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| FOOD FOR SPORT | |
| FOCUS AREA Food, Drink & Health |  |
| KEY MESSAGES | |
| <ul style="list-style-type: none"> We can make well-informed decisions to change our diets and lifestyles to improve our health and wellbeing. | |
| LEARNING AREA | YEAR |
| <ul style="list-style-type: none"> Healthy and Physical Education Design Technologies – Food specialisations | 7 or 8 |
| TYPE Worksheet, group discussion, design activity | |

Introduction

This Quick Bite is aimed to empower children to make healthy food choices to help fuel their bodies before, during and after sport. Fuelling their bodies with the recommended foods will help children to:

- grow and develop
- concentrate in school
- support their immune health
- achieve their sporting goals

Learning Intention

This resource will enable students to:

- understand the importance of fuelling their body for sport.
- recognise suitable before, during and after game meals and drinks.

Materials and equipment

- Game Plan* Activity sheet
- [Fuelling for Best Performance- Active Juniors](#) Reference sheet
- [Fuel for Sport](#) Factsheet, teacher resource
- [Choose Water](#) Factsheet, teacher reference

Teacher background notes

For further information on children and sports nutrition visit:

- [Fuel to Go & Play®](#) - Fuel to Go & Play® aims to create healthier food environments in community venues e.g., sport, recreation, entertainment venues and playcentres.
- Refer to the Fuel to Go & Play® website for additional fact sheets and short videos, including the [Fuel for Sport](#) Fact sheet
- [Sports Dietitians Australia](#) website provides a range of factsheets for junior sport.

To complete this activity

- Ask students what they know about “Food for Sport”? Why is fuelling your body with the right types of food important for sports performance as well as general health and wellbeing?
- Using the [Fuelling for Best Performance - Active Juniors](#) reference sheet, students complete the *Game Plan* activity sheet by considering the best food and drink options before, during and after participating in sport. Use the Fuel for Sport Factsheet as a teacher resource to explain the benefits different foods have for our body.

Extension:

Students complete a menu plan for a teenager who is competing in a whole day school sports carnival. Students should consider food and drinks for the whole day to help this competitor perform at their best.

Acknowledgements

Fuel to Go & Play®. 2022. *Welcome to Fuel to Go & Play®*. [online] Available at: <<https://www.fuelto.go.com.au/>> [Accessed 7 April 2022].



Department of Health



Game plan

Activity sheet

Before:

What do you need?

Why do you need it?



During:

What do you need?

Why do you need it?

centre line

After:

What do you need?

Why do you need it?

23-metre line

Hydration:

When do you need it?

Why do you need it?

