

Personal

Complex carbohydrates are one of the most important sources of slow release energy for athletes. This is good as it means all the players of the game eat complex carbohydrates they will stay energised right up until the end of the game which will result in a better outcome for the team. Carbohydrates break down into simple sugars like glucose that get absorbed and used as energy. Any glucose not used straight away gets stored in the muscles and the liver in the form of glycogen. Once glycogen stores are filled up any extra gets stored as energy.

1

Food with a high glycaemic index (GI) rating contain the right type of carbohydrates that raise blood sugars and insulin levels; foods with a high GI are great for enhancing recovery. Low GI foods can be used to improve performance in high energy users as it helps to protect their energy stores throughout exercise and extend their performance. It is very important for Sam to have the correct GI intake so that she gets as much energy as possible to extend her ability to perform in her weekly games and also while she does training.

Protein... B vitamins... Calcium... Iron... Vitamin C... Liquids...

Interpersonal

Sam's family is on a budget and therefore needs to know good tips to smart shopping to save money.

Shopping in season is very important as that's when produce is the cheapest, freshest and tastiest, by using this fresh produce with staples Sam's family can make nutritious meals. Seasonal eating is also healthier, as well-stored and transported in season fruit and vegetables will be fresher and have more nutrients than produce that has been transported long distances from overseas.

2

Making a list is important when on a budget because it stops the buyer from purchasing unneeded items and saves money. Because the family is on a budget, they would be better off using slow cooking cuts of meat such as blade, chuck or silverside as they are vastly cheaper; these can be braised, casseroleed or stewed.

Sam and her family need to learn how to correctly read the labels on all foods and recognise the sugar, carbohydrate and sodium levels in food and drink.

Societal

Societal issues will have a large effect on Sam and her team mates; one of these that has a huge impact on society would be the media and how things are falsely advertised, such as sports and energy drinks. Even just the name 'energy' and 'sports' implies that drinks will give you lots of the right energy and improve your performance, but if you are not training as a career or intensively training multiple times a day they are just made up of empty calories. Sports drinks are not a good idea for people not playing professional sport as they are filled with empty calories and sugars and people just playing a team sport could drink alternatives such as water and things like vitafresh.

3

Strategies

Sam and her sports team need to get local advice on getting the right nutrients and advice for doing high energy training multiple times a week. She could gain this advice from people such as dieticians and other local people in society such as teachers at her school and her soccer coach. Dieticians could give Sam and her team mates advice on things such as nutritional content on what they are eating, help promote healthy eating habits and develop specific diets for people. Another place she could gain this knowledge from could be the Healthy Food Magazine which has lots of recipes which are based on a budget which would be good for the family to help save money. This magazine also has lots of articles on sustainable eating and food strategies to help Sam gain extra knowledge.