



These weekly activities are designed for teachers and coaches to use directly with their classes or teams. Each includes a short script, discussion prompt, activity, and tips.

Week 1 – Nutrition Basics (Food as Fuel)

Coach Script

“Food is your fuel. Like a car needs gas, your body needs the right food for energy, strength, and recovery.”

Discussion Prompt

“What foods do you eat before practice? Which ones give energy, which ones make you tired?”

Quick Activity

Create 2 columns on a board: Energy Builders (rice, fruit, chicken, bread) vs Energy Blockers (soda, chips, fried snacks).

Tips for Coaches

Encourage simple swaps (fruit instead of chips).

Answer Examples

Energy Builders = rice, chicken, banana. Energy Blockers = soda, fries.

Week 2 – Hydration & Performance

Coach Script

“Water keeps your body running like oil keeps an engine running. Without it, you slow down and risk injury.”

Discussion Prompt

“How many bottles of water do you drink before, during, and after practice?”

Quick Activity

Show 3 empty bottles (small, medium, large). Ask which matches their daily intake.

Tips for Coaches

Use urine color check (light = hydrated, dark = dehydrated).

Answer Examples

At least 1–2 liters per day when training.

