Go Faster Food for Schools

"Eat like a Sports Star"

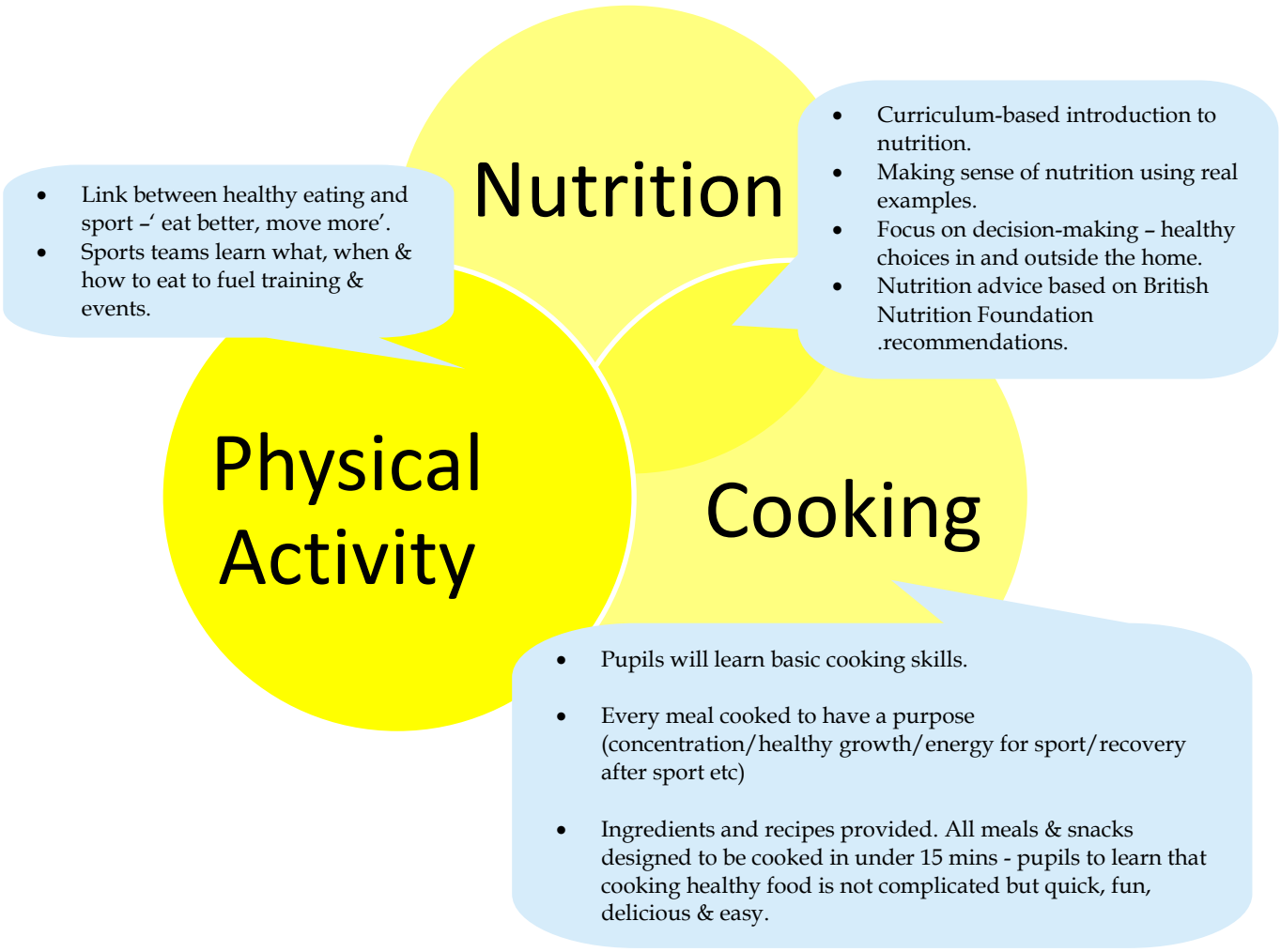
"Eat like a Sports Star" is a curriculum-based healthy eating programme provided by Go Faster Food for Schools for primary and senior school pupils, consisting of six lesson plans. The programme aims to:

- make sense of food for pupils by linking what we eat to how we perform, using sport as a 'hook' to engage participants;
- give pupils a good understanding of nutrition as well as the benefits of healthy eating;
- provide pupils with the skills and knowledge to cook a range of meals and snacks to support both healthy growth and sports activity;
- help pupils with decision-making about food when outside the home;
- involve parents/carers/rest of school to raise awareness of healthy eating for improved performance in both sport and in the classroom.

