



Design a Meal Competition





The competition

Design a healthy, balanced meal to fuel a Team GB or ParalympicsGB athlete at Paris 2024.

The best meal idea will receive £1,000 for their school and the chance to see Team GB in action with a family trip to the Paris 2024 Olympic Games!





What does a healthy, balanced meal include?

Discuss with a partner or write 10 words.

Use these images to help you.





True or false?

Test your knowledge of a healthy, balanced diet.

We should eat lots of different fruit and vegetables each day.

True

False

True! To make sure we get all the **vitamins** and **minerals** we need, we should eat at least five portions of colourful fresh, frozen, canned, dried or juiced fruit and vegetables a day.

Protein is only found in meat and fish.

True

False

False! Beans, pulses, nuts, eggs and dairy products are also great sources of protein – and they're vegetarian or vegan!



True or false?

Test your knowledge of a healthy, balanced diet.

White pasta helps you feel fuller for longer than wholewheat pasta.

True

False

False! Wholegrain carbohydrates like wholewheat pasta, potatoes with the skins on, or brown rice have more fibre and can help you stay fuller for longer.

We all need a little fat in our diet.

True

False

True! Stick to healthier, unsaturated fats from plant sources like vegetable oil, rapeseed oil and olive oil.



True or false?

Test your knowledge of a healthy, balanced diet.

We should try to eat the same meals most of the time.

True

False

False! The best diet is varied and includes many different fruits and vegetables each day and different wholegrain carbohydrates and sources of protein.

Sugary foods are a great source of long-lasting energy.

True

False

False! Sugary foods can give you a quick, short burst of energy, but other carbohydrates especially wholewheat pasta, brown rice or potatoes with the skins on, are better for long-lasting energy.



True or false?

Test your knowledge of a healthy, balanced diet.

We should all drink 6–8 glasses of water a day.

True

False

True! Staying hydrated helps keep us focused and healthy. We need about 6–8 glasses of water, low-fat milk or other low-sugar drinks each day – or more if we're sweating from getting active!

We all need the same amount of energy from our food.

True

False

False! Some people need more energy than others, like growing children or athletes in training every day – but we all need a balance of different foods!



Why do athletes need healthy, balanced meals?

A healthy, balanced diet helps us all to stay healthy!

- How would you define a healthy, balanced diet?
- Why do you think a healthy diet is important for Team GB and ParalympicsGB athletes?

How might a healthy diet for an athlete be **similar** and **different** to a healthy diet for an adult that works in an office?





Design a healthy, balanced meal to fuel a Team GB or ParalympicsGB athlete at Paris 2024.

1. Choose one of our **Team GB** or **ParalympicsGB Aldi Athlete Ambassadors**.
2. Read about what they **like** and **need to eat** to help them train and compete.
3. Design a **healthy, balanced** and **tasty** meal for them to enjoy.
4. Complete an **entry template** to tell us about your meal!



Did you know?

13 million meals will be needed to feed the athletes, their teams and the fans at Paris 2024!



Meet the athletes

Helen Glover

Rowing

- My favourite vegetables are carrots and spinach.
- I need lots of **energy** before I compete.
- My dad owns an ice-cream shop in my hometown in Cornwall!



Oliver Lam-Watson

Wheelchair Fencing

- My favourite vegetables are aubergines and radishes!
- I need lots and **vitamins** and **minerals** – and fruits and water to stay **hydrated** when it gets sweaty in my fencing gear!
- I love **Japanese food** – especially sushi.



Meet the athletes

Max Whitlock Gymnastics



- My favourite breakfast is toast, eggs and salmon.
- Pasta with **meat** and **vegetables** gives me the fuel I need.
- On a rest day I love to **share** a pizza with my family.

Alice Tai Para Swimming



- I'm **vegetarian**, so eat foods like beans and lentils for protein.
- My go-to meal is **lentil** pasta with lots of vegetables.
- When I compete, I want to eat foods I know so I don't get sick.

Delicious Orie Boxing



- I need lots of **protein** to recover after training and stay strong.
- I love porridge, scrambled eggs on toast and avocados.
- For dinner I like rice, chicken or salmon and lots of vegetables!



Meet the athletes

Duncan Scott Swimming



- I need lots of **protein** and carbs – my grow and go foods!
- I bulk make meals, like a big lasagna, to **prepare** for the week.
- I like ginger shots and beetroot juice – they are full of **vitamins!**

Thomas Young Para Athletics



- I love broccoli, but I'm **allergic to cheese!**
- In the morning, I like cereal, a fish sandwich and some fruit.
- Before competitions I have foods like chicken, rice and vegetables.

Kieran Reilly Freestyle BMX



- I need extra **carbohydrates** before long training days.
- Before competing, I eat a **lighter meal**, so I don't feel too full.
- I love **Mexican food**, like a burrito bowl!



