

# WHAT'S ON THE MENU?

## Healthy Eating for Tennis Players!

### ACTIVITY OBJECTIVES

- To understand that food can be divided into different groups.
- To begin to understand why we need to eat a balanced and healthy diet.
- To be able to analyse and categorise meals.

**1** In pairs, ask the children to write down what they know about healthy eating.

**2** Discuss and share as a class.

**3** Make sure that they understand the following points about the five main food types:

**You should aim to eat foods containing: Carbohydrates, proteins, fats, vitamins and minerals every day.**

- Carbohydrates and fat give you energy.
- Protein helps you to grow, repairs your body and keeps you healthy.
- Fats are needed in small amounts to keep your nerves and other body parts healthy and to give you energy.
- Vitamins and minerals are needed to stay healthy and grow.

Carbohydrates	Proteins	Fat	Vitamins	Minerals
Cereals	Red Meat	Oils	Fresh Fruit	Milk
Bread	Fish	Butter	Vegetables	Eggs
Potatoes	Beans	Nuts	Meat	Vegetables
Pasta	Cheese	Eggs	Milk	Fish
Rice	Chicken	Cheese		

**4** Allow the children to go and complete the worksheet.

# HEALTHY EATING FOR TENNIS PLAYERS

Name \_\_\_\_\_

It is very important for tennis players to eat a varied, balanced and healthy diet so that they can train and improve their game and get through their matches.

Complete the sentences below to check how much you have learned about a healthy diet so far. Use the words at the bottom to help you.

- 1 Tennis players need protein to help their body \_\_\_\_\_ and repair itself.
- 2 Tennis players need carbohydrates to give them \_\_\_\_\_.
- 3 Tennis players need some \_\_\_\_\_ in their diet to give them energy and help keep their nerves healthy.
- 4 Vitamins can be found in \_\_\_\_\_ and minerals in \_\_\_\_\_.

**GROW**  
**MILK**

**ENERGY**  
**FAT**

**FRUIT AND**  
**VEGETABLES**

# HEALTHY EATING FOR TENNIS PLAYERS

Below are some meals that a tennis player might eat. Look carefully at the foods that make up the meals and write or draw them in the correct boxes.

Name \_\_\_\_\_

Meals	Protein	Carbohydrate	Vitamins & Minerals	Fats
<b>BREAKFAST</b> Porridge with fresh fruit, scrambled egg on buttered toast, orange juice				
<b>LUNCH</b> Mixed green salad, rice salad, cold meats and tuna, wholemeal rolls, yogurt with fresh fruit salad				
<b>DINNER</b> Vegetable soup, fish pie with broccoli and carrots, apple crumble and custard				
<b>SNACKS</b> Bananas, toasted teacakes with butter nuts, cereal bars				