Additional teaching resources:

- Go Faster Food for Kids (available at special schools bulk discount rates)
- Go Faster Food for Schools Recipe booklet .pdf

These are both available on www.gofasterfoodforschools.com.



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"Eat like a Sports Star"

INTRODUCTORY LESSON

Lesson timeframe: 45 minutes

The big picture? Students will learn about macro- and micronutrients, a balanced diet and hydration, in preparation for the more details lessons 1 to 6 of the " Eat like a Sports Star" course.

Lesson Objectives? To understand -

- The function of carbohydrates, protein and fats in an active lifestyle.
- Why the body needs vitamins and minerals.
- How to balance the diet and why this is important for active young people.
- The importance of hydration and how to know how much and what to drink on a daily basis.

Materials? For the theory: website resources (www.gofasterfoodforschools.com), a variety of foods – milk, cereal packets (sugary and wholegrain), oats, eggs, wholegrain bread, fruit, rice, pasta, tin of sardines, cans of sugary drink. For the cooking activity: ingredients and equipment as listed in the recipe link below.

Suggested session activities:

1. *Split into groups and weigh out sugar to compare levels (grams) in different drinks (10 mins)*
2. *Make your own sports drink or smoothie (15 mins).*
3. *Design your own 'balanced' plate of food (15 mins).*

Have the students understood the session?

Play the "Eat like a Sports Star" Great Grub Quiz (see www.gofasterfoodforschools.com for free download) (5 mins).

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USEFUL RESOURCES
Nutritional Requirements

In this session participants will learn about the basic nutrients required by the body in order for it to function at its best. Further sessions will go into more detail about each nutrient.

Support materials - bring in examples of carbohydrates, protein and fats (see each section)
Use the sports car video and supporting information on www.gofasterfoodforschools.com to illustrate how the body needs good fuel to function at its best.

Macronutrients –
Carbohydrate, Protein and Fat
These equip the body with energy and are also important for the growth and maintenance of the body.

Micronutrients –
Vitamins and Minerals
These are essential for keeping us healthy, but are needed in smaller amounts.
Vitamins help the body utilise other nutrients in the correct way, minerals help build and maintain the body.

We need to eat food from a variety of different food groups to ensure an adequate intake of these macro and micronutrients. The better variety of foods we eat, the better our intake of the full spectrum of nutrients required by the body.

Carbohydrates
Carbohydrate-rich foods are the optimum fuel for energy. When children do sport, their muscles burn a combination of carbohydrate, protein and fat. This combination depends on the intensity and duration of the exercise. The longer and higher the intensity, the higher proportion of carbohydrate will be used. About 55%-60% of a child's diet should come from carbohydrates.

***Examples of carbohydrates are* - oats, bread, pasta, rice, cereal, starchy vegetables such as pumpkins, sweet potatoes and potatoes, as well as other fruit and vegetables.**

Protein
Children need protein for:
- energy,
- the health and development of body tissues such as muscles, bones and red blood cells
- making hormones and enzymes for the immune system

15-20% of a child's diet should come from protein. Active children need more protein than less active children, especially after exercise to help repair and restore muscles.

***Examples of protein are* lean meat or poultry, fish or shellfish, eggs, milk, yoghurt or cheese, Quorn, pulses and beans (lentils, baked beans, soya beans), nuts and seeds.**

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Fat

Fat is important for:

- providing essential fatty acids for growth and development
- fuelling the muscles
- transporting vitamins and proteins around the body
- promoting healthy skin and nerve function
- making important hormones

25-30% of a child's diet should come from fats.
The majority of this should come from **unsaturated fat.**

Over consumption of **saturated fats** can lead to greater risk of heart-related diseases in later life.

Unsaturated fats (omega 3's and omega 6's) can reduce the risk of heart-related disease, as well as improve immunity levels, mood and brain development. Recent studies have shown that a diet rich in unsaturated fats can enhance sports performance

Examples of fats are

***Saturated Fat* – butter, ghee, lard, cream, processed cakes & biscuits, pastries, sausage rolls, pork pies, processed meats such as salami.**
***Unsaturated fat* – avocados, nuts, seeds, salmon, sardines, peanut butter.**

Vitamins and Minerals

Eating a broad spectrum of foods will provide the body with a good variety of vitamins and minerals. The body needs vitamins and minerals to:

- help release energy from foods, enabling the body to use carbohydrate, fat and protein efficiently
- protect the immune system, nervous system and the brain
- protect the health of teeth, bones, skin, blood and eyesight

Children doing plenty of sport need an increased intake of vitamins and minerals to help muscle function, cell repair and red blood cell formation.

