Marc Albrighton, Harvey Barnes  
James Maddison, Demarai Gray, Rachid Ghezzal, Fousseni Diabaté, Ayoze Pérez, Jamie Vardy, Kelechi Iheanacho, Islam Slimani

## General

How many hours sleep per night should you get? Adult – 7-9 hours child age 5 years to 16 years – 9-11 hours

**ANSWERS CORRECT AS OF SEPTEMBER 2020**