



IAAF Kids'

Athletics Program



Powered by Coles



This book belongs to:

Your name:

Year level:

Favourite athlete:

Your favourite athletics event:



Hi kids,

Well done for being part of the Kids Athletics Sporting Schools program!

I also started athletics when I was in primary school and I loved it!

Athletics is a great sport. It's fun and everyone can participate. Most importantly, it helps you to develop skills such as running, jumping and throwing, which will help you to be active and healthy for life!

Being physically active is fantastic for your body but you also need to eat well too.

Coles and Athletics Australia have created this activity book to teach you about healthy eating. You will also learn some interesting facts about food such as where it comes from and how certain foods help your body to develop.

Every day I make sure I eat the right foods to give my body the fuel I need to perform. I especially love eating fresh vegetables because they make me a faster, stronger and healthier athlete.

I also try to be as active as I can. I train hard on the track as well as in the gym, but I also make active choices in my everyday life. This is really easy for you too! For example, you might be able to take the stairs instead of an escalator, walk or ride your bike to school instead of getting a lift, and just go outside and play rather than watching TV.

Have fun completing the activities in this book and I hope you learn some tips to be healthy and active throughout your life, allowing you to perform at your best!

Sally Pearson
World Champion and Olympic Gold medalist

What can we learn from Sally?

What skills can you learn from athletics that will help you be active for life?

.....

and

What does Sally love to eat?

Why?

.....

Who are the important people in your life that influence the food you eat and the amount of exercise you do?

.....

.....

Will Sally's advice make you change what you eat and how much you exercise?

Circle: Yes / No

Why / Why not?

.....

What was one of Sally's suggestions for you to be more active in your everyday life?

.....

.....

Can you think of any other ways you can fit more exercise into your day?

Hint: is there something you do everyday that you can do with your body moving rather than being still?

.....

.....

.....



Where our food comes from

Name: Virginia Moloney
State: Victoria
DOB: 6/5/90
Event: Marathon
Personal Bests: 2.29.14
Occupation: Teacher
Achievements: Commonwealth Games 2018

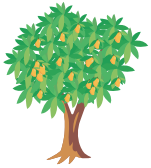
"All our food comes from either plants or animals. There are different types of farms all around Australia where food is grown or produced. I grew up on a dairy farm in Garvoc, western Victoria. Eating nutritious foods and exercising daily has enabled me to dream big, work hard and achieve."

Can you draw a line from the plant or animal to the product it produces or the food it is made into?

Hint: some products share the same origin

Origin

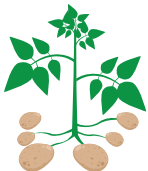
Coles product



Can you draw this animal?



Can you draw this animal?



Potato wedges

Canned tuna

Milk

Sliced ham

Bread

Pork chops

Mango

Canned pineapple

Eggs

Flour

Chicken drumstick

Bananas

Australian farmers help us go for gold!

