



## **For The Teacher**

### **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, enjoyable, and nutritious 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?

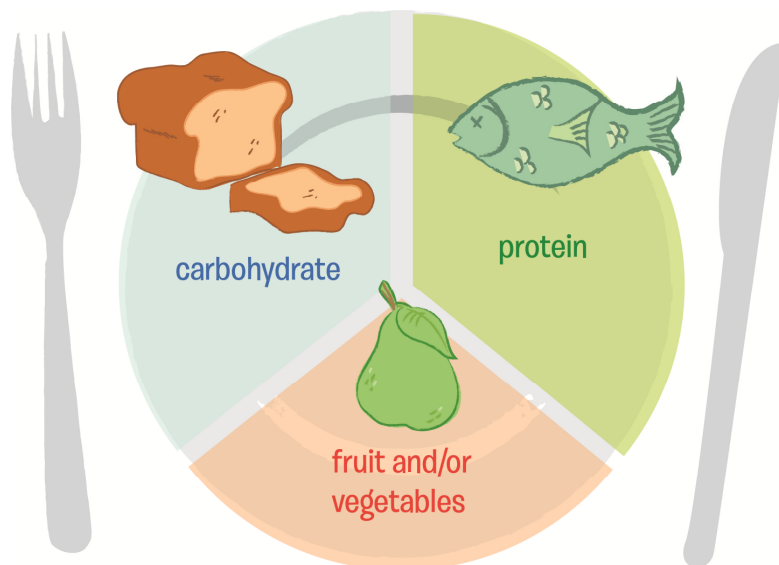
A balanced meal is one which includes carbohydrate, protein, and fruit and/or vegetables. By eating this way, you can be sure that you are getting enough energy and nutrients for everyday activity, growth and development.

Your balanced meal should look like this:

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

Or, at least make sure you include all of the nutrients in equal amounts!





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

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

### Learning activity 2 – International Meal

As a class, discuss a dinner meal 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. In pairs, have students 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).



### Support materials and references

#### For Kids

- 1Seven article: [Energy to Burn](#)
- 1Seven article: [Eat smart](#)
- 1Seven article: [Fill your plate with colour](#)

#### For Teachers & Parents

- 1Seven article: [Find out about your food](#)
- 1Seven article: [Healthy Eating Guide](#)

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### Thinking Strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
•	•	•		•	•

Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
•			•	•	•	•	

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
•	•	•	•	•	•