

# Fuelling at School

How to fuel for a day in the classroom



For a lot of youth athletes, parents and coaches, the focus is often on the training sessions before and after school and fuelling and refuelling for these, with the hours spent at school each day hugely overlooked. But getting your nutrition right during the school day is hugely important for sporting success and will impact on performance in training sessions. Not only that but eating well at school is also vital to overall health and well-being and academic performance too. So, to nail your performance in the classroom and training ground, follow this advice below.

## Breakfast

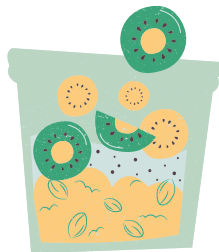
They say that breakfast is the most important meal of the day and for youth athletes with hectic training and school schedules, they might just be right! Whether you're refuelling after an early morning training session or heading straight into school, set yourself up for success for the day ahead with a nutritious breakfast first thing. Swap the sugary cereals for more nutritious options that are high in complex carbs to top up your fuel stores and keep your blood sugar levels stable. Make sure to add in a good source of protein too like milk, yoghurt or eggs and don't forget some fruit and veg too. Pair this with a drink like water, fruit juice or milk to start the day off hydrated.

### Good options are:



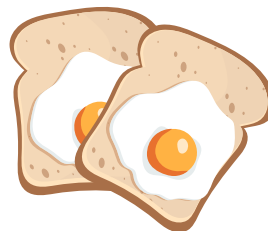
**Porridge with  
banana**

or



**Overnight oats  
with fruit**

or



**Eggs on toast**

or



**Homemade  
smoothie**

## Mid-Morning Snack

Fuelling the tank every few hours is really important for youth athletes. A nutritious snack between meals is a great way of ensuring you consume enough energy to match what your body uses. Choose options that are high in protein to help support muscle growth, repair and strength. On training days, opt for something high in carbs too as these will fuel your training. On rest days, swap this out for a more nutritious option like fruit and nuts.

### Good options are:



**Fruit pot & yoghurt**

or



**Babybel cheeses & pretzels**

or



**Fruit & nut mix**

+

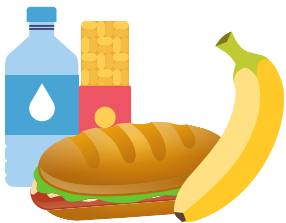


**NUTRI-TEEN bar & flavoured milk**

## Lunch

Lunch is often the last main meal that you'll eat before training, so it needs to be good. Whether you eat at the school canteen, buy from the local shop, or bring your own with you, the principles will stay the same; high carb, a good source of protein, 1-2 of your 5-a-day and plenty of fluids. If your school facilities are limited, then pack plenty of snacks in your bag to ensure you're fuelling well. Invest in a lunch box or cool bag to keep your food fresh.

### Good options are:



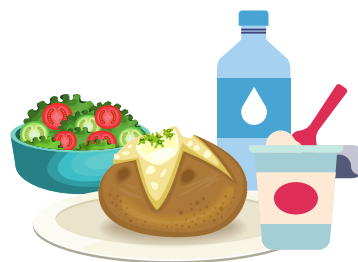
**Tuna baguette, fruit, cereal bar & water**

or



**Chicken wrap, veggie sticks, rice pudding & a smoothie**

or



**Jacket potato with beans & salad, yoghurt pot & water**

or

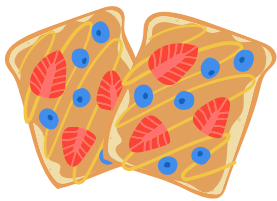


**Chicken & tomato pasta, flapjack & fruit juice**

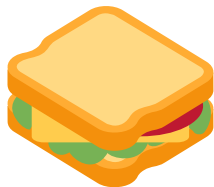
## Afternoon Snack

Whether you're heading straight to training from school, or have some time in between, an afternoon snack is a great way to top up those fuel stores before your session begins. The longer you have between your afternoon snack and training starting, the more substantial the snack can be. Choose foods that are high simple carbs that are easy to digest, low in fat to prevent stomach pains, and contain some protein to support the muscles too. Whatever you have, remember to pair it with a drink to stay hydrated too.

### Good options are:



or



or



or



**Toast with peanut butter & fruit**

**Small ham & cheese sandwich**

**Banana bread & semi-skimmed milk**

**NUTRI-TEEN bar & yoghurt**

## Hydration

Not only is staying hydrated very important for overall health and sports performance, but it's crucial for in the classroom too. Even mild dehydration can affect everything from your concentration and attention span to your motor skills and memory. So, to keep on top of your academic performance, as well as your sports performance, make sure to drink plenty! The best trick is to invest in a good, refillable water bottle and keep this topped up and with you at all times. Water's a great choice for day-to-day hydration, but if you prefer something with more flavour, try the other options below too.

### Good options are:



**Refillable water bottle**



**Fresh fruit juice**



**Sugar-free fruit squash**



**Flavoured milk**