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A balanced diet

Use the **Eatwell plate** (UK Food Standards Agency) to show the types and proportions of different food groups in a healthy, balanced diet. Food groups are split into thirds:

- one third **starchy, nutrient-rich, carbohydrates**, the less refined the better (wholegrains, bread, oats, potatoes, pasta, couscous, rice)
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- one-third **fruits and vegetables**
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- one **third meat, fish, egg, beans and pulses, dairy foods and non-dairy alternatives**, with ***just a small amount*** of foods high in sugar and saturated fat.

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Hydration

Why is hydration important?

Around two-thirds of our body weight is made up of water. We need fluids for the body to function properly:

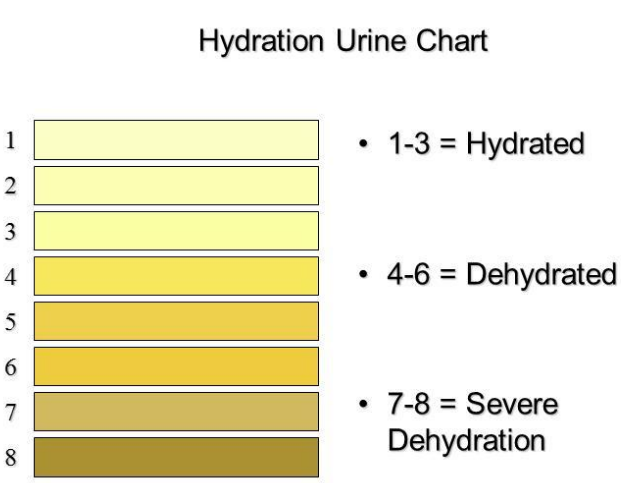
- to enable blood to carry nutrients around the body
- to get rid of waste
- to prevent dehydration

Good hydration is key if we want to perform to the best of our ability, both mentally and physically.

How much should we drink?
There is no set rule, as the amount we need to drink depends on:

Individual factors - our age, size, weight and sex
External factors - temperature, humidity, our level of activity

How can we tell if we're drinking enough?



It is recommended by the British Nutrition Foundation to drink *6-8 glasses of fluid a day*. This can be water, milk, tea, coffee or other non-alcoholic drinks (not sugary or fizzy drinks). Active children should drink more during hot weather and before, during and after exercise.

We can check hydration levels by ensuring our urine is a pale, straw-like colour. The darker the urine, the less hydrated you are.

What should young people drink?
Water should be the number 1 choice for hydration – it's free, convenient, calorie-and sugar-free.
Milk hydrates as well as offering additional nutritional advantages such as protein and calcium.
Fruit juice and smoothies should be drunk in moderation and should not replace whole fruit; they contain vitamins and minerals but less fibre and high amounts of sugar.
Fizzy drinks and squash are high in sugar and should be drunk infrequently.

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Potential Short-Term Effects of Dehydration

Physical symptoms

- Lack of energy or headaches
- Light-headedness
- Nausea
- Dark-coloured urine and not passing much when going to the toilet
- Reduced muscular strength
- Impaired co-ordination
- Impaired physical endurance
- Cramping
- Shortness of breath
- Reduced skin turgor – a 'lasting skinfold' when pinched
- Constipation

Mental symptoms

- Restlessness
- Irritability
- Reduced concentration
- Confusion, feeling of disorientation
- Lack of alertness and accuracy
- Impaired decision-making ability
- Impaired ability to do mental arithmetic
- Impaired short-term memory

Soms suggested session activities:

1. *Weigh out sugar to compare amount (in grams) in different drinks.*
2. *Make your own sports drink (see Go Faster Food for Kids, P. 43) or smoothie (see website).*
3. *Design your own 'balanced' plate of food.*
4. *"Eat like a Sports Star" Great Grub Quiz (free download on www.gofasterfoodforschools.com)*

WOULD YOU LIKE TO DOWNLOAD MORE LESSON PLANS?

- Lesson Plan 1 – Count on Carbs
- Lesson Plan 2 – Protein Power
- Lesson Plan 3 – Fit Fats
- Lesson Plan 4 – Vitamins and Minerals
- Lesson Plan 5 – Hydration
- Lesson Plan 6 – Brainy Breakfasts

Please visit "Download Lesson Plans" for more information.

HAVE YOU SEEN OUR LATEST HEALTHY EATING POSTERS?
Perfect to decorate the classroom, dining hall or gym! Set of 8 "Eat like a Sports Star" laminated posters, A3 or B2 size. Click here for more information.

NEW FEATURE QR codes on each poster link directly to relevant webpages for additional nutrition information, videos and recipes.

Get the books! *Go Faster Food for Kids* gives case studies, additional nutrition resources and a further 101 healthy recipes suitable for making in class.
Click here for more information.