

STRIDE LESSON 6 AT HOME: Food as Fuel

Game Plan: This lesson will introduce the importance of making healthy food choices and how food is the fuel for our bodies, specifically as an athlete. The food groups, as they relate to proper nutrition, will be discussed and you will have the opportunity to plan a healthy meal as a family.

Lesson:

Today's lesson is one of my favorites because we get to talk about FOOD! The cool thing about food is that it is something we all have in common. We all need it to eat and so many of us connect around food. Think about holidays, family get-togethers, and lunch. Those are always fun times where we are surrounded by people we love and food we love, right? Besides the fun of food, it is something we need to survive. Something our bodies rely on every day to get us through the day.

- Does your family have any traditions surrounding food?
- Special recipes? A favorite place to eat?

There are five food groups that each have a different job to do for our body. Can you guess what they are?

- **Proteins:** build muscle in our body and help us to be strong.
- **Carbohydrates:** They are grains and they give us energy. There are quick burning and slow burning carbohydrates.
- **Fruits & Vegetables:** Energy, delivers lots of fiber and vitamins.
- **Dairy:** Some work like a protein, others work to help with brain development, bone strength, and to help absorb the vitamins we get from other foods.

If you think about food as fuel, you will begin to understand how it works for you. Just like your parents put gas in their car to keep it moving, you have to fuel your body to keep you moving.

- Have you ever felt really tired or sluggish at school?
- What did you eat before you felt that way?
- How long ago was your last meal when you started to feel that way?

Those connections are important. While it's important that we are fueling our bodies with food, it's also important that the fuel (food) we put in there is healthy enough to keep us fueled for all the activities we have to do throughout the day. There are so many foods out there that are so delicious and tasty...and they do provide us with fuel. But not all of those foods are considered healthy, especially if they only provide enough fuel for a short period of time, rather than keeping us running steady. For example,

candy. Yummy, right? And it does give us energy. But only for a short time when the sugar wears off and then we're feeling sluggish again.

In moderation, its ok to eat just about any kind of food because food is what makes your body work. Just try to make choices filled with good "workers," not "lazy" foods that don't bring you any nutrition or energy to your body.

Last, but certainly not least, our body needs water to function. Water makes up about 60% of our bodies and is necessary for our cells, muscles, organs, blood...its everywhere. It's no coincidence that you should have your water bottle with you at STRIDE – we want to keep you fueled and healthy while you are here.

- Who knows why you sometimes feel thirsty (besides because you ate a bunch of salty chips)?
 - Because your body is experiencing dehydration and its telling you it needs water.

Just like flowers in a garden need water to grow, your body needs water to keep going and thrive.

Let's learn a little more about Carbohydrates. Remember those are a type of grain. There are two types of carbohydrates (or carbs): Simple & Complex.

- Can you guess the difference?

Simple Carbohydrates: break down in your body quickly and give you a quick boost of energy, but that energy fades quickly.

Examples: soda, baked goods, packaged cookies, raw sugar.

Complex Carbohydrates: tend to have more fiber so they break down more slowly over time, providing you with a steady source of energy.

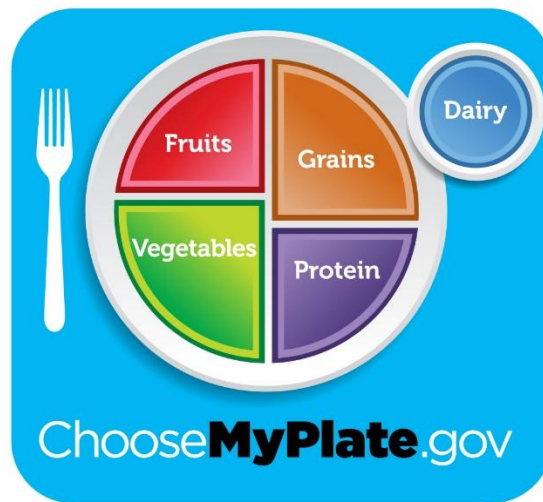
Examples: Whole Grains (Oatmeal, Brown Rice, Whole Wheat Bread), Apples, Bananas, Berries, Beans.

Our bodies need both for different reasons – Simple carbs are good for quick energy, like when you show up to STRIDE practice and need energy to run. Complex carbs keep you full longer, and are good for when you are sitting in class and have to concentrate until lunch time.

Activity:

As a family, brainstorm a way you can cook a healthy meal together using the MyPlate guidelines (pictured below). We've included some recipe ideas (full recipes can be

found at <https://snaped.fns.usda.gov/nutrition-education/recipes>), but feel free to get creative and make your own!



Breakfast: Peanut Butter Raisin Oatmeal:

1 cup cooked oatmeal
1 Tbsp peanut butter
¼ cup raisins
Beverage: 1 cup orange juice

Lunch: Tuna-Cucumber Wrap

1 8" flour tortilla
3 oz tuna (canned in water)
2 Tbsp mayonnaise
5 cucumber sticks
¼ cup lowfat vanilla yogurt
Beverage: 1 cup lowfat milk

Dinner: Honey Lemon Chicken Brown Rice Pilaf

1 cup peas and corn:
½ cup corn (frozen)
½ cup green peas (frozen)
1 tsp tub margarine
1 Chocolate Chip Yogurt Cookie
Beverage: 1 cup low-fat milk

At Home Workout:

Warm Up: jog in place 30 seconds, 30 high knees, stretch.

Workout:

10 Pushups

10 Crunches

10 Jumping Jacks

10 Air Squats

Repeat 4 times.