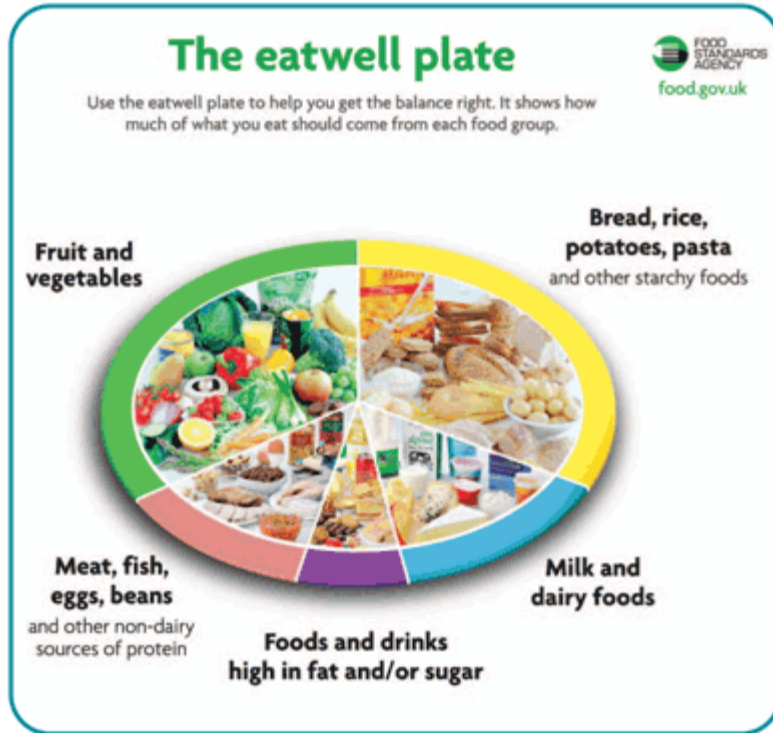


Activity Sheet

Football Nutrition

Objective: To consider the foods that footballers eat as part of their diet.



Which food groups from the Eatwell Plate above would be most important in a footballer's diet? Try to give a reason for each.

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Activity Sheet

Football Nutrition

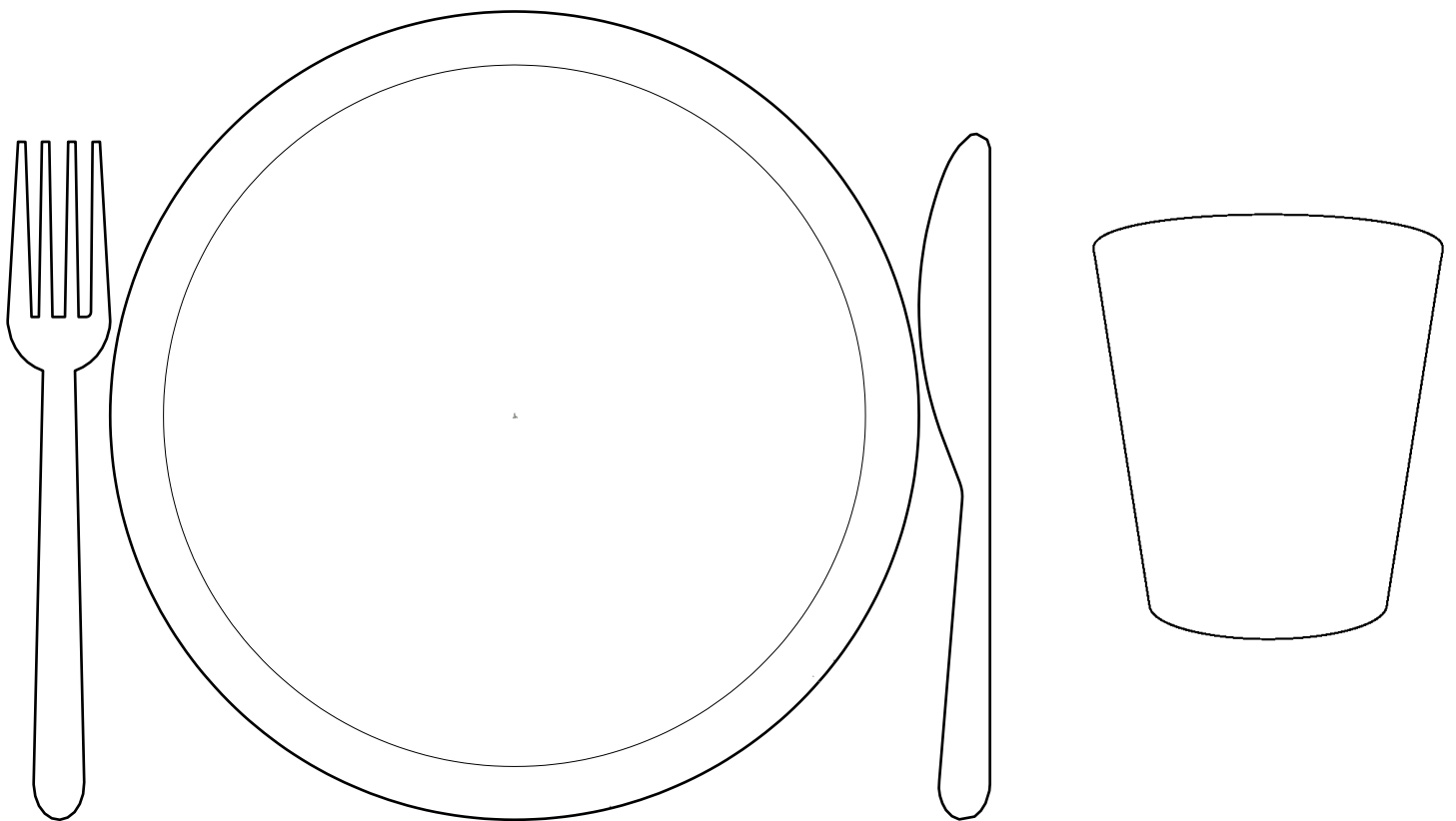
Choose a Footballer...

Name:

Club:

Nationality:

Use the Template below to design a healthy meal for your footballer to eat before playing a match! Remember to use ingredients from the different food groups and include a drink!



Activity Sheet

Football Nutrition

Why have you chosen this meal for your footballer?

Think about the country that your footballer is from. What food is popular in their country?

Tell us about you - What is your favourite meal and why?
