



To become a great athlete it takes time, practice... and the right diet!

# Learn with Searcher FOOD FOR SPORTS

To stay healthy it's important that you eat a balanced diet so you get all the nutrients you need. Especially if you do a lot of sports!

## The famous four...



### Vitamins

For example, vitamin C, which is good for our skin, and vitamin A, which is good for our eyesight. You find vitamins in fruits and vegetables, lean meat, dairy products and wholegrains.



### Protein

is needed for growth and repair. You find protein in meat, fish, eggs, nuts and pulses (like beans).



### Minerals

For example, calcium, which helps to keep our bones strong, and iron, which keeps our blood healthy. You find minerals in lean meat, milk, green vegetables and fish.



### Carbohydrate

gives us energy. You find carbohydrate in wholegrain bread, pasta, rice, potatoes, fruits and vegetables.



## Drinking

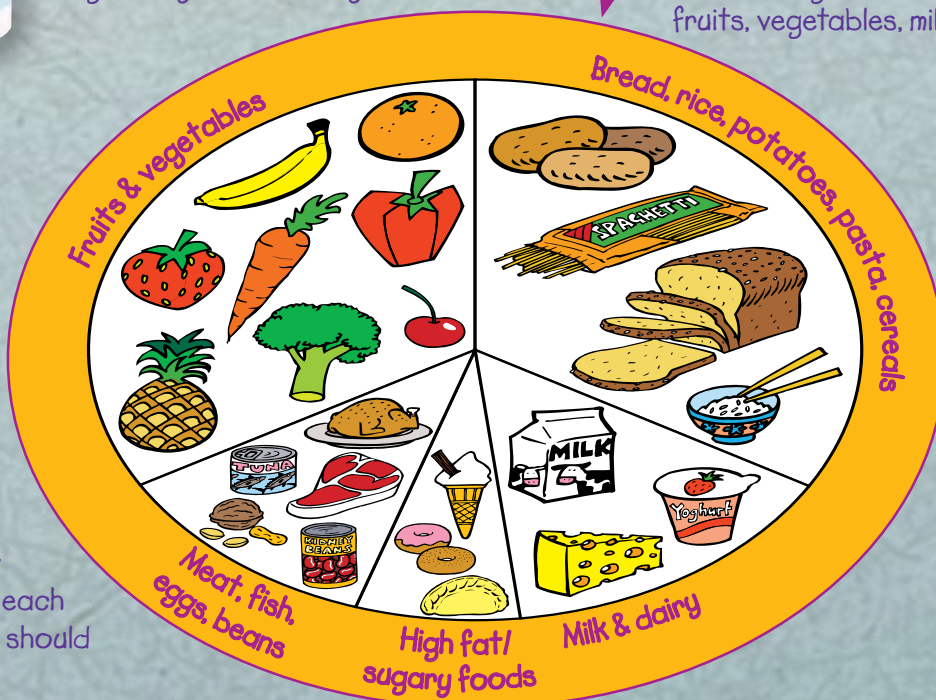
When you exercise it's important that you drink before, during and after. This is because exercise makes you sweat and when you sweat you lose water through your skin.

The healthiest drink you can have is water. Sports drinks contain a lot of sugar so you should try to avoid them.

## Eating

All the food we eat can be divided into five groups. A balanced diet includes all the food groups.

Different foods give your body different nutrients. Some nutrients give your body the type of energy it needs to do sports. Some examples of these foods are: wholegrain bread, pasta, rice, fruits, vegetables, milk and pulses.



This plate has different-size sections to show you how much of each type of food you should be eating.

