

Nutrition



Assignment

Preparing for a soccer game or tournament and peak performance on the field requires fueling your body properly. Players, parents and even coaches can benefit from a nutrition plan for success. For Example, What may be different to a normal eating plan, is the timing of your meals. Eating and drinking at the right time will help you stay fueled and hydrated from the beginning to the end of the game.

The club is preparing a nutrition resource guide for you for the upcoming season. In order to create this, we must get a feel to what you think on the importance of nutrition.

Scenario & Question

You have a game on Saturday with a 12pm kick off. We have put together a basic template for you to use to put in the foods or meals that are best for you to eat. Template on Page 2. The nutrition plan starts from Thursday morning to Saturday post-game.

The idea of this assignment is to get you thinking about the importance of your diet and how it affects your performance on the field.

The question is, using the template below, what are the correct foods, snacks to eat before and after a game?

Email Answers to amo@vcfusion.com by 05/25/20

Nutrition



Assignment

<p>Thursday Breakfast: Time:</p> <p>Lunch: Time:</p> <p>Dinner: Time:</p> <p>Make Note of any extra snacks or foods you have throughout the day</p>	<p>Foods (List Foods Below)</p>
<p>Friday Breakfast: Time:</p> <p>Lunch: Time:</p> <p>Dinner: Time:</p> <p>Make Note of any extra snacks or foods you have throughout the day</p>	<p>Foods (List Foods Below)</p>
<p>Saturday (Game Day) Breakfast: Time:</p> <p>Post Game: Time:</p> <p>Make Note of any extra snacks or foods you have throughout the day</p>	<p>Foods (List Foods Below)</p>