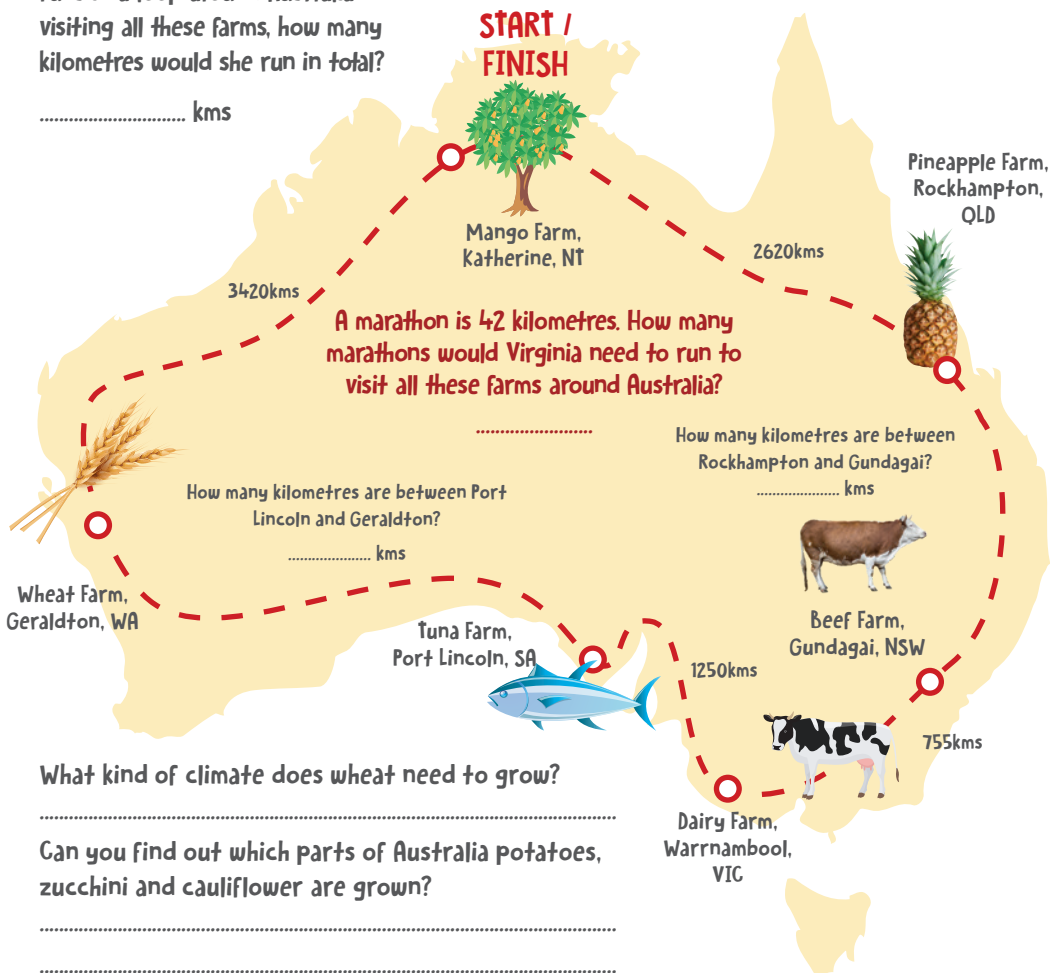


"We are so lucky to have such a diverse climate in Australia. This means we can grow and produce all sorts of foods in different parts of the country. I love running and I love our beautiful country. Can you help me plan a running trip around our country to visit some of our amazing farms?"

If Virginia starts and finishes in Katherine, Northern Territory, and runs in a loop around Australia visiting all these farms, how many kilometres would she run in total?

..... kms

Which two fruits on the map need a tropical climate to grow?



What kind of climate does wheat need to grow?

Can you find out which parts of Australia potatoes, zucchini and cauliflower are grown?

Growing our food

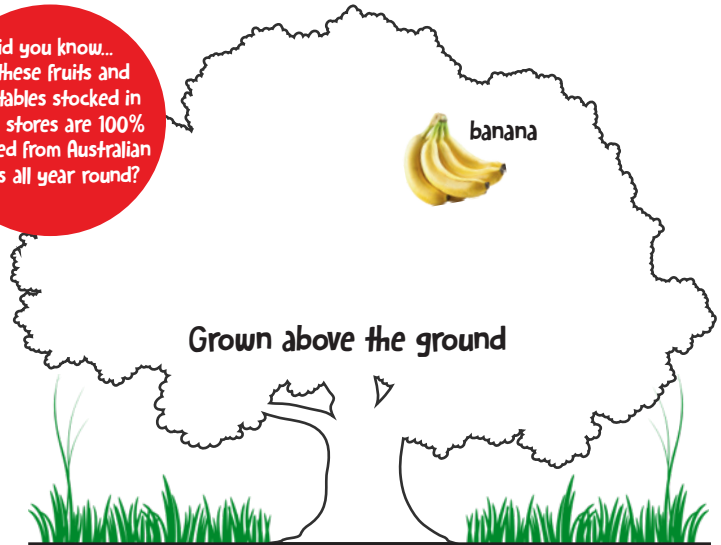
Luke Mathews
State: Victoria
DOB: 21/6/95
Event: 800m,
Personal Best: 1:45:16,
Occupation: Student
Achievements: 2016 Olympic Games,
Bronze Medal 2018 Commonwealth Games

"The food we eat is so important for us, not only for our performance on the athletics track, but also for us to lead a healthy lifestyle in general. We all know that you can buy food from the supermarket shelf! But do you know where our food comes from and how it is grown?"

