

One of Sam's main concerns is the amount of energy she is able to get from a variety of foods. There are three different main types of nutrients in food that will be able to provide Sam with energy:

Complex carbohydrates are the major source of fuel for everyone, especially athletes. Carbohydrates such as breads, cereals, spaghetti, potatoes, lasagne, rice, fruit and vegetables make up more than half our total energy intake. The specific amount of carbohydrates your body needs depends on your body weight and your level of training. Eating a lot of carbohydrates is essential for Sam because carbohydrates are stored in the muscles to perform during exercise, but as the body can only store a limited amount of glycogen, it is essential to eat carbohydrates every day.

1

Protein is an essential nutrient in the diet with important structural and functional roles in the body e.g. lean beef, lamb, eggs, trim milk, unsweetened yoghurt, cottage cheese, hummus, rice, pasta, muesli. Protein can provide energy if your glycogen stores are low, but when used in this way; it can't contribute to the important areas of muscle growth, repair and recovery. Athletes have slightly higher protein needs than the average person due to the extra wear and tear on their bodies.

1

From a personal perspective Sam will have to think about all the exercise that she does separately and how much that can affect her in the short term/long term. Sam has practice twice a week after school which would go for around an hour, keeping that in mind Sam will need a small snack such as a muesli bar (which contains at least 20g carbohydrates and also some protein) or a small bag of nut mix so she is able to pull through the practice with the right amount of energy. Sam also has training every morning before school so just like practice after school she will need a snack (muesli bar, nut mix etc) for after training so that she doesn't feel faint before school and also so she doesn't have to wait until interval before eating. At least every weekend Sam has a game of soccer which will go for about 1 hour and 15 minutes to an hour and a half. Sam will need a good breakfast before the game. A good example before the game could be 1 cup of orange juice/milk (calcium)/water for hydration before the game, 2-3 weetbix with low fat yoghurt (calcium), canned fruit salad and some low fat milk (calcium) and maybe even 1 piece of wholegrain bread with a banana on top. Sam should also take a couple of small snacks for during the break and after the game. A piece of fruit like an apple or an orange or a cereal bar would be a good snack.

2

One of the strategies that Sam and her family could use is to talk to a sports nutritionist or a dietician. They could work out the right foods that will enhance Sam and her team's performance in an easy way that Sam and her team mates could understand. Also they will be able to maintain around all of their training, games, exercise, school work etc.

3

Fat ... B vitamins... Iron... Vitamin C... Liquid...

Making a weekly plan/menu could be beneficial for Sam and her family/sports team. This would be a benefit because it could help Sam's family to make a shopping list so that they get the right amount of food that they and Sam require for all of her exercise/sport/training with the right amounts of nutrients. Because Sam's family is on a limited budget, to be able to pay for the National Competition using the specials that come in the mail or that are available from the supermarket. When making the shopping list Sam's family could identify

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the essential foods that they absolutely need for the week, for example, milk, cereal, whole grain bread, red meat (iron), muesli bars etc. If Sam started making a weekly menu/food plan then they could encourage the rest of the team mates and the team's families to join in and use the same practice.

Another money saving strategy that Sam's family could do is to eat the food that is in season

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Sam's family could buy the **Healthy Food Magazine** to help increase their knowledge on nutrition and food. It contains a **variety of recipes and menu plans** that could be handy for Sam's family to have a look through or even for her family to try. It also contains heaps of **information on what foods contain** and how that can be beneficial to everyone.

5

Talking to a sports nutritionist will also enhance Sam's nutritional knowledge which will help her with future sports and competitions. The nutritionist could also work out what drinks are right for Sam and her team, considering how much exercise they all do and what events they will be playing in. **The media can have a big influence/put a lot of pressure on sports players, especially teenage sports players.**

6

Ads on TV promoting sports drinks can affect young adults like Sam because a lot of ads have **famous sports players drinking/speaking about the sports drinks**. For teenagers this can have a big effect on them because a lot of their role models/idols are celebrities/famous sports players. The advertisements on TV use **quick music** to have a big effect to capture the audience at home; they **use logos such as 'the AA Blacks drink PowerAde because it FUELS them to train FASTER and LONGER..'**. The use of these words **makes young sports players think that if they drink the same drink as what is being advertised, that it will have the same effect on them as it did on the All Blacks/famous sports players**. The advertisements also use **bright colours against a faded background to make the drink be the first thing that you look at.**

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