

Activity sheet My full-time plate

Name: _____

Design a meal for your chosen footballer.

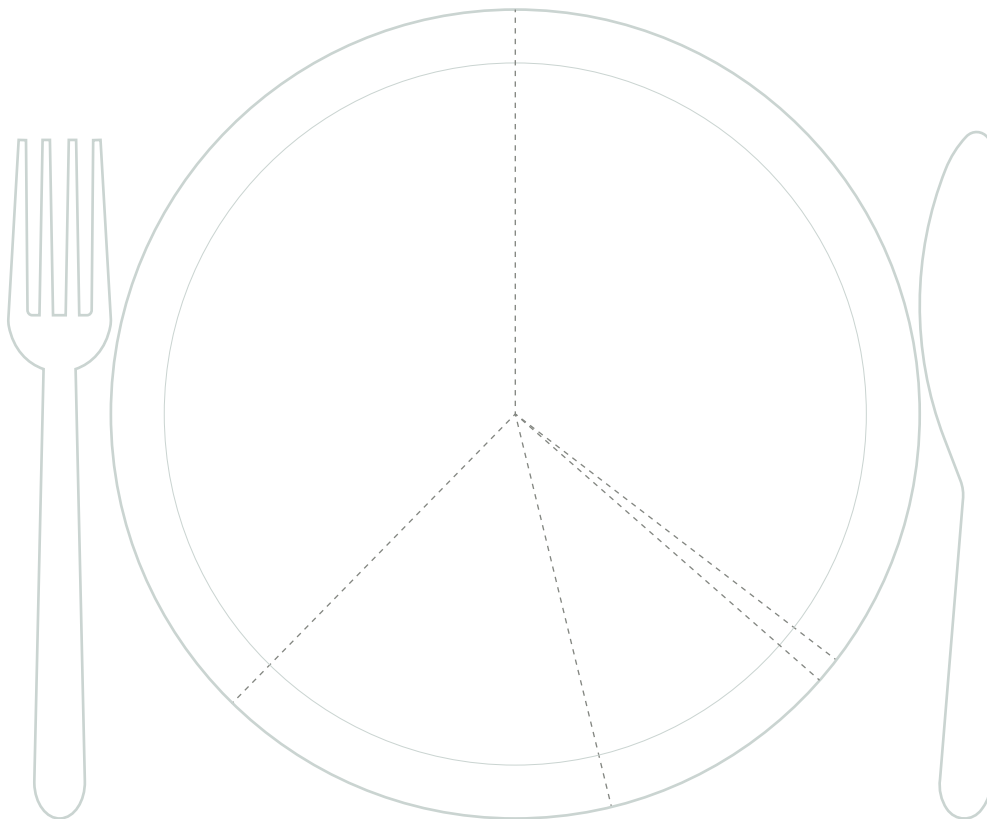
Using the template below, write or draw the foods that will make up your meal. Remember to make sure the meal is balanced.

My chosen footballer

Name:

Club:

Country:



What drink will you
give your footballer?

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Activity sheet

My full-time plate

1. What foods have you chosen for your footballer? How have you thought about food from their home country?

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Word bank

apple	culture	healthy	meat	salty	tasty
banana	delicious	herbs	olive oil	savoury	tomatoes
bitter	eggs	home	pasta	sour	traditional
bread	family	juice	peas	spices	training
broccoli	fish	kosher	potatoes	spicy	vegetables
carrot	flavour	lentils	religion	spinach	vegetarian
chickpea	fruit	lifestyle	remind	sweet	vegan
choice	halal	local	rice	taste	water
country					

2. How have you made sure that the meal is balanced and will help your footballer to perform well?

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Word bank

active/activity	carbohydrate	fitness	healthy fats	muscles	training
athlete	choice	football	hydrated	protein	vegetables
balanced	dairy	fruit	meat	sport	vitamins
body	energy	healthy	milk	strong	water
bones	exercise				