

HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6)

Lesson Two

Fueling Our Bodies

Learning Objectives

1. Understand the importance of eating before physical activity.
2. Identify low GI foods that provide slow release energy and are best to give the body sustained energy while playing sport.

Resources

- [Coles Healthy Kicks Recipe Cards](#)

Student Worksheets

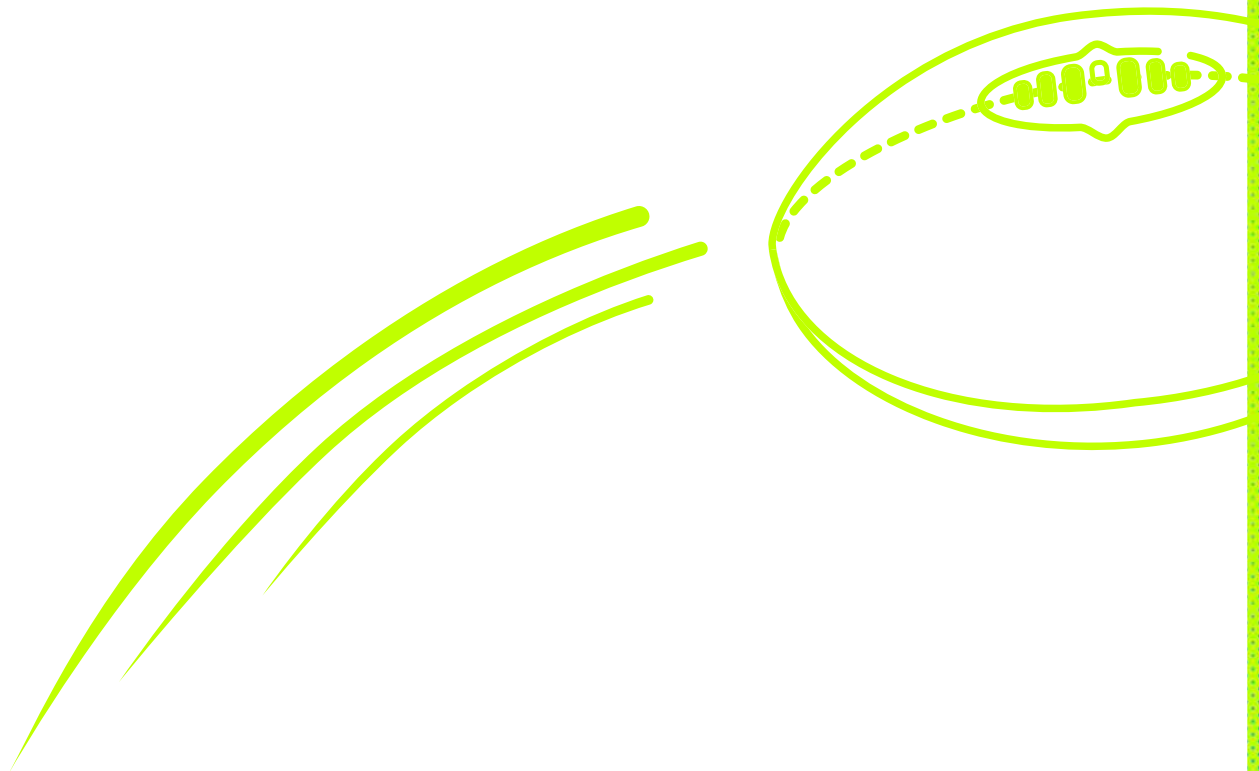
[Fueling the Body \(Stage 1\)](#)

Video and links

- [Fueling our Bodies](#)

Focus Question

What foods help make a balanced and healthy diet?





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Pre-test

Check for students' prior knowledge with a few quick quiz questions:

- When is the right time to have a pre-exercise snack? (30-60 minutes before the game)
- What food items would make a good pre-exercise snack? (a banana or sandwich that will give a 'quick' release and not upset your stomach)
- How long after exercise should you eat? (30 minutes is a good guide)

Tip: Turn these questions into a pop quiz to engage students.

Discuss and List

Ask students to brainstorm appropriate pre-game or pre-exercise snacks. Lead a discussion on why it is important to eat the right thing before and after a game, and outline the key foods they should eat before physical activity. Optional: Watch the Coles Healthy Kicks supplementary [video](#) to hear from Gabby Newton, AFLW player, about what she eats prior to a game. Video includes a cooking demonstration and quiz for students at the end.

Discussion Prompts

- Think of eating and hydrating before a game like putting petrol in your car before a long road trip.
- It is important to have a full tank so you can get to your destination and high-quality petrol will mean we can drive for longer before we need to fill up again. For Stage 1 students, use the Fueling the Body worksheet.
- Low GI (glycaemic index) foods are carbohydrates that break down slowly and help to release energy at a gradual rate, that's why they can be beneficial to eat them before a game or other types of physical activity.
- In addition to providing fuel, the right nutrients are required for muscle repair after a game and to help our brains switch on to make the right decisions during a game.
- Carbohydrates and grains ensure that you have the energy needed to get through practice and games.
- Carbohydrate foods are broken down by the body to give the brain the fuel it needs to function, as well as give the muscles in our body energy.
- Some good pre-game snacks that are high in carbohydrates are: wholegrain crackers, and wholemeal bread sandwiches.

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Imagine, Design and Justify

Ask students to complete the following tasks:

Imagine you are an AFL coach. What kinds of foods do think would be most beneficial for your players to eat before and after a game? Are these healthy options? Why/why not?

In pairs, students create a pre and post game menu for their AFL team. Encourage students to draw upon the five food groups where possible and ensure the players are getting the right nutrition for their bodies.

For Stage 3 students, ask them to justify their menu choices in a short rationale with a focus on why these items would be beneficial to a footballer.

Reflect

Students complete a simple reflection of the lesson by writing down:

3 facts they learnt

2 things they found interesting

1 question they would like to ask or investigate further

Ways to Adapt

- When designing their menu, students could draw, write or use a computer to creatively represent their ideas.
- Ask students to present their menus to the class to give them an opportunity to discuss the choices they made and why.
- Print out the discussion prompts onto individual cards and use these as conversation starters amongst students to focus on improving speaking and literacy skills.

At Home

Engage children further in food nutrition and preparation through cooking healthy and nutritious recipes.

Download the Coles Healthy Kicks At Home Learning Guide to share with parents and guardians - it's packed full of fun, educative, and creative activities to try at home.

