**Nutritional Case Study**

Imagine you are the junior coach of a grade 5 soccer team. There are 14 players. This year’s final matches are about a hour’s drive away. You will be leaving school just after breakfast and will arrive back after dinnertime. You are confident your team will make it to the finals, which means the players will play 2 games in the morning and 2 in the afternoon. Players will be brining their own lunches, but you know the team will need healthy snacks before, during and after the games to energize them.

1. a) what types of snacks would be good to have before games? Why?

b) what types of snacks would be good to have during games? Why?

c) what types of snacks would be good to have after games? Why?

2. Plan a nutrition kit for the team that includes a variety of healthy snack foods. Include foods from each of the 4 food groups, focus on including mostly high carbohydrate foods. Be sure to choose foods that both healthy and tasty. Don’t forget fluids.

3. The players sometimes bring their own foods from home or buy treats at the field. These foods aren’t always the best choices for their game. List 2 things you could do to influence the players to make healthier food choices to improve their playing ability.