

Nutrition Education Project

Sports Nutrition & Performance

Grades 6-8th

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Time to complete lesson: 30-45 minutes

I. Goals/Objectives for Nutrition Education:

- Students will state the function and importance of each macronutrient related to sports performance.
- Students will identify healthy food choices to enhance sports performance based on MyPlate.
- Students will understand the importance of hydration for sports performance.
- Students will be able to choose pre and post workout snacks to properly refuel.

II. Materials/Resources for Lesson:

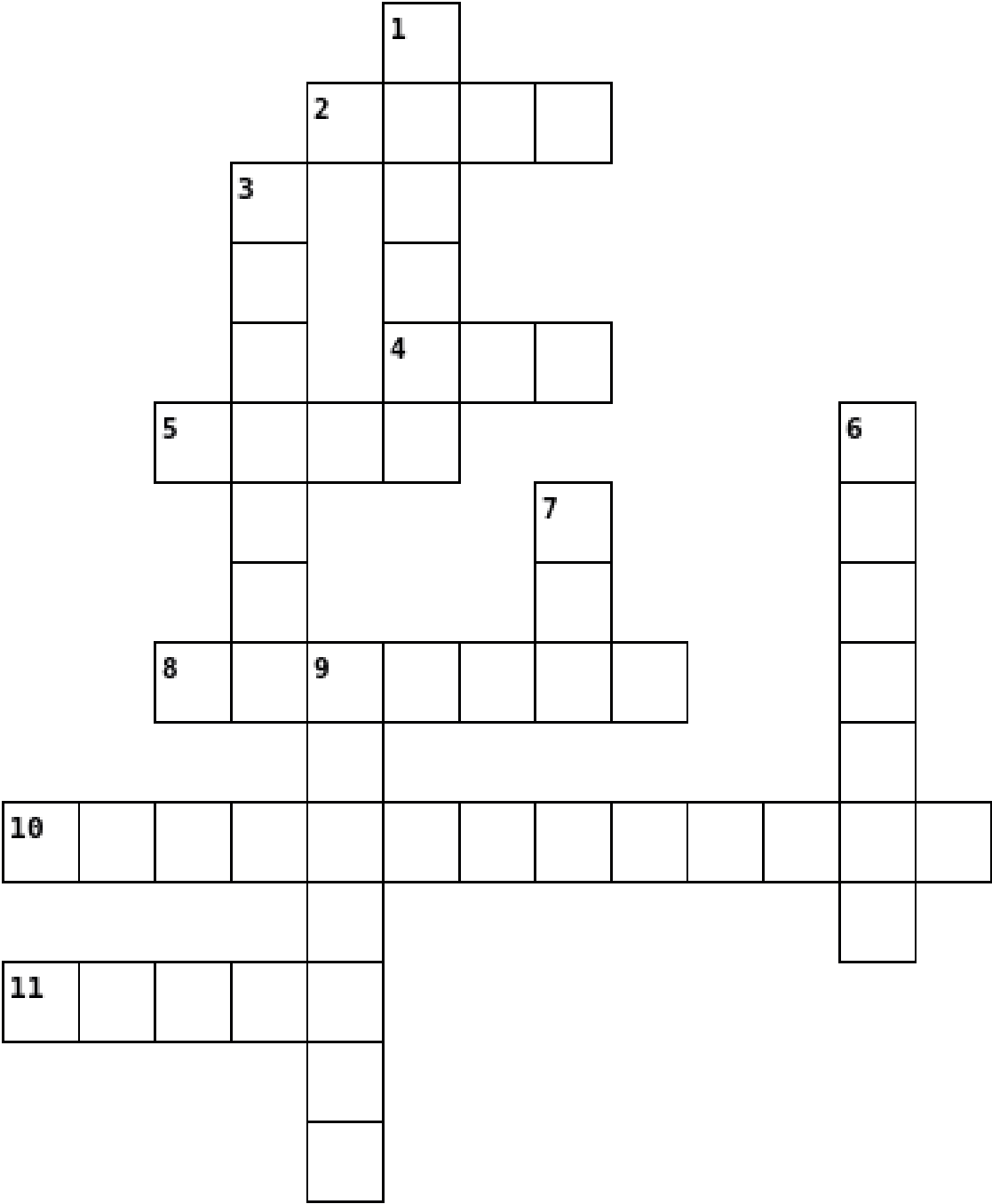
- Laptop/projector for PowerPoint presentation
- Computer or phone access for Kahoot
- Crossword Puzzle Handout & Key for teacher
- If in person: visual for sugar content comparison (soda, juice, sports drink, energy drink)
- Optional Handouts:
 1. https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet25HealthyEatingActiveLifestyle_0.pdf
 2. https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet1_MakingGreatTastingSnacks.pdf

