



Performance Nutrition Pathway Program

U14 MODULE 2 ACTIVITY

EATING TO OPTIMISE TRAINING

Preparation for training is not just what you do when you arrive at the field. Everything you do during the school day and across your school week is assisting your training sessions. Take a minute to consider the Training Nutrition checklist covered in the module. Tick all those that are already a “YES” for you.



- ☐ I eat something light, nutritious and containing carbohydrate, before all training sessions, even when they are early morning. I sip water before and during the session.
- ☐ I eat breakfast everyday and include a nutritious source protein (eggs, milk, yoghurt) at this meal always, but especially if it is after an early morning training session.
- ☐ I eat regularly throughout the day (about every 3-4 hours) and avoid skipping and delaying meals.
- ☐ I include a serve of protein (e.g. 120g meat/chicken/fish/ 2 x eggs/1 Cup legumes) **PLUS** a serve of colour (fruit/salad/vegetables) **PLUS** a wholegrain, nutritious carbohydrate (wholegrain bread/wraps/pasta/rice/crackers etc) at each meal and snack over the day. I make sure this is reflected in my lunch and snacks at school.
- ☐ If I am going straight from school to training, I make sure I pack extra snacks to meet my pre-training needs.
- ☐ I eat 2-3 pieces of fruit per day and try to get as much variety as possible.
- ☐ I eat a variety of salads or vegetables, at least two or more meals every day (e.g. at Lunch and Dinner).
- ☐ I sip fluids throughout the day, aiming for at least 2+ L over the day before training, (as well as what I need to consume during and after training sessions).
- ☐ I take 1-2 water bottles to training and refill them throughout training when they are finished.
- ☐ I include electrolytes or sports drink at training only if I am a heavy sweater, or if sessions are greater than 60-90 minutes or if the weather is very hot and humid (or if I know I haven't eaten enough carbohydrate at my meals and snacks during the day at school or after school before training).



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Activity 1: Based on your checklist responses, list 3 things you could be doing to improve your daily training nutrition practices.

1. _____

2. _____

3. _____

MY HIGH-PERFORMANCE LUNCH BOX

Activity 2: As you have now seen, what you eat during the day and immediately before training, can make a big difference to your overall health and performance in the short term (in training) which can translate to how you perform on game day.

Write down in the boxes below what you normally take to school in your lunch box (it doesn't matter if your lunch box doesn't specifically look like this!)



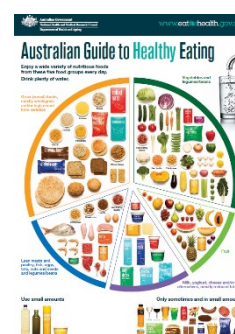


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My Lunchbox Checklist


In your sample lunchbox today, did you include;

- ☐ A nourishing carbohydrate food (for fuelling muscles & brains - wholegrain if possible)
- ☐ At least one Dairy food (for protein and calcium)
- ☐ A higher protein meat or meat alternative food (for muscle building and maintenance)
- ☐ At least one piece fruit (for carbohydrates to fuel muscles and vitamins for health & immunity)
- ☐ At least one serve salad or vegetables (for fibre, and vitamin for health and immunity)
- ☐ A water bottle (for hydration, brain function. Bonus points if you refilled it at least once)
- ☐ A pre training snack if you were heading straight to training after school.




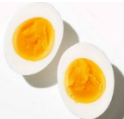



- Did you miss any food groups today? _____
- How can you add this in for next time? See Examples in the table below _____

Healthy lunchbox ideas from each of the food groups:

Wholegrain carbohydrates	Protein from meat or meat alternatives	Fruit	Dairy	Vegetables	Fluids
Bread Wraps Rolls Pasta Rice Cous Cous Oat based cereal bar	Chicken Ham Roast beef Leftover rissole Tinned fish Egg	Fresh, whole Fruit salad Diced fruit in natural juice Small serve dried fruit	Milk popper Yoghurt Cheese slices	Vegetable sticks Corn on the cob Salad alone or in wraps/ sandwich/rolls	Water 



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<p>Oat and fruit muffin</p> 	<p>Tinned legumes Baked beans Baked chic peas</p> 				
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For more ideas, check out the Victorian Government “Pick and Mix” poster

<https://heas.health.vic.gov.au/sites/default/files/pick-mix-lunchbox-poster.pdf>



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Activity 3: Designing your ideal lunch box. Using your knowledge of daily healthy eating practices. Specific training nutrition practices and the sample health lunch box ideas, design your “High Performance Lunchbox” for a school day, where you will head straight to training afterwards – include food and fluids.

PRE-TRAINING SNACK FOODS

