

Game/Activity Day Nutrition Project:

Step One: Research

If you haven't already, read through these resources prior to planning your game/activity day nutrition and then find one resource that is specific to your sport or activity.

Provided resources: Research basic nutrition information specific to athletes. A great guide, regardless of the sport you compete in is the [IAAF Nutrition for Athletes Guide](#) (for track and field athlete). You can also peruse different articles from the [Canadian Coaching Association](#).

Student resource information. **Provide a reference page in the presentation if you use different resource material/websites.:

ASSIGNMENT

General Description:

You will create either a video presentation or a PowerPoint presentation of planning, shopping for and cooking healthy activity day meals.

1. Plan, cook, and eat a **pre-activity meal**.
2. Plan for and eat **during activity snack**.
3. **Post Activity Meal:** Provide research on **3 popular restaurants** and provide **3 healthy post game/activity menu items** from each location. For each meal choice, explain why it is a good choice.
4. Complete a **Self-Assessment** on the assignment (last page) and submit with your project.

In the assignment, you will need to choose an activity day that has lots of activity. Choose a day that you have over 60 consecutive minutes of activity.

Before activity day: Research good practice for nutrition intake for your activity. You should do the planning of all meals. You should have all the grocery items the day you need before your activity day.

On your activity day, you will:

- Cook and eat your pre-activity meal
- Pack your during activity snack(s) and consume the snacks during your activity

Detailed Parameters of Assignment

The foods chosen for the pre-activity meal **cannot be convenience food**. They must be bought fresh and prepared by the student.

Your video or PowerPoint must include:

- Menu for pre-activity meal, in-activity snacks and post-activity meal. **Explanations** of why the food items are ideal for their timing
- Why each item is ideal for an athlete (in terms of carbohydrate, fats, proteins). What fuel (food) is recommended for athletes in your activity.
- Time of Day for: pregame meal eating, start of activity, activity finished, post-game meal is eaten
- List of ingredients
- Shopping (pictures)
- Preparation (pictures)
Include time needed to prepare the meal
- Pictures of the cooked meal prior to eating
- Pictures of in game snacks (what they are, do not take pictures of eating these)
- Reflections from athletes: energy levels, ease of eating, did timing work well and any other observations from activity day meals.

**remember that you need to take pictures of yourself doing the shopping, the meal prep, and finished meals.

Nutrition for Activity Marking Summary

Assignment Booklet	Possible Marks	*Self Assessment
Video or PowerPoint Presentation - Meal Planning		
This project demonstrates		
Activity day meal plan and final products	10	
Rationale for Chosen foods	10	
List of ingredients (for whole project)	2	
Shopping	2	
Preparation of pregame meal	5	
Time of day for each meal	2	
During Activity snack	2	
Post-game research of restaurants	10	
Reflections	6	
Quality of Nutritional components (meets parameters from research articles)	5	
Clarity/writing skills	3	
Organization	3	
Total	60	

* the instructor of the PE course reserves the right to change a student's self assessment if the self assessment does not accurately assess the presentation. The student self assessment is worth 20% of the mark