



# GET INTO RUGBY SCHOOLS

## Health Eating Healthy Foods

# *Daily food for a Rugby Sevens player*



What foods and drinks are in the photo?

Do you know what food groups these belong to?

Do you eat these foods regularly?

Why might Rugby Sevens players have to eat so much?

How would the dietary needs of a Rugby Sevens player differ to a cricketer?

# *The fridge of a Rugby Sevens player – healthy?*



This is a photo of Emilee Cherry and her fridge of healthy foods. Emilee is an Australian Women's Rugby Sevens speedster, 2014 World 7s Player of the Year and 2016 Olympic Gold Medalist

Here Emilee shares her healthy food choices.

## **Favorite breakfast during a training day?**

Bowl of cereal (two Weet-Bix and a bit of Kellogg's Cranberry Plus on top) with a banana and lactose-free milk.

## **Favourite lunch during a training day**

Tinned tuna, a cup of rice (SunRice Quick Cup) and a bag of steam fresh veggies.

## **Favourite dinner during a training day**

You can't go past a nice medium-rare steak with sweet potato and salad.

Ed's note: Quick and simple, but covers the big ticket items... and includes a good hit of iron too!

## **Favourite post-training snack**

Vanilla yogurt and frozen berries.

## **Favourite recovery snack**

Glass of skim milk and a piece of fruit.

## **What's your favourite meal on the run (i.e. when eating outside the home)?**

Sushi train is definitely a go-to, but also Grill'd or Nandos.





# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



## Australian Guide to Healthy Eating

1. What are the five food groups?
2. Is water also important?
3. Which food groups should we eat the most of?  
And least of?
4. What foods should we only eat sometimes?
5. How much water should we drink each day?

***Match the food to its food group!***



## Five Food Groups

1. Vegetables and legumes/beans
2. Fruit
3. Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
4. Lean meats and poultry, fish, eggs, tofu, nuts, seeds
5. Milk, yoghurt, cheese and/or alternatives

**Sometimes foods** i.e. foods high in sugar, fats, salts)

# ***What jobs do the five food groups do?***

**Protective foods** – fruit and vegetables:

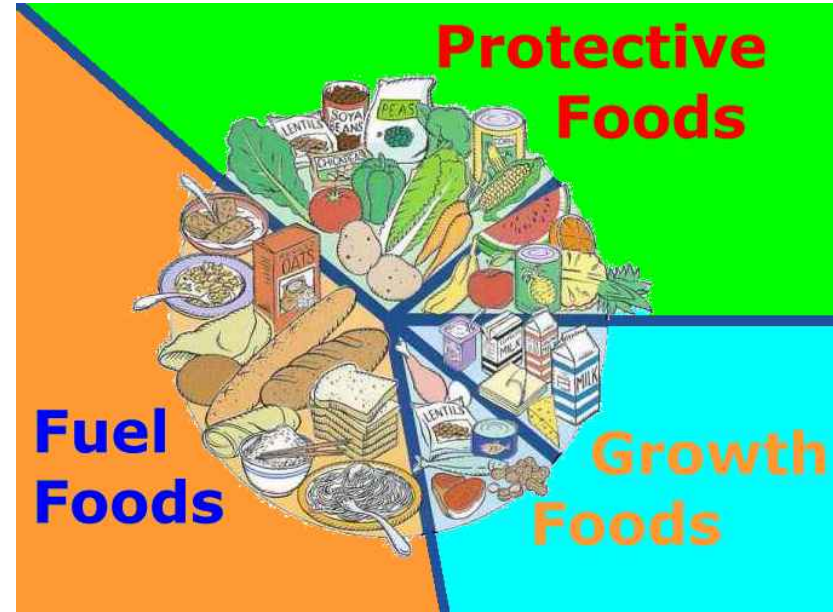
- Help everyday body functions
- Make energy available from foods

