



Performance Nutrition Pathway Program

MODULE 5 – U14 Activity: SPORTS FOODS

Download this information sheet on a Category A Sports Food from the AIS website and read through the information.

https://www.ais.gov.au/_data/assets/pdf_file/0009/1001106/Sports-Drinks-Infographic-2pg.pdf

Using the information provided in the information sheet, answer the following;

Q1: You are competing in a local summer competition/carnival . Your game time is 11am and the temperature is expected to reach 33°C by this time. Humidity is also high, at 93%. Which drink or drinks would you choose to have with you and why? You can choose more than one

- ☐ Water only? Why? _____
- ☐ Water + electrolytes. Why? _____
- ☐ Water + electrolytes + carbohydrate. Why? _____

Q 2. You only like consuming water during games. Using the foods (not drinks) listed under “food first philosophy” on page 2 of the info sheet, make a list of the combination of “real foods” you think you could consume during a game within the bunker.

My preferred during game foods that are a good source of carbohydrate (for energy) and salt (to replace sweat losses and help with fluid retention are.....

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____
- ☐ 4. _____

