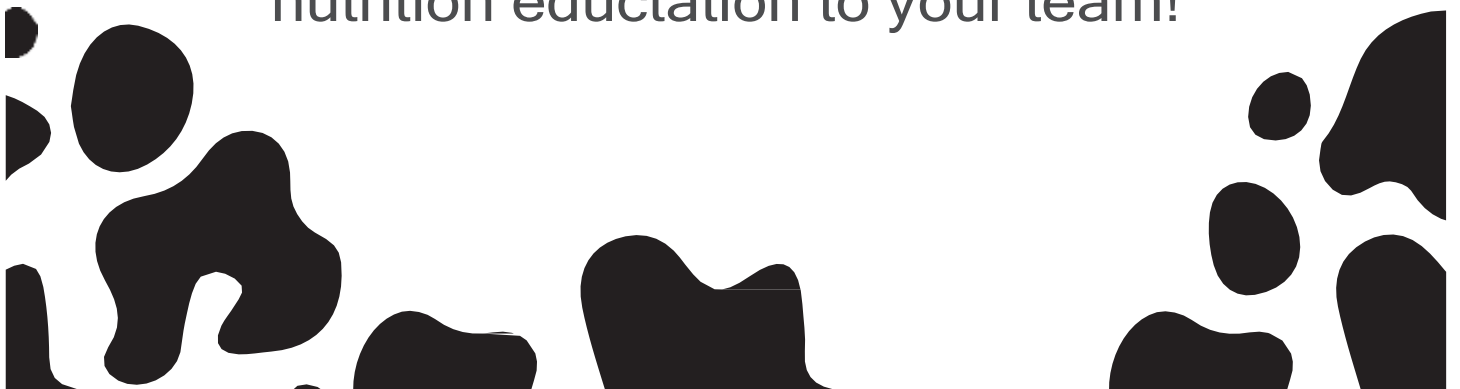




COACH'S CORNER



A **seven-part guide** for providing basic nutrition education to your team!



USING COACH'S CORNER

These materials have been provided to encourage nutrition education and support the overall health of your team. As a leader and mentor to young athletes, you can provide powerful guidance on the importance of eating well.

Over the course of multiple weeks, engage the students using the “Get Them Thinking” questions and “Coach’s Tips” as discussion points at the end of practice. As you regroup each week, start by asking how the athletes did with their “At-Home Practice.” The athletes that complete the task could help lead stretches, initiate the final break from a huddle, or another fun reward.

Remember to stay food, drink, and body positive throughout the discussions. All foods and drinks are acceptable in moderation. All bodies can be healthy bodies.



WEEK 1:

The Most Important Meal of the Day



GET THEM THINKING

Ask your team:

- Who ate breakfast today?
- What kinds of foods do you often eat and drink at breakfast?

COACH'S TIPS

Please share:

It's important to eat a healthy breakfast each day!

- Breakfast is important because it fuels your body to get off to a good start on your day!
- Breakfast helps you to focus so you can learn new things!
- Breakfast gives you energy to play!
- Breakfast counts if you eat it in the car, at school, or at home.

AT-HOME PRACTICE

Challenge your team to help make or choose their breakfast in the morning. See if they can select 2-3 items from different food groups (dairy, protein, grain, fruit and/or vegetable).

Next Week:

Be ready to share if they were able to eat a healthy breakfast with at least 3 food groups!

Family Handout

Have copies available for each of your athletes to take home and share with their family. Let the parents know about the "At-Home Practice" for their athlete.



WEEK 2:

Think Your Drink



GET THEM THINKING

Ask your team:

- What drinks do you have in a normal day?
- Do you get something to drink after practice or games?

COACH'S TIPS

Please share:

- Everyday, try to drink mostly water and cow's milk. Try to avoid really sweet drinks (like soda).
- Milk is a refueling beverage, especially within 30 minutes after a workout.
- Milk contains natural electrolytes and carbohydrates which must be added to sports drinks (Gatorade, Powerade, etc.)

AT-HOME PRACTICE

Challenge your team to see how many days they can go drinking only water and milk.

Next Week:

Have them report their success to their teammates during the next practice.

Family Handout

Have copies available for each of your athletes to take home and share with their family.



WEEK 3:

Eating in Color



GET THEM THINKING

Ask your team:

- What vegetables or fruits have you eaten today?
- Let's name a fruit or vegetable for every color of the rainbow.
 - Red (apple, tomato, raspberry...)
 - Orange (orange, cantaloupe, carrot...)
 - Yellow (banana, yellow bell pepper...)
 - Green (broccoli, green beans...)
 - Blue (blueberries...)
 - Purple (cabbage, grapes, plum...)

Do you know how much of your plate is recommended to be fruits / vegetables? Half your plate!

COACH'S TIPS

Please share:

- Make sure to eat all the colors of the rainbow.
- Fruits and vegetables have lots of nutrients that help you see well, keep you from getting sick, and keep your stomach feeling good!
- Juice does count as fruit, but regular fruit has extra nutrients for you!

AT-HOME PRACTICE

Try to make at least half your plate fruits and vegetables this week and enjoy different kinds.