**Fuel foods** – breads, rice, potato, pasta etc:

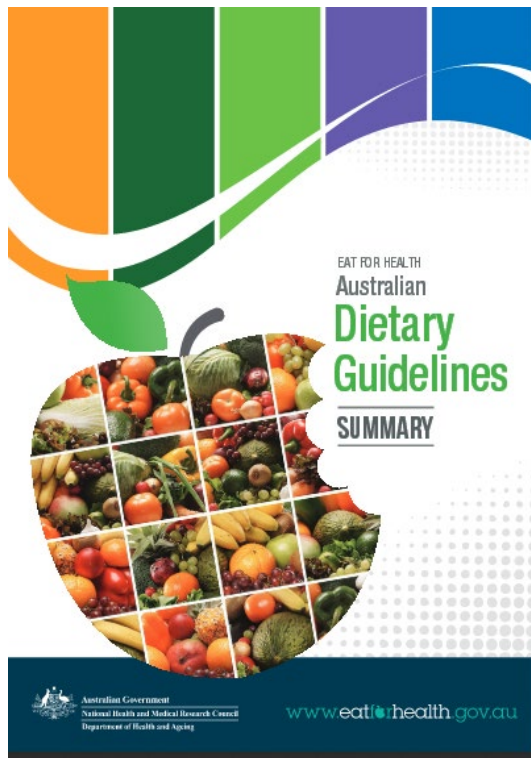
- Provide energy for the working muscles

**Growth foods** – Meat, fish, eggs, milk & dairy foods:

- Needed for growth, development and repair of muscles
- Provide energy, insulation and protection for organs such as lungs and kidneys



# What are our national dietary guidelines?



**Guideline 1:** To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

**Guideline 2:** Enjoy a variety of nutritious foods from the five food groups everyday.

**Guideline 3:** Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

**Guideline 4:** Encourage, support and promote breastfeeding.

**Guideline 5:** Care for your food; prepare and store it safely.

Source: [Australian Dietary Guidelines](http://www.eatforhealth.gov.au)

## ***Other benefits of eating healthy foods***

- Energy & Motivation
- Ideal weight
- Clear mind
- Productivity
- Awake
- Happiness
- Feeling better about yourself
- Strong immunity
- Live a long healthy life



• Source: Nutrition and Healthy Eating Australia: <http://www.healthyeatingaustralia.com/blog/benefits-of-healthy-eating/>



# *Negative impacts of eating unhealthy foods*

- Obesity
- Hypertension
- High Cholesterol and Heart Disease
- Diabetes
- Stroke
- Gout
- Cancer



Source: <http://beforeitsnews.com/fun-news/2010/12/obesity-is-the-new-cancer-305888.html>

Source: <http://www.livestrong.com/article/31172-effects-poor-nutrition-health/>

# Reflect on the types and amounts of food you eat in a day

Take the Australian Dietary Guidelines quiz and keep a good health diary!

Take this quick quiz for adults to find out the answer – be honest! Give yourself one point for each box you tick if you:

- Eat at least 5 serves of vegetables every day. A serve is ½ cup cooked vegetables (hot chips don't count!) or 1 cup of salad.
- Eat at least 2 serves of fruit every day. A serve is 1 medium piece or 2 small pieces of fresh fruit, or one cup of chopped or canned fruit (no added sugar).
- Have at least 2 serves of reduced fat milk, yoghurt, cheese or alternatives every day (for example, 1 slice of reduced fat cheese, a small tub of reduced fat yoghurt (preferably no added sugar), 1 cup of milk or 1 cup of soy milk with added calcium).
- Eat mostly wholegrain cereals (such as high fibre breakfast cereal and wholemeal bread).
- Eat at least a small serve of lean meat or chicken (fat and/or skin cut off) or fish, or eggs or some nuts or legumes (for example, lentils, chickpeas, beans

- Limit store-bought cakes, muffins, pastries, pies and biscuits to once a week or less.
- Limit salty foods like processed meats (for example, salami and bacon), crisps and salty snacks to once a week or less, and avoid adding salt during cooking or at the table.
- Drink no more than 2 standard drinks containing alcohol on any one day.