Meet the athletes

Emily Campbell Weightlifting



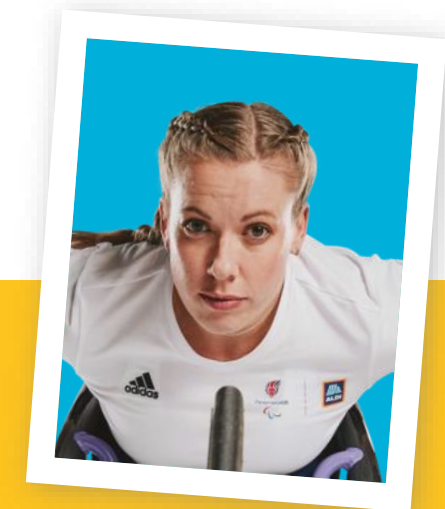
- I need to eat a lot of **food** to stay as strong as possible.
- I love cooking and enjoy a **varied diet**.
- In an example day I might have eggs, yoghurt, granola and fruit in the morning, a stir fry with **teriyaki** sauce for lunch, then chicken burger, sweet potato fries and broccoli, or chicken, mac and cheese, rice and **plantain** with **corn** and **coleslaw** for dinner.

Chris Skelley Para Judo



- I'm **coeliac**, so need to be **gluten-free**.
- I make sure each meal includes **carbs**, **vegetables** and **meat** to fuel me for training or competing.
- I like overnight oats with fruit and yoghurt on the day I compete, as I can feel a bit sick when I'm nervous.

Hannah Cockcroft Para Athletics



- I eat everything **except fish!** My go-to pre-race meal is spaghetti bolognese, but on rest days I love a curry.
- My golden rule is '**everything in moderation**' – I train hard for my events (I compete in both **sprint** and **middle-distance** races), so if I fancy some cake, I'll have it!
- It's always important to stay **hydrated** – it's simple but is easy to forget!



Think about what your athlete needs

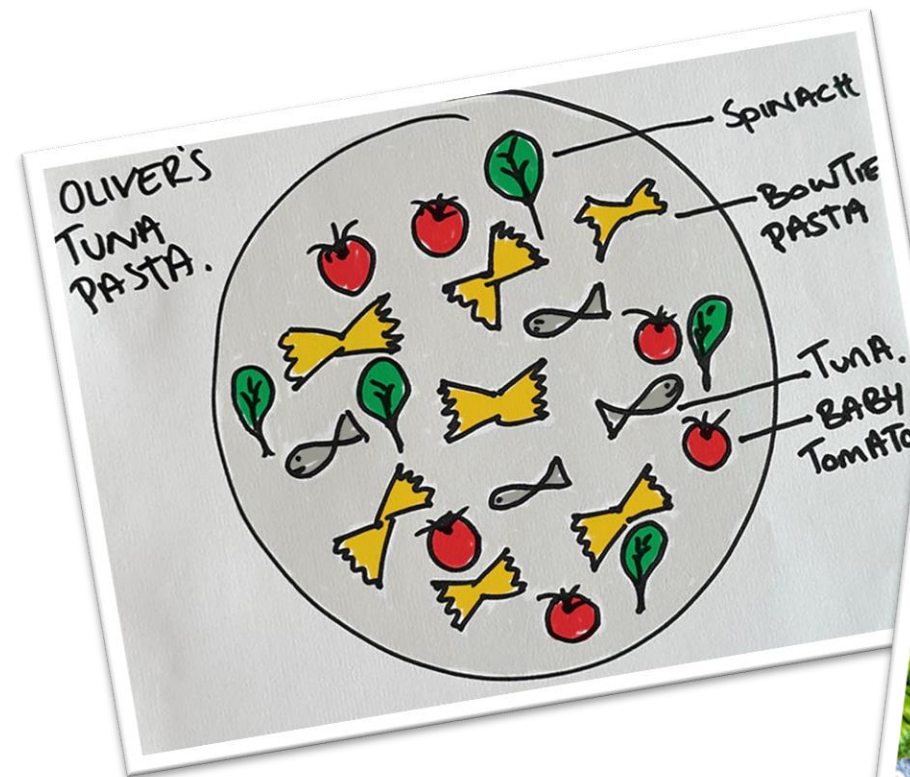
- Can you imagine what it's like to train and compete in this sport?
- When will your athlete eat your meal?
- How will it help them to feel good and perform at their best?





Draw and label your meal idea

1. Draw your meal on the entry sheet.
2. Show us how much of each ingredient you'll include.
3. Label each part of your meal.
4. Make your meal look as tasty as you can!





Tell us why your meal is healthy and balanced

- How have you included a balance of food groups?
- Have you included a variety of fruits and vegetables of different colours?
- Have you included a drink to keep hydrated?
- How does your meal suit your athlete?
 - When will they eat it? Why is it good for this time?
 - Does it have enough of the foods they need?
 - Does it suit your athlete's taste?
 - How will it help them perform their best?





Judging criteria

The judging panel are looking for meal ideas that are:

- **clearly presented**
 - well drawn and labelled
- **healthy and balanced**
 - with a range of ingredients
- **well suited to your chosen athlete**
 - matching their needs and / or tastes and helping them perform their best
- **tasty and creative!**

Make sure your entry explains these things well!





How to enter

Once you have decided on your meal:

- draw your meal clearly and neatly on to the **entry template**
- don't forget to **label each ingredient**
- on the second page, explain why your meal is **healthy, tasty and right for your athlete**
- enter your personal details on the second page
- return your completed entry to your teacher.





Be inspired!

Thanks for choosing to design a meal for a Team GB or ParalympicsGB athlete – and good luck!

Healthy, balanced meals aren't just for athletes – we all need a balanced diet to stay healthy and well.

- What have you learned today about a healthy, balanced diet?
- What will you do to make your diet healthy, balanced – and tasty?

