



## **For The Student**

### **Middle Primary Years 3 & 4**

#### **Week 13**

#### **Title: Eat Like An Athlete**

#### **Theme: Sports Nutrition**

#### **Learning Outcomes:**

- Students identify the requirements of a balanced diet for themselves and for the needs of an athlete.
- Students will be able to apply their knowledge of a balanced diet to develop a meal plan for an Australian athlete and an athlete from a different culture.

Elite athletes compete all over Australia and the world. While travelling can be exciting and challenging, it can also be very tiring. Athletes need to carefully adapt their training and preparation to make it as similar to their home environment as possible. Athletes must keep eating foods that are familiar and enjoyable, so as to not disrupt their training or performance while they are travelling.

Athletes have the same basic nutritional needs as non-athletes. The principles of their diet are based on the Australian Guide to Healthy Eating. They should eat high carbohydrate foods, like pasta, cereal, and bread for energy. They also need to eat protein foods like meat, chicken and dairy to help with muscle strength and recovery. They should eat fruit and vegetables every day, including the aim of 2 fruit and 5 vegetables based on the NHMRC recommendations. They need to avoid high fat and high sugar foods as these do not provide all the necessary nutrients to keep them healthy and maintain their physique for their sport. Athletes, like the rest of us need to eat a healthy diet to make sure that they stay healthy. If an athlete is sick or run down due to poor diet, it will affect their performance.

One main difference is that athletes generally need to eat more food than non-athletes, as they have very high energy needs due to the demands of their sport. They might need to eat a larger breakfast to fuel them up for a morning training session, or a big lunch as an energy top-up before their afternoon match.

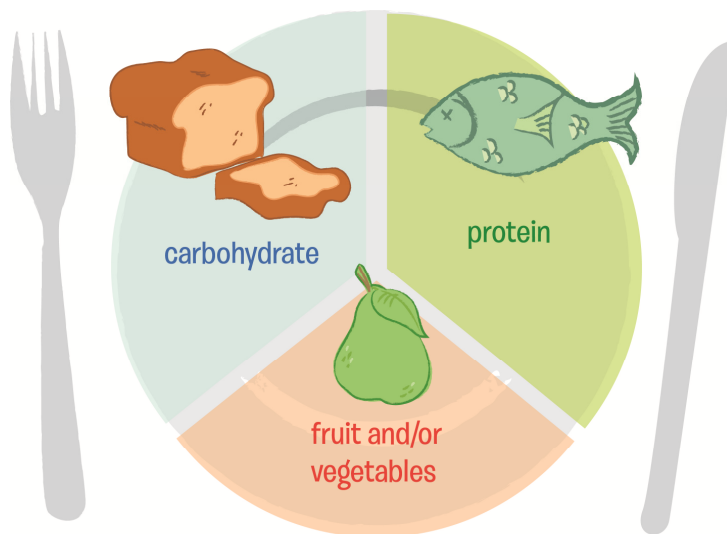
So, if you want to eat like an athlete, think about having a good balance in your meals. What is a balanced meal?

A balanced meal is one which includes carbohydrate, protein, and fruit and/or vegetables. By eating this way, you can be sure that you are getting enough energy and nutrients for everyday activity, growth and development.

Your balanced meal should consist of:

- 1/3 should be carbohydrate
- 1/3 should be protein
- 1/3 should be fruit and/or vegetables





Let's think of some examples of balanced meals:

- Porridge (carbohydrate) made with milk (protein) and sliced apple on top (fruit).
- A roll (carbohydrate) with chicken (protein) and salad (vegetables).
- Spaghetti (carbohydrate) with meat sauce (protein) and a side salad (vegetable).

Snacks should always be balanced too:

- Muesli (carbohydrate) sprinkled over yoghurt (protein) and berries (fruit)
- Dry biscuits (carbohydrate) with cheese (protein) and sliced tomato (fruit/vegetable)

### Learning Activity 1 – Create a Meal

Choose your favourite sport, and imagine that your sports person or team is travelling to another city in Australia for competition where they will be staying tonight in your hotel. As the chef at the hotel, you need to design a dinner meal for the athletes to assist them to meet their nutrition and energy needs.

Use the template above to help you.

### Learning activity 2 – International Meal

As a class, discuss a menu for a team who is travelling to Australia from overseas. What things would students need to consider if they were preparing a meal for them?

With a partner, design a dinner menu for a team who is travelling to Australia from overseas. Choose the country that your athletes will be coming from.

- What types of food are common in their culture?
- What types of food are the athletes going to enjoy?
- Can you think of sporting situations where athletes travel to other countries?

(Olympic Games, Commonwealth Games, World Championships for swimming and track and field, World Cup in cricket, soccer, rugby etc).

Use the template above to help you.



### **Support Materials and references**

Australian Guide to Healthy Eating:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-guide-index.htm>

### **For Kids**

1Seven article: [Energy to Burn](#)

1Seven article: [Eat smart](#)

1Seven article: [Fill your plate with colour](#)

