



## Go Faster Food 'Eat like an Athlete' Programme

### Course Leader 1-Day Training Programme

9.00 – 10.00	<p>Welcome and introduction to the 'Eat like an Athlete' course</p> <p>Course structure and aims</p> <p>Introduction to nutrition basics</p> <ul style="list-style-type: none"> <li>- Balanced and varied diet</li> <li>- Macronutrients; micronutrients</li> <li>- Eatwell plate</li> <li>- Food as fuel "would you put diesel in a Ferrari?"</li> <li>- Link with sport (Fuelling for matches and events, Recovery after sport)</li> <li>- Hydration</li> </ul>
10.00 – 11.00	<p>Cooking with Carbohydrates</p> <ul style="list-style-type: none"> <li>- Oaty banana pancakes/blueberry pancakes</li> <li>- Go Faster Granola</li> <li>- Breakfast muffins</li> <li>- Brainstorm Breakfast; fuelling up for school/exams/sports matches; compare and contrast different breakfast options</li> </ul>
11.00 – 11.15	Break
11.15 – 12.00	<p>Cooking with Protein</p> <ul style="list-style-type: none"> <li>- Chicken kebabs</li> <li>- Felaful wraps (vegetarian)</li> <li>- Protein in sport for muscle growth and repair</li> </ul>
12.00 - 12.30	<p>Fats for Fitness</p> <ul style="list-style-type: none"> <li>- Guacamole and homemade tortilla chips</li> <li>- Importance of fats</li> </ul>
12.30 - 1.15	Break/Lunch
1.15 – 2.00	<p>Cooking with Vitamins &amp; Minerals</p> <ul style="list-style-type: none"> <li>- Sweet potato wedges with homemade tomato ketchup</li> <li>- Chocolate strawberries</li> <li>- Energy balls</li> </ul>
2.00-2.30	<p>Hydration</p> <ul style="list-style-type: none"> <li>- Smoothies, shakes and energy drinks</li> <li>- The pee chart, hydrating for sport, water, milk.</li> </ul>
2.30 – 3.15	<p>Review &amp; discuss 6 week course, final presentation and how to prepare pop-up restaurant and/or competition.</p> <p>Q &amp; A session</p>

Course to take place in school, cooking area and equipment required.  
Go Faster Food to supply cooking ingredients and course materials.