III. Procedure for Teaching Lesson:

- **Pre-test/Activity #1** - Provide students with the Kahoot Code to see what they already know about sports nutrition.
 1. ~ 5 minutes to play
- **Presentation** ~ 25 minutes to teach
 1. **Slide 1** - Introduce presentation in Sports Nutrition
 2. **Slide 2** - Introduction of Dietetic Interns
 3. **Slide 3 - Play Kahoot** ~ Click on link and retrieve game pin for class
 - a) <https://create.kahoot.it/share/sports-nutrition-pre-test/8dd9422e-1daa-4748-9a4e-b883ee5e07a8>
 4. **Slide 4** - Present the objectives of the Nutrition Education Lesson
 5. **Slide 5** - MyPlate Overview -

- a) explain what MyPlate is from slide and talk about picture of MyTray
- 6. Slide 6** - Watch video about MyPlate
- 7. Slide 7** - Carbohydrates -
 - a) Read slide stating amt. Of carbs in diet to aim for, what activities are High-Intensity, and Sources of Carbs.
 - (1) Foods high in carbs include whole grains, fruits, starchy veggies, dairy and beans.
- 8. Slide 8** - Examples -
 - a) Go over examples of simple and complex carbs
- 9. Slide 9** - Protein -
 - a) Read slide stating recommendation of protein in the diet, function of protein.
 - (1) Foods that contain high protein should be consumed 1-4 hours before an athletic event and 1-2 hours after an athletic event.
- 10. Slide 10** - Examples -
 - a) Go over examples of Protein-based and Animal-based Proteins
- 11. Slide 11** - Fat -
 - a) Read slide explaining different types of fat, recommended daily % of diet and what activities are low intensity.
- 12. Slide 12** - Examples -
 - a) Go over examples of saturated and unsaturated fats
- 13. Slide 13** - Hydration -
 - a) Explain the importance of hydration, signs/symptoms of dehydration, and how it can be beneficial to stay hydrated for physical activity
- 14. Slide 14** - Hydration Continued -
 - a) Go over recommended daily intake for water, timeline throughout the day
- 15. Slide 15** - Hydration Tips -
 - a) Read tips
- 16. Slide 16** - Sugar Content Comparison -
 - a) Go through sugar content for each drink
 - b) (If there is time) Activity: have students look up sugar content in their favorite drink and convert grams of sugar to tsp (4 grams= 1 tsp)
- 17. Slide 17** - Pre Training Fuel -
 - a) Explain best fuel source for before physical activity & examples
- 18. Slide 18** - Post Training Fuel -
 - a) Explain how to replenish after physical activity and examples
- **Post-test/Activity #2** - Crossword with questions related to lesson on Sports Nutrition. *Print crossword front and back*
 - 1. ~10 minutes to complete

LCPS Sports Nutrition Puzzle



Across

2. Carbohydrates are the primary fuel for this type of exercise intensity
4. Fats are the primary fuel for this type of exercise intensity
5. True or False: You should aim to drink 9-10 cups of water per day
8. Pattern of eating that promotes balanced meals with 5 components
10. Macronutrient to incorporate 1 hour before physical activity
11. True or False: Frequent urination is a symptom of dehydration

Down

1. Examples of this type of carbohydrate include fruit, dairy products, and some desserts
3. Athletes should drink water before, during and after physical activity even if they do not feel ____
6. Examples of this type of carbohydrate include pasta, potatoes, bread, and beans
7. Macronutrient to avoid 1 hour before physical activity
9. This macronutrient is responsible for repairing muscles

LCPS Sports Nutrition Puzzle Key

