

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 cheese and a crunchy side salad or vegetables
- **PASTA** - with tomato based sauce, roasted vegetables (add in chicken, tuna or lean beef)
- **MEATBALLS** – lean minced beef or quorn with grated carrot and courgette, tomato sauce, served with wholegrain rice or pasta
- **CURRY** – lean chicken or vegetarian with chickpeas, extra veggies and wholegrain basmati rice.
- **HOMEMADE BURGERS** – made using lean beef or quorn mince and grilled not fried, serve with 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 wholegrain bread roll
- **GRILLED FISH** – serve with jacket potatoes and steamed vegetables
- **EGG FRITTATA** - made with cubed sweet potato, peppers and feta cheese
- **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 honey or marmite
- Fresh fruit
- Sandwich with fish, lean meat, cheese, peanut butter or honey
- Wholewheat breakfast cereal with milk
- Yoghurt, custard, rice pudding, creamed rice
- Fruit and grain bars
- Fruit bun or raisin toast
- 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, wholemeal toast and a piece of fruit
- Peanut butter on wholemeal toast, topped with sliced banana and a glass of milk
- Baked beans on wholemeal 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
- Frozen yoghurt
- Sushi hand rolls
- Wholegrain fruit bar
- Watermelon slices
- A small box of sultanas

Recovery snacks

- Fresh 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, e.g. chicken, tuna, cheese or egg with salad
- Glass of milk and a piece of fruit
- 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

Whenever possible, choose wholegrain or wholemeal pasta, rice, cereals and bread. Eat lean meat and avoid sugary drinks and snacks.

Human muscles

