



HOW WE FUEL OUR BODY

All food we eat helps to fuel our body. However, different foods are good for us in different ways. Please read below to find out what the four main food groups are and how they help fuel your body:



FRUIT AND VEGETABLES

The foods in this category are really good for you. They contain lots of minerals and vitamins which helps keep your body healthy. These foods are generally low in fat and low in sugar too which is another reason fruit and vegetables are so good for you.

DAIRY AND ALTERNATIVES

These foods contain high amounts of calcium which is excellent for building and keeping our bones in good condition. These foods generally contain milk from animals but there are lots of other alternatives to meet everyone's needs.

BEANS, PULSES, FISH, EGGS, MEATS AND OTHER PROTEINS

The foods in this group are really good for building and repairing muscles. This is because these type of foods contain a high amount of protein which is a nutrient that helps build muscle tissue.

POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY CARBOHYDRATES

These foods provide us with our main source of energy. These foods are broken down into glucose (sugar) before being absorbed by our bloodstream. Glucose is used by your body for energy, fuelling all your activities, whether going for a run or simply breathing.



1. Which food group contains a high amount of calcium?

2. Which food group contains a lot of vitamins and minerals which are low in fat and sugar?

For bonus points can you name five items of food that fit into that food group?

3. What are carbohydrates and how do they help fuel our body?

4. Can you list five foods that would help your muscles grow and repair?

5. Can you think about your lunch yesterday and place it into the correct food groups?



FOOTBALLER'S DIET



Can you organise the footballer's diet in to the 4 main food groups in the table on the next page? We have separated breakfast for you.

A FOOTBALLER'S DAILY DIET	
BREAKFAST	Poached eggs, smoked salmon on two slices of toast Fruit smoothie Handful of peanuts
MORNING SNACK	Bottle of water Banana
LUNCH	Pasta with chicken in tomato sauce Salad Melon and yoghurt
AFTERNOON SNACK	Peanut butter and apple slices Smoothie
DINNER	Salmon fishcakes Boiled potatoes Peas, carrots and sweetcorn Bottle of water
AFTER DINNER SNACK	Handful of peanuts Glass of milk



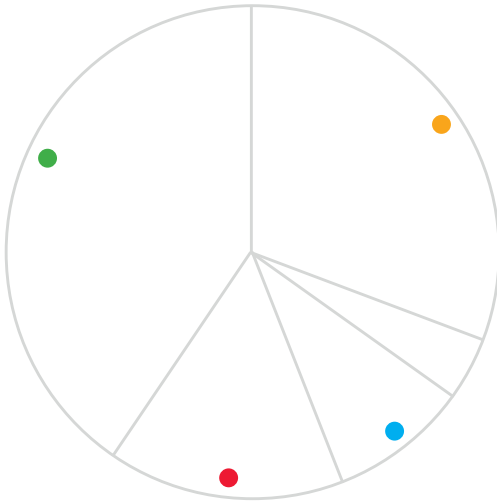
BEANS, PULSES, FISH, EGGS, MEATS AND OTHER PROTEINS	DAIRY AND ALTERNATIVES	FRUIT AND VEGETABLES	POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY CARBOHYDRATES
BREAKFAST			
<i>Poached Egg</i> <i>Smoked Salmon</i> <i>Peanuts</i>		<i>Fruit Smoothie</i>	<i>Toast</i>
MORNING SNACK			
LUNCH			
AFTERNOON SNACK			
DINNER			
AFTER DINNER SNACK			



Why does the plan include these foods?

How does this diet affect the players performance or recovery?

Can you think about your diet yesterday and organise what you ate onto the Eatwell plate below?



Think about the foods you have eaten and what happened to your energy levels?

FOOD	ENERGY LEVELS
<i>Apple</i>	<i>I felt like I had more energy during the day.</i>



Premier League
**Primary
Stars**



MAKING A MEAL



Your task is to create a meal with an adult that will help you perform at your best. This can either be a healthy breakfast, lunch or dinner. Consider what types of food you are going to include in your meal and how this is going to help fuel yourself during the day.

NAME OF MEAL			
TYPE OF MEAL (please circle)	BREAKFAST	LUNCH	DINNER

Picture/Drawing of meal

Ingredients

Method of cooking

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NOTE: Please make sure you are supervised by an adult whilst cooking/preparing your meal to remain safe.



WATCH OUT, SUGAR IS ABOUT!



Staying hydrated is important for several different reasons. However, it's also important that you try and stay hydrated in the right way. Lots of 'popular drinks' have high sugar content and although they may taste nice, they're not the best option when thinking about living a healthy lifestyle. Check out the drinks below and work out how many sugar cubes can be found within each drink.

DRINK	AMOUNT OF SUGAR	AMOUNT OF SUGAR CUBES (draw in the amount of sugar cubes)
Coke (330ml)	36g	
Oasis Summer Fruits (500ml)	20g	
Lucozade Sport	18g	
Yazoo Strawberry Milkshake (475ml)	44g	
Volvic-Lemon and Lime (500ml)	28g	
Fanta orange (330ml)	16g	
Monster Energy (500ml)	52g	
Naked Juice Green Machine (450ml)	52g	
		4 grams of sugar = 1 sugar cube

Can you find any drinks in your home and work out the sugar content?

Can you find out how much of our body is made up of water?

What are the benefits of drinking water instead of 'fizzy' or sugary drinks?



HEALTHY WORD SEARCH

H	Y	B	D	S	Q	I	J	Z	N	C	E	A	I	S
Y	H	D	W	A	Q	F	V	I	H	T	C	T	V	A
D	T	V	S	M	U	E	E	A	A	E	N	P	Z	L
R	L	D	E	D	H	T	C	R	I	N	K	Q	T	A
A	A	R	Q	G	O	K	D	V	K	Q	A	I	A	D
T	E	C	B	R	E	Y	I	Y	O	P	U	N	U	I
I	H	Q	P	N	H	T	S	E	I	R	O	L	A	C
O	L	O	H	O	Y	X	A	Y	F	L	E	U	F	B
N	T	O	B	R	A	S	P	B	E	R	R	I	E	S
W	P	R	C	P	M	S	C	A	L	C	I	U	M	Y
M	A	A	E	C	S	U	G	A	R	E	A	B	F	R
C	I	T	N	T	O	R	R	A	C	P	S	S	L	I
I	W	Q	E	L	I	R	T	M	P	T	E	A	H	A
T	I	L	A	R	H	Q	B	L	Q	B	H	H	E	D
T	K	S	N	I	T	S	E	Z	S	O	R	G	T	P

ACTIVITY

CARBOHYDRATE

HEALTHY

SALAD

APPLE

CARROT

HYDRATION

SUGAR

BANANA

CHICKEN

KIWI

VEGETABLES

BROCCOLI

DAIRY

PEAS

WATER

CALCIUM

FRUIT

PROTEIN

CALORIES

FUEL

RASPBERRIES

CHALLENGE!

Every time you find a word you must perform any of the below activities for each letter the word contains! e.g. FUEL = 4 letters = 4 star jumps

Star jumps / High knees / Air punches / Squats / Hopping / Balance on one leg
Or any activities you can think of!

