**CREATE A MEAL PLAN FOR AN ATHLETE**

* Think about a sports person you look up/aspire to be like- what is their name, what sport do they play……. Use the internet to find out some key facts about them- age, height, weight, hours they spend training every week…..
* Think about how many calories they are likely to burn during their training and competing.
* Using the NHS Eat Well Plate as a guide- but remember they will need to eat more than a non athlete as they will need extra energy-
* Design a weekly plan for them:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
| Breakfast |  |  |  |  |  |  |  |
| snack |  |  |  |  |  |  |  |
| lunch |  |  |  |  |  |  |  |
| snack |  |  |  |  |  |  |  |
| tea |  |  |  |  |  |  |  |
| snack |  |  |  |  |  |  |  |

*Talk it through with someone in your class or family member to see if there is anything else you haven’t thought of!*

*Have fun, stay active, stay safe ☺*

