

TASK

What healthy foods do sports people eat to help them achieve their best?

Draw a line to match the meal idea to the sport



Whole grain
chicken
sandwich



Eggs on toast
with baked
beans



Tennis player



Football player



Rock climber



Oats with
dried fruit,
banana and
soy milk



Weightlifter



Marathon runner



Rice bowl with
lean mince,
rice, cheese and
guacamole

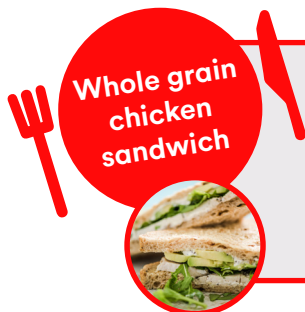


Salmon and tofu
with roasted
vegetables
and lentils

Be honest, tell the truth'...
Do you need some help?
Look at slide 16 on The Football
Academy PowerPoint for some top
tips from some athletes

PROGRESSION

Provide an explanation as to why each meal is appropriate for the sport



Explanation

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Explanation

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Explanation

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Explanation

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Explanation

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The Football Academy Activity sheet 1

EXTENSION

Decide which foods are best for these times in a sports person's day

Provide an explanation for the choices you made



Meal ideas and Explanation

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Meal ideas and Explanation

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Meal ideas and Explanation

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Meal ideas and Explanation

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Be honest, tell the truth'...
Do you need some help?
Look at slide 13 on The Football Academy PowerPoint for some top food suggestions and slide 18 for some tips from athletes