



Build an AFL Player's Match Day Menu

Students imagine they are preparing meals for an AFL player. AFL players need plenty of energy to train, compete and recover. Every meal and snack they eat throughout the day helps them perform at their best.

Your player has a match at 2:00pm on Saturday.

Plan everything they will eat and drink throughout the day, including:

Breakfast	
Morning Snack	
Lunch / Pre-Game Meal	
Pre-Game Snack	
Half time Snack	
Recovery Snack	
Dinner	



As you build your menu, consider:

Which foods will provide energy for the game?

Which foods will help the player stay hydrated?

Which foods will help their muscles recover after playing?

For each meal or snack:
Draw or list the foods and drinks.
Explain why you chose them.
Identify which food groups are included.

Present Your Plan in groups



Did you know it's Kids Footy Month?

You've planned the perfect match-day menu, now pack your fuel and head to a game! During Kids Footy Month, students can attend selected AFL matches for free between Rounds 16–19.

To view your nearest game day clinic go to [play.afl/coleshealthykicks](https://play.afl.coleshealthykicks)

Plus check out what games are **FREE** this month at <https://www.afl.com.au/kidsfootymonth>