

Activity 6:

Based on a given graph, analyze the graph of blood glucose levels against time to find out the relationship between the Glycemic Index (GI) and the rate of carbohydrate increasing glucose in the blood.

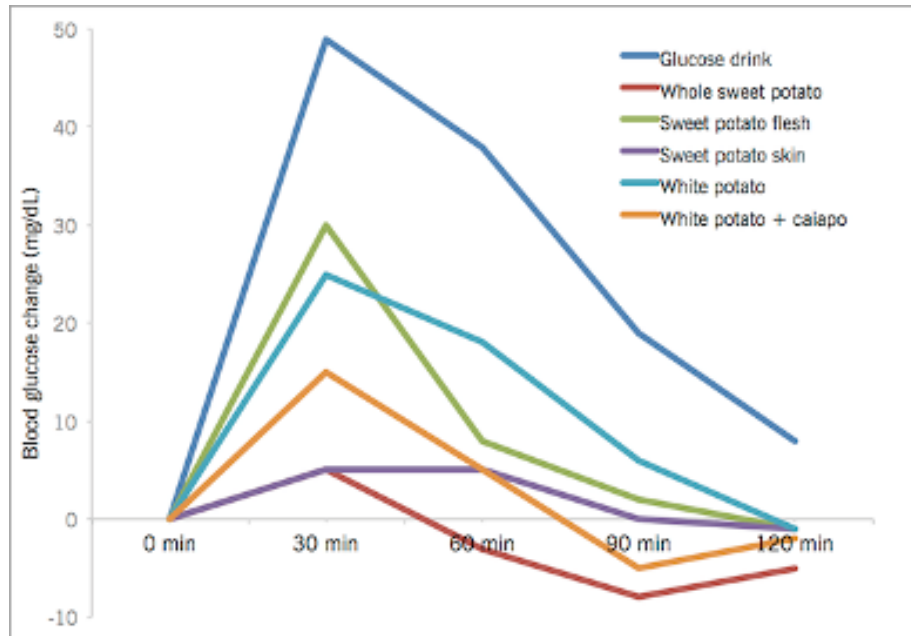


Figure 1: Graph of Blood Glucose Change vs Time

Answer the following questions:

- Will you be able to choose food with a high Glycemic Index?
- Why is food with a high Glycemic Index not suitable to be eaten on the race day?

Activity 7:

From the given Table A and Table B, mix and match ingredients of you recommended energy bar for marathoners. Choose from the three categories: Cereal, Dried fruit, Nuts and extras.

You will have to follow instructions given by the teacher and design your own energy bar for marathoner. You will also have to explain on the relevance of the ingredients used in their energy bar.

Table A:

Mix and Match Your Own Bar!

Choose your favorite from each of the first three categories and stir them up! Then add from Extras if you like. See Prevention's Test Kitchen Picks at right to get you started.

<p>Cereal</p> <ul style="list-style-type: none"> ■ Cornflakes ■ Granola ■ Muesli ■ Puffed rice ■ Rice flakes ■ Wheat flakes 	<ul style="list-style-type: none"> ■ Cranberries ■ Dates ■ Figs ■ Mangoes ■ Peaches ■ Pears ■ Pineapples ■ Prunes ■ Raisins ■ Strawberries <p>Nuts</p> <ul style="list-style-type: none"> ■ Almonds ■ Cashews ■ Hazelnuts ■ Macadamias ■ Peanuts ■ Pecans ■ Pistachios ■ Walnuts 	<p>Extras</p> <ul style="list-style-type: none"> ■ ½ c chocolate chips ■ ½ c peanut butter chips ■ ½ c pumpkin seeds ■ ½ c shredded coconut ■ 2 Tbsp crystallized ginger ■ 2 Tbsp flaxseed ■ 2 Tbsp poppy seeds ■ 2 Tbsp sesame seeds ■ 2 Tbsp sunflower seeds ■ 2 Tbsp toasted wheat germ
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Table B:

Dried fruit caloric table					
Product	Quantity	Energy (kcal)	Protein (g)	Fat (g)	Sugar(g)
Almonds	100 g	572	20,0	52,0	20,5
Cashews	100 g	633	25,2	53,6	12,6
Cedar nuts	100 g	629	12,0	61,0	12,0
Coco nuts	100 g	380	3,4	33,5	29,5
Dried apples	100 g	238	2,1	2,1	62,3
Dried apricots	100 g	284	5,4	1,2	72,2
Dried apricots with stone	100 g	227	5,0	0,0	53,0
Dried bananas	100 g	390	3,9	1,8	80,5

Dried briar fruit	100 g	110	3,4	0,0	21,5
Dried dates	100 g	277	2,0	0,4	74,0
Dried figs	100 g	290	3,6	1,2	78,0
Dried peach	100 g	254	3,0	0,4	57,7
Dried pears	100 g	270	2,3	0,6	62,6
Hazelnuts	100 g	640	14,4	63,0	14,9
Hazelnuts	100 g	707	16,1	66,9	9,9
Mustard pits	100 g	474	25,8	30,8	23,4
Peanuts	100 g	560	25,7	46,1	19,2
Pecans	100 g	589	20,5	48,5	25,0
Poppy seeds	100 g	478	20,1	42,9	24,7
Prunes	100 g	267	3,5	1,2	68,9
Pumpkin seeds	100 g	556	24,5	45,8	18,0
Raisins	100 g	277	2,3	0,5	71,2
Roast chestnuts	100 g	182	3,2	2,2	33,8
Sesame seeds	100 g	565	19,4	48,7	12,2
Sunflower seeds	100 g	561	24,4	43,7	24,6
Walnuts	100 g	645	16,0	60,3	18,0