

Session 2 (Literacy): Recipe to Fuel a Rugby Player



WARM UP - YOU WILL NEED...

- Pen and paper
- A simple knowledge of the Eatwell Guide

OR...

- A word processing app



MATCH



In this session your child will be researching healthy ingredients, and creating a recipe for a scrumptious and healthy sandwich.

It is really important for professional rugby players to eat well in order to fuel their bodies. Use the Eatwell Guide to identify the different food groups. Use this ThingLink to explore even further.

Discuss the importance of instructions - **Why do we need instructions in real life?** Role play different, everyday scenarios by following each others instructions, i.e, brushing teeth, making a sandwich. Make sure you do EXACTLY what you are told to do e.g. "Put the butter on the bread," (put the unopened butter on the unopened bread) - exaggerate the actions, the funnier the better.

Work with your child to create a recipe to make a healthy sandwich for a rugby player. Consider using low-fat spread instead of butter, lean meat, and fish etc. Also, consider vegetarian options, and other dietary requirements.

You can also complete this activity digitally using a word processing app to type out your recipe.

COOL DOWN

Read the recipe that your child has created -
Have they included clear instructions?
Have they used instructional words?
Are the sandwiches healthy and suitable for rugby players?

SHARE

Please feel free to share your final recipes on Twitter tagging @premrugby, your Premiership Rugby Club and use #ChampionsAtHome

EXAMPLE

Click the image below to view an example recipe.

