

# AT HOME LEARNING GUIDE

FOR PARENTS AND GUARDIANS (FOUNDATION - YEAR 6)

## Protein Power Up

### At Home Activities

- Prepare a meal high in protein. Try Beef and Vegetable Tacos, Carrot Hummus and Kale Chips or Easy Greek Chicken and Vegetable Kebabs.
- While preparing your meal, discuss the benefits of consuming proteins after a big game or training session.

#### Did you know?:

1. Protein is important for recovery after exercise.
2. Beans and legumes offer many of the key nutrients that are also found in eggs, lean meat, fish and poultry.\*

### Conversation Starters

- Athletes need a lot of protein for energy production and nutrition. Do you know which nutrients we can get from protein rich foods? B12, iron, zinc, iodine and essential fatty acids.
- Protein comes from both plants and animals. How many proteins do you know?
- Can you name some proteins that are vegetarian or vegan friendly?
- What do you like to eat to power up after training, a big game or some exercise?

### Read More

Learn about the power of proteins: [Five Food Groups – Proteins](#).

Read about the benefits of protein when training, playing and recovering from exercise: [Sporting Performance and Food\\*](#).