## How did you rate?

**8-10 points** Congratulations, you're already a pretty healthy eater!

**6-8 points** Keep going, you're nearly there!

**4-6 points** There's plenty of room for improvement.

**Less than 4** It's time for a serious overhaul.

MY BALANCE OF GOOD HEALTH DIARY						
	BREAD, CEREALS & POTATOES	FRUIT & VEGETABLES	MILK & DAIRY	MEAT, FISH & ALTERNATIVES	FOODS high in FAT / SUGAR	IS IT BALANCED
Breakfast						
Morning						
Lunch						
Afternoon						
Evening meal						
Evening						
HOW DID I DO?						

INCLUDE EVERYTHING – all meals, snacks and drinks. COMBINATION FOODS: break them down into their different food groups. e.g. "Chicken sandwich" = "Bread 2 slices" in the Bread etc column, and "Chicken 1 slice" in the Meat etc column.

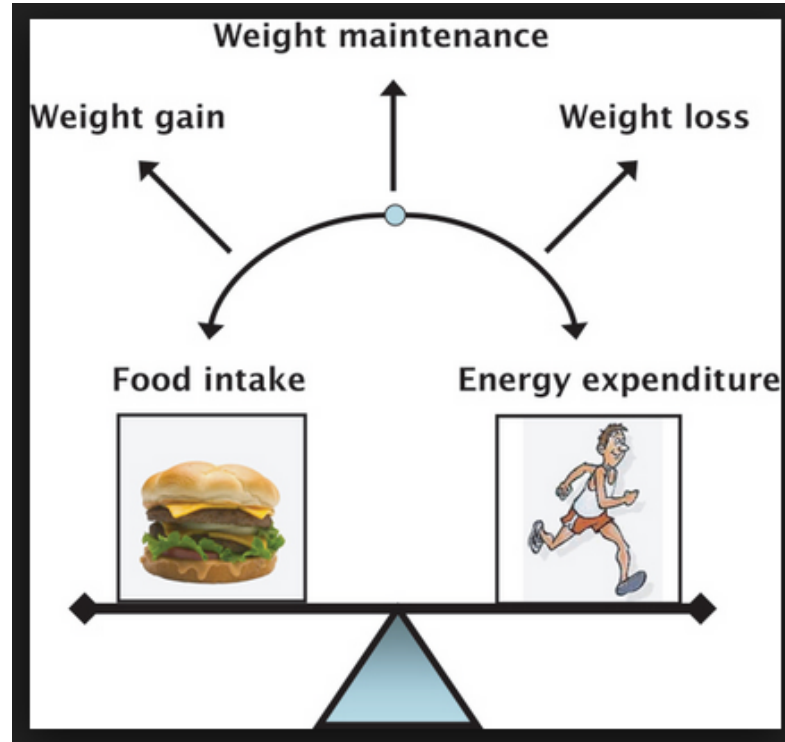
Source:

<https://www.nhmrc.gov.au/guidelines/publications/n55>

<http://studentswithlearningdifficulties.blogspot.com.au/2008/09/healthy-eating-1.html>

Why do you eat what you do? Who or what influences your decisions?

# *Energy balance*



Source: <http://transformationtrainer.com/2010/03/energy-balance/>

# Healthy eating campaigns

Do you know of any healthy eating campaigns in your local community, region or state/territory?  
Check out one or more of the national campaigns below by clicking on the image.  
Think about how effective these health messages are.



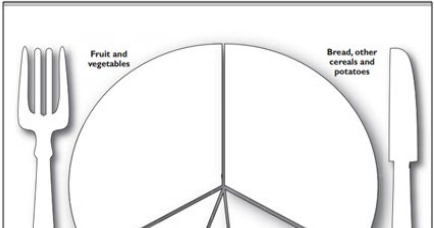




# Worksheet fun

**Help Wally fill his plate with healthy food choices**


Draw healthy foods on Wally's dinner plate below....or cut some of these food pictures out to glue on his plate!

