

NUTRITION FOR INVINCIBLE KIDS

INTRODUCTION

Eating the right types of food at the right time, in the right amounts gives you the energy you need to do well at school, play, sport and to practise your martial arts training. Good nutrition helps you grow and feel healthy, but if you eat the wrong sorts of food you can have the opposite effect. Australia rates very highly as an obese [overweight] country. Being obese is a little like being sick - you should do everything you can to get better.

TYPES OF FOODS

Foods you can eat a lot of, and every day:



FRUIT:

Apples, pears, bananas, watermelon, rockmelon, peaches, apricots, nectarines, grapes, sultanas, pineapple, passionfruit.....there are lots and lots of different fruits. All fruit is high in *vitamins* and contain good amounts of *minerals* and *fibre*. Bought juices and fruit bars lose these powerfully good things and are high in sugar, so fresh fruit is better for you.

FUN HOMEWORK:

See if you can find as many colours of fruits as possible? Name the colour and at least 1 fruit [try and get more]

I'll start the list for you, you finish it.

COLOUR

Red, Green, Pink
Purple

.....
.....
.....
.....
.....

FRUIT

Apples

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.....
.....
.....
.....

Do a **BIG** list and show your Instructor



VEGETABLES

Lettuce, tomatoes, spinach, carrots, cabbage, Chinese vegetables, peas, broccoli, brussels sprouts, asparagus, beans, nuts.....there are lots and lots of different vegetables. Vegetables contain high amounts of *minerals* and *fibre* and good amounts of *vitamins*. Some vegetables you can eat fresh, others love to be cooked a little to taste best and some others love to be baked. Vegetables are so good for us, so have as much as you want.

FUN HOMEWORK:

See if you can find as many colours of vegetables as possible? Name the Colour and at least 1 vegetable [try and get more]
I'll start the list for you, you finish it.

COLOUR

- Orange
- Green
-
-
-
-
-

FRUIT

- Carrots, pumpkin
-
-
-
-
-
-

Do a **BIG** list and show your Instructor



LONG-ACTING CARBOHYDRATES:

Long acting carbohydrates help to give you energy over a longer period. Breakfast cereal, grainy bread, rice, pasta, potatoes, porridge, spaghetti, corn, some nuts.....there are lots and lots of long acting carbohydrates. Vegetables can fit into this group however fruit is a faster acting carbohydrate.

You should **ALWAYS** eat breakfast and your lunch and these food types are perfect for these meals. Hey! **BUT** don't eat these just before bed.

What are your favourite long acting Carbohydrates? Add it to your fun homework list



WATER:

We all need WATER so we don't dehydrate and get sick. Don't just wait until you are thirsty, have a little water with you all the time. Take ownership of your water bottle bring it to class and take it home with you, wash the bottle out so it remains healthy for you.

If you are between 5 and 8 years old you should drink around 2 x 600ml bottles per day, 8 to 12 years old, around 3 x 600ml bottles BUT if it's HOT, working hard and you are sweating buckets fill up with more.

Fruit juice, coke, Gatorade, energy drinks, cordial, packed fruit juice are NOT water. They are food and often are FULL of sugar. Drink much less of these and more water.

Question? How old are you?.....How much WATER should you have per day?.....



PROTEIN:

Beef, chicken, other poultry, fish, eggs, some dairy products, nuts, seeds, and legumes like black beans, chick peas, tofu, lentils.....there are also lots of protein foods.

Most experts agree that fish is wonderful for kids and we agree but whatever protein you choose, the red meats do contain more *iron* and high levels of *minerals* too.

Kids, you can have a great mixture of proteins to have a balanced diet.

Kids need protein to build healthy muscle and red blood cells, this will help you become stronger doing your martial arts training and keep colds and flu away.

What are your favourite 3 Proteins 1.2.....3.....



MILK AND DAIRY PRODUCTS:

Milk, yoghurt, cheese, ice-cream, butter and cream mostly these products come from cows, goats or sheep milk. Many people use dairy products to increase calcium [calcium is the mineral that's good for bones] however many people also have a reaction to milk, like lactose intolerance even milk allergies. Dairy products can also be high in saturated fats [cholesterol]. Kids you can get calcium from fruit, vegetables, meat and other foods too, so don't worry if you can't have milk every day, just increase the other 'great for you' foods.

Just remember some dairy products have lots of sugar added to them [ice-cream, some yogurts and chocolate milk for example]. So be careful not to accidentally have too much sugar while having something healthy.

Are you able to have dairy?.....What are your favourite dairy products?.....

FOODS YOU SHOULDN'T BE HAVING EVERY DAY, EVERY ONCE IN AWHILE, MAYBE?

CHOCOLATE, COOKIES, LOLLIES, CAKES, CHIPS, BISCUITS, SOFT-DRINK, ICE CREAM, FLAVOURED MILK AND ALL TYPES OF JUNK FOOD, LIKE MCDONALDS, PIZZA AND KFC.....THERE ARE LOTS OF TEMPTATIONS OUT THERE.

You know what these foods have – tooooooo much sugar, salt and bad fats. You know that if you eat these foods too often instead of good healthy food, you will feel sluggish, put on weight, get sick a lot easier. You can choose to eat healthier.

REGULAR EXERCISE:

Martial arts training is great for you, so practice every single day. You will greatly improve and as well, your body will become stronger. Your good diet now has a place to go in your body when you exercise, so be active every day. Play a game, ride your bike or scooter, practice your basketball shots, go outside instead of being on your computer or iPad, your body and mind will love you for it.

See you in class

Now please complete your fun questions and bring the answers to your next class



Let's see what you've learnt!

1. FRUIT:

See if you can find as many colours of fruits as possible? Name the Colour and at least 1 fruit [try and get more]

I'll start the list for you, you finish it. Example below. GO BIG

COLOUR

Red, Green, Pink
Purple

FRUIT

Apples
.....

2. VEGETABLE:

See if you can find as many colours of vegetables as possible? Name the Colour and at least 1 vegetable [try and get more]

I'll start the list for you, you finish it. Example below. GO BIG

COLOUR

Orange
Green

FRUIT

Carrots, pumpkin
.....

3. LONG ACTING CARBOHYDRATES

What are your favourite long acting Carbohydrates?

List them for me?

4. WATER

How old are you?.....How much WATER should you have per day?.....

5. PROTEIN

What are your favourite 3 Proteins 1.2.....3.....

6. DAIRY

Are you able to have dairy?.....What are your favourite dairy products?

List them below

7. LETS CUT BACK ON THE BAD

What, **not so good**, foods are you going to cut back on? List them below.

8. EXERCISE

How much exercise and practice are you going to do every day to get stronger, more flexible and better at your martial arts training?