

**Science - Year 6**

**Second Look Science – Block 6SLS**

# **The Science of Sport**

Session 4

Resource pack

## Dietary meal suggestions

### High performance meals (days before performance)

- **LASAGNE** –lots of pasta with lean beef, pork or chicken, tomatoes, spinach and reduced fat cheese and a crunchy side salad or vegetables
- **PASTA** - with tomato based sauce, vegetables and cheese (add in chicken, tuna or lean beef)
- **MEATBALLS** – lean beef with grated carrot and zucchini, tasty sauce, served with a rice or pasta
- **CURRY** – lean chicken or vegetarian with chickpeas, extra veggies and steamed rice.
- **HOMEMADE STEAK BURGERS** – grill small steaks and top with beetroot, and lots of salad on a multigrain roll
- **CHICKEN WRAPS** - tortillas filled with roast chicken, salad and light sour cream or a dollop of low fat natural yoghurt
- **HEARTY MINISTRONE SOUP** - a meal in a bowl rich with vegetables, beans and rice. Serve with a crusty bread roll
- **PIZZA** – homemade thick base topped with cherry tomatoes, basil, lean ham and mozzarella
- **STIR-FRY** - toss lean chicken or pork with plenty of vegetables in a sweet chilli and soy sauce, and serve with thick noodles or rice

### Drinks

- Water, mineral water
- Fresh fruit and yoghurt smoothies
- Milk, hot chocolate

### **High performance snacks**

- Bread, crumpets or English muffins with jam, honey or marmite
- Fresh fruit
- Sandwich with cheese, peanut butter, honey or jam
- Breakfast cereal with milk
- Yoghurt, custard, rice pudding, creamed rice
- Fruit and grain bars
- Fruit bun or raisin toast with jam
- Corn and rice crackers, corn thins, rice cakes, pretzels or crackers
- Scones, pikelets, pancakes
- Milk based smoothie with fruit
- Milkshakes
- Fresh Sushi rolls
- Homemade popcorn (minus the salt and the butter)
- Trail mix with nuts, seeds, dried fruit

### **Pre exercise meal ideas**

- Porridge (oats or quinoa) with apple and cinnamon
- Cereal with milk, fruit and yoghurt with a small glass of juice or fresh fruit
- Toast with avocado, tomato and cheese, with a glass of milk
- Fruit salad with yoghurt and chopped nuts
- Scrambled egg with cheese and tomato, toast and a piece of fruit
- Peanut butter on toast, topped with sliced banana and a glass of milk
- Baked beans on toast with fruit and a glass of milk
- Fruit toast or English muffins with honey or jam and a fruit smoothie
- Pancakes with fresh fruit and yoghurt
- Crumpets with honey and a tub of yoghurt
- Creamed rice with stewed apples and cinnamon

### **Energy boosters**

- Bread roll with banana
- Jam or honey sandwich
- Frozen yoghurt
- Sushi hand rolls
- Wholegrain fruit bar with a flavoured milk
- Watermelon slices
- Fruit bun with honey/jam
- A small box of sultanas
- Flavoured milk

### **Recovery snacks**

- Fruit smoothies
- Fruit yoghurt and a handful of dried fruit/nuts
- Soup with a cheese sandwich
- Sushi hand rolls
- Sandwich, roll or wrap with protein filling eg. chicken, tuna, cheese or egg with salad
- Glass of milk and a piece of fruit
- Small tin of tuna with dry biscuits
- Chicken and pasta salad

### **Post-performance meals**

- Spaghetti bolognaise
- Chicken or seafood risotto or burritos
- Baked potatoes with tuna/salmon
- Noodles with stir fry chicken and vegetables
- Quinoa and roast vegetables

*Based on advice from:*

[https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/SDA\\_Junior-Athlete\\_FINAL.pdf](https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/SDA_Junior-Athlete_FINAL.pdf)

# Human muscles