Lower Primary  
Primary

**Wally's Healthy Breakfast Recipe - Maths Challenge**

**RECIPE: Fruity Yoghurt Breakfast Crunch**  
Source: <http://www.healthyschools.gov.au/recipe/fruity-yoghurt-breakfast-crunch.aspx>




**Ingredients**

- 1 mango, peeled and chopped
- 2 kiwi fruit, peeled and chopped
- 2 tbs fresh orange juice
- 2 x 170g tubs low fat mango yoghurt\*
- 1 cup granola-style breakfast cereal

\* Products available with the Heart Foundation Tick. Remember all fresh fruit and vegetables automatically qualify for the Tick.

**Method**

1. Mix chopped mango and kiwi fruit with orange juice.
2. Place cereal in 2 breakfast bowls, top with mango and kiwi mix and yoghurt.
3. Eat straight away or place in the fridge for up to an hour before serving.



Can you make this recipe at home?

**Nutrients Per Serve**

Nutrient	Per Serve
Energy	1787kJ
Total Fat	2.2g
Saturated Fat	1.1g
Polysaturated Fat	0.2g
Protein	16g
Carbohydrate	78.5g
Fibre	4.3g
Sodium	395mg

**MATHS CHALLENGE**

1. How many pieces of fruit are needed in the recipe? \_\_\_\_\_
2. How many total grams (g) of low fat mango yoghurt are needed in the recipe? \_\_\_\_\_
3. If one tablespoon = 15ml, then how many total ml of fresh orange juice are needed for the recipe? \_\_\_\_\_
4. If  $\frac{1}{2}$  cup = 125ml, how many total ml of granola-style breakfast cereal will be \_\_\_\_\_

Middle Primary

**Rugby Sevens and Food Maths Quiz**

Read the article below then answer the maths quiz which follows!

Just don't ask PNG rugby player Shadrach Ghabilina eat fast by Kevina Stokes from *The Advertiser* / March 31, 2011



Picture above: Tucking in ... PNG Sevens player Shadrach Ghabilina at the Hilton Hotel with the amount of food he needs in one day. Picture: Colum Robertson Source: Adelaide Now

**He eats like a garbage gulf but PNG Rugby Sevens player Shadrach Ghabilina is an elite sportsman who plays one of the fastest games in the world.**

Ghabilina is in the state to complete the two-day international Rugby Sevens series that kicks off at Adelaide Oval tomorrow. The fast-paced game has seven players a side and comprises two seven-minute halves so it's no wonder the players chow down more than 2000g of protein, 6000 eggs and 4000 dinner rolls during the six days they are here.

The average person needs about 2000 calories (a day), but I need about 4000 because I'm doing a lot of high-intensity training," Ghabilina said. "But I'm definitely guilty of having a treat once or twice a month.

The Hilton's The Brasserie Kitchen executive chef Dennis Leslie's cooking up a storm with his team of 12 chefs, who are providing breakfast, lunch and dinner for about 240 players.

Mr Leslie said the Rugby Sevens players are twice as much as the Tour Down Under cyclists, even though they're here for less than half the time.

**Rugby Sevens and Food Maths Quiz**

1. How many minutes of actual playing time occurs in a game of Rugby Sevens? \_\_\_\_\_
2. How many more calories does Ghabilina eat each day than the average person? \_\_\_\_\_
3. If 240 Rugby Sevens players are staying at the Hilton Hotel, approximately how many Rugby Sevens teams are they representing? \_\_\_\_\_
4. What is the ratio of the 12 Hilton Hotel chefs to Rugby Sevens players staying at the hotel? \_\_\_\_\_
5. How much protein, eggs and dinner rolls would each player eat in the six days that they are there for? \_\_\_\_\_

Upper

## ***Assessment Idea: Lower Primary***

- Challenge students to create a poster about healthy eating. Students could use ideas and images from the stimulus materials used in the lesson.
- Posters could be displayed in the classroom, HPE area or at the Rugby carnival.



## ***Assessment Idea: Middle Primary***

- Survey one or more other classes in the school to find out how balanced students' diets are in relation to the Australian Guide to Healthy Eating.
- Illustrate your findings using graphs or other visual texts.



## ***Assessment Idea: Upper Primary***

- Challenge students to develop a healthy menu for players participating in the upcoming Rugby carnival. Menus should reflect the Australian Guide to Healthy Eating and the needs of Rugby players.

