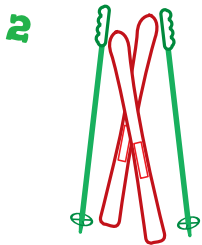


# Have fun and learn about snacks for athletes!

Let's get it right! Connect the equipment to the right sport:



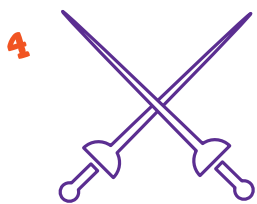
Swimming



Fencing



Rugby



Ice hockey



Rhythmic gymnastics



Skiing

## Rules for athletes

- ★ Eat well
- ★ Drink a lot of water
- ★ Sleep well
- ★ Train with plenty of energy



## Why is a good snack important for athletes?

- ✓ It gives you energy to train and helps to build stronger muscles.
- ✓ It helps to hydrate your body and refresh it.
- ✓ It provides nutrients that help you grow.
- ✓ It helps you regain strength after exercise.



## Fill in the blanks:

- |  |         |
|--|---------|
| 1 Oats can be used as .....  | HONEY   |
| or as .....  |         |
| 2 Did you know that ..... is made from corn?   | TWO     |
| 3 Peanuts are actually a ..... and not a nut.  | FLAKES  |
| 4 Did you know that peanuts grow in ..... ?  | SALT    |
| 5 Nuts should be eaten naturally, without ..... or .....- this is the healthiest way to eat them.              | SUGAR   |
| 6 Did you know that to make half a kilo of honey, bees need to collect nectar from ..... million flowers?      | SOIL    |
|  | LEGUME  |
|  | FLOUR   |
| 7 It is said that the Olympic athletes of ancient Greece used ..... to improve their strength and performance. | POPCORN |

Answers: 1 – flakes, flour; 2 – popcorn; 3 – legume; 4 – soil; 5 – salt; sugar; 6 – two; 7 – honey.

Answers: 1 - Ice Hockey | 2 - Skiing | 3 - Rhythmic Gymnastics | 4 - Fencing | 5 - Rugby | 6 - Swimming



## What's in the athlete's lunchbox?

Sandwiches, cereal and seed bars, whole-wheat biscuits, oatmeal dumplings, yoghurt, milk, cheese, nuts, bananas or other fruit, energy balls and many other healthy and nutritious things. Everyone can pick the snacks they like the most. You should never forget water, which is very important so that you do not get dehydrated.

## Secret ingredients for your snacks

### Cereals

Cereals are a good source of energy for running, jumping, doing gymnastics, dancing and doing all sorts of sports. Wheat, corn, rye, rice and oats are some examples of cereals. You can find them in bread and pasta and you can also use them in different homemade recipes like in pancakes, muffins or cereal bars.

### Fruit

Fruit is always good for you but bananas are an athlete's best friend: they are very nutritious! After doing sport bananas are great for restoring energy.

### Yoghurt, milk or cheese

Dairy is a good snack option. It is rich in protein and calcium that make your bones super strong.

### Eggs

They are a super snack because they're full of nutrients that help you grow and strengthen your muscles.

### Dried fruit

Plums, dates or raisins are good sources of energy and can be a good way to sweeten recipes without using artificial sugar. You can eat them alone or mix them in cakes, breads, energy bars, or yoghurt.

### Honey

It's great for energy but remember it's rich in sugar so don't have too much!

### Cocoa

It is the fruit of the coconut tree and the main ingredient of everyone's favourite treat - chocolate! Chocolate gives you a good dose of energy.

### Nuts

Almonds, walnuts or hazelnuts are very nutritionally powerful. They have many benefits for those who do lots of sports because they are packed with healthy fats and proteins.

## Draw some sporty snacks inside your lunch box