Next Week:

Have them share what they ate and see if together they created a rainbow of colors.

Family Handout

Have copies available for each of your athletes to take home and share with their family.



WEEK 4:

What Does Dairy Do for You?



GET THEM THINKING

Ask your team:

- What kinds of food count as dairy? (milk, cheese, and yogurt)
- What is your favorite dairy food?

COACH'S TIPS

Please share:

- Kids are not getting enough dairy servings and are recommended to have 3 servings a day.
- Dairy foods have a lot of nutrients to make your bones and teeth strong and help you see well.
- All cow's milk has the same nutrients – no matter if it's flavored, whole milk, skim milk, or lactose-free.

AT-HOME PRACTICE

Encourage your team to count the number of dairy items in their fridge with their parents before the next practice/game.

- **Note:** Cream cheese, ice cream, and sour cream have dairy in them, but they have less nutritional value than other dairy sources.

Next Week:

Report back with the number and an example of a dairy item they ate or drank.

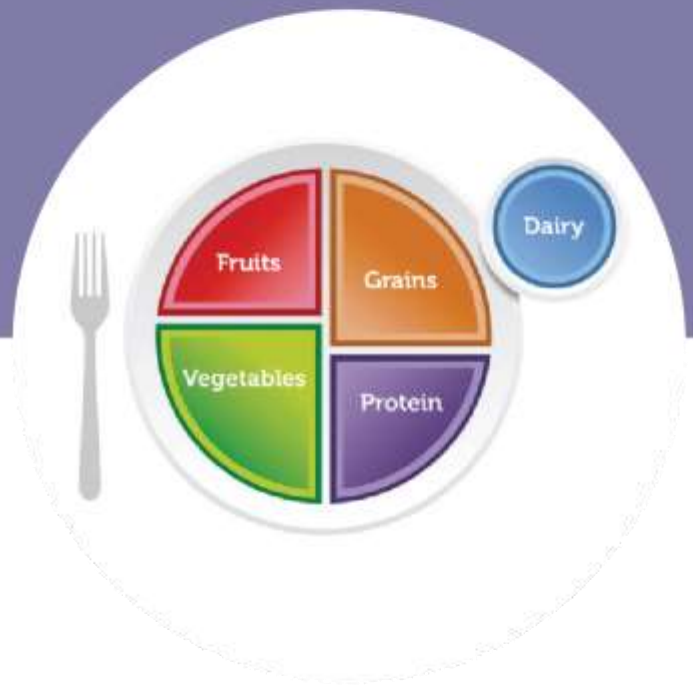
Family Handout

Have copies available for each of your athletes to take home and share with their family.



WEEK 5:

MyPlate



GET THEM THINKING

Ask your team:

- Who is familiar with the food groups - what are they? (fruits, vegetables, grains, protein, and dairy)
- What about MyPlate? Do you know how much we should be eating of each food group?

COACH'S TIPS

Please share:

Try using MyPlate to build your meals!

- Make half of your plate fruits and vegetables.
- Have one serving of dairy per meal (total of 3 per day).
- Grains include bread, crackers, granola/granola bars, and so much more!
- Protein includes eggs, chicken, peanut butter, tofu, beans, lentils, and so much more!

AT-HOME PRACTICE

Ask athletes to be mindful of their “plate” at school, home, and restaurants.

Next Week:

Have your team bring back the MyPlate Pledge with the areas marked that they were able to complete for the week.

Family Handout

Have copies available for each of your athletes to take home and share with their family.



Handout



MyPlate Pledge

WEEK 6:

Snacks



GET THEM THINKING

Ask your team:

- Who likes snacks?
- What snacks do you like to eat?

COACH'S TIPS

Please share:

- Snacks help keep you from getting hungry before your next meal and overeating later.
- Snacks can be from any food group. A few good options could be:
 - Fruits - apple
 - Vegetables - carrots
 - Grains - crackers
 - Protein - jerky
 - Dairy - yogurt

AT-HOME PRACTICE

Use your after-practice snack as an example. Identify any food groups from the snack—don't forget to include the drink (if having milk)!

Next Week:

Be prepared to share 3 nutritious snacks you had over the week.

Family Handout

Have copies available for each of your athletes to take home and share with their family.



WEEK 7:

Stay Active



GET THEM THINKING

Ask your team:

- Outside of school and this team, what do you do to be active?
- Does anyone know how much activity you should get in a day?

COACH'S TIPS

Please share:

- Play/Exercise for at least 60 minutes (or 1 hour) each day.
- Make sure to take hydration breaks during exercise.
- Physical activity can be playing on a playground, swinging, going on a walk, playing basketball, working in the yard, helping with chores—whatever you do that makes you move!

AT-HOME PRACTICE

Provide your team with the Daily Journal. This handout will let them track what they are eating and drinking. It will help them identify the foods that they eat for a week within the food groups from MyPlate. It also has a place for physical activity.

Next Week:

Turn in completed journals.

Family Handout

Have copies available for each of your athletes to take home and share with their family.



COACH'S SURVEY

Please scan the QR code to provide
feedback on Coach's Corner!

