

# HELPFUL RECIPES

Fun and simple way to include more veggies. Get the kids involved by having them pick their favourite fillings.

## MINI QUICHES MAKES 8

### Ingredients:

- 4 Wholegrain Wraps
- 6 Large Eggs (Whisked)
- 1 Tomato (diced)
- 1 cup baby spinach or rocket (roughly chopped)
- 1/2 cup grated low-fat cheese.



### Method:

1. Preheat oven to 180C. Lay two wraps on a chopping board side by side. Lightly brush both with water. Stack pieces on top. Cut stacks into quarters so you have eight small squares.
2. Gently press each square into the holes of two 6-hole muffin trays. Divide fillings between wrap cups and pour over egg.
3. Sprinkle with cheese and bake for 20 minutes or until egg sets. Allow to cool before storing in fridge.

## CHICKEN SALAD POCKETS

### Ingredients:

- Wholegrain pita pockets (can substitute for wholegrain bread as a sandwich. .
- 1 teaspoon hummus
- 25g roast chicken (shredded).
- 1 cup mixed lettuce leaves
- 2 slices tomato
- 1/4 cup low-fat grated cheese



### Method:

1. Cut open pita pocket.
2. Spread hummus and add roast chicken, salad vegetables and grated cheese.
3. Wrap in grease-proof paper and pack.

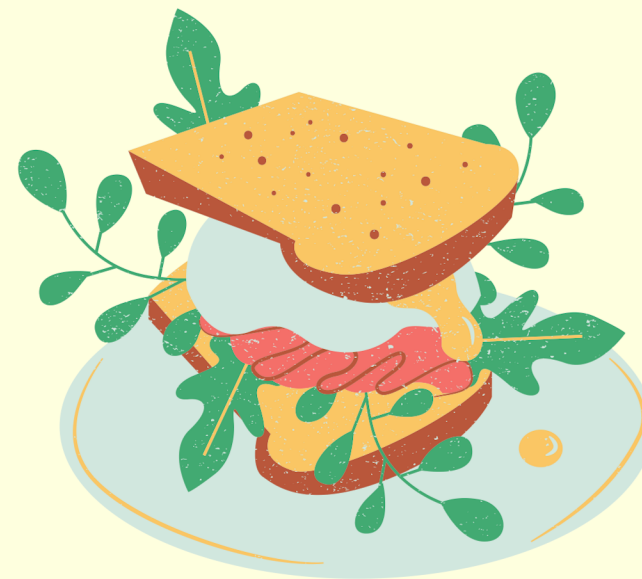


FOR MORE  
INFORMATION ABOUT  
FUEL FOR SPORT,  
SCAN THE QR CODES  
BELOW



A DAY ON  
A PLATE  
FOR LITTLE  
ATHLETES

FUELLING  
AT YOUR  
SPORTS  
CANTEEN



READ ME

# FOOD TO FUEL

HELPING KIDS IN SPORTS

# KEY TIPS

It is important to support our kid's active lifestyle with balanced snacks and meals. Even during recreational sporting activities.

Encouraging better food choices today can:

- Build a positive relationship with food that continues into adulthood.
- Helps to reduce the risk of chronic health diseases such as diabetes.
- Aid in maintaining a healthy weight.
- Improve food and health knowledge.

# FOOD FOR AN ACTIVE LIFESTYLE

Creating a food setting that supports healthy choices can make a difference to the current health of children. Fuelling them with energy and important nutrients to support:

- Movement
- Growth
- Brain function and focus

Picking healthier alternatives before, during and after sport has the ability to sustain them during:

- Long periods of activity such as sporting events and carnivals
- Training sessions
- Engaged learning and classes.

# FUELLING OUR YOUNG ATHLETES

It is important to know what food to look out for when trying to support the performance of our young athletes.

## BEFORE SPORTS

Do your kids want more energy for training?

Foods rich in good sources of **carbohydrates** provide energy for young athletes to play sports to the best of their ability.

Aim to eat **carbohydrate rich** foods 1-2 hours before playing sport.



Milk drinks such as Up & Go



Wholegrain wrap with lean meat & vegies



Rice cakes with cream cheese



Chia pudding with fruit



Low sugar breakfast cereal



Reduced fat yoghurt & fruit



Sushi rolls



Fruit or small fruit smoothie



Toast with nut butter and banana

## DURING

Hydration is key. Drink **water** before, during & after exercise. While **fruits** can help with hydration, they also provide a little energy boost.

For sports **less than an hour** long, food is not usually necessary.



Water



Fruit



Muesli bar

## AFTER

Aim for a balanced meal or snack with **protein**, **carbs**, **fats** and **colour** from **fruits & veg** to help with **recovery**.

**Protein** aids in **muscle repair & growth**, **carbohydrates** help to replenish energy levels, and **healthy fats** for overall health.



Poke bowl with grains and a protein



Boiled eggs & piece of fruit



Sushi Rolls



Wholegrain crackers and tuna



Wholegrain chicken sandwich



Stir fried chicken and vegetables