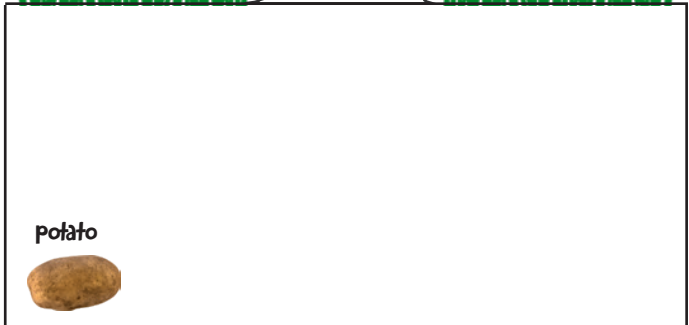
Fruit and vegetables are grown either above the ground on trees and plants or in the ground. Can you work out where the listed food items are grown? Write the names in the tree or the planted in the ground section. You can draw them too!

- Banana
- Potato
- Cauliflower
- Carrot
- Cabbage
- Apple
- Zucchini
- Passionfruit
- Eggplant
- Pear
- Raspberries
- Pumpkin
- Lime
- Pineapple
- Pawpaw
- Spinach
- Onions
- Quince

Did you know...
all these fruits and
vegetables stocked in
Coles stores are 100%
sourced from Australian
farms all year round?



Grown above the ground



potato



Planted in the ground

Getting the balance right



"Food is a very important part of my life, in particular my athletics career. I always follow the recommendations of the Australian Guide to Healthy Eating.

I try to eat fruit with my breakfast and during lunch and dinner I fit in carbohydrates, protein and greens. These are a necessity to ensure I meet all the food groups."

We should all eat two fruits and five vegetables everyday!

From the list on the previous page, write down a combination of fruits and vegetables you could eat in a day.

Fruit: and

Vegetables: , , , and

How much do you need to eat?

Sometimes we can't eat a whole vegetable in one meal but we can eat one serve of vegetables. Can you find out how much of each fruit and vegetable is considered one serve?

Hint: visit www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes



Fruit		Vegetables	
Example: Apple	Serve size: 1	Example: Pumpkin	Serve size: 1/2 cup
1:	Serve size:		Serve size:
2:	Serve size:		Serve size:
			Serve size:
			Serve size:
			Serve size:



Find the friends!

Each fruit and vegetable has a friend of the same colour. Find the friends and write the names in the boxes under each colour category.

Hint: The fruit and vegetable names need to have the right amount of letters to fit the boxes!

Sweet potato



Beetroot



Rhubarb



Parsnip



Broccoli



Nectarine



Blueberries



Strawberries



Brown pear



Kiwi fruit



Orange / Yellow

Purple / Blue

Red

White / Brown

Green

Vegetable

Fruit

Vegetable

Fruit

Vegetable

Fruit

Vegetable

Fruit

Vegetable

Fruit

s
w
e
e
t

p
o
t
a
t
o



Work out the secret health message by writing the letters inside the coloured boxes below:

e			a							
---	--	--	---	--	--	--	--	--	--	--

Why is colour important?



"I find that including a lot of fruit and vegetables in my diet gives me all the energy I need to go out and compete with the world's best! I make sure I eat a selection of fruit and vegetables in many colours of the rainbow every day. This is important not only for my performance, but for my overall health."

Did you know?

Vegetables and fruit from each colour category have properties that support good health and prevent illness.

Can you find out which parts of the body benefit from eating fruit and vegetables of each colour?

Research and record your answers below:

Colour category	Fruit and vegetables support healthy development of which parts of the body?
Orange / Yellow	
Purple / Blue	
Red	
White / Brown	
Green	

Think about your diet

1. Can you think of a colour that you might need to eat more of?
2. What kinds of fruit and vegetables could you eat to make sure you're eating enough of this colour?
.....
.....
3. How will this benefit your own health?
.....
.....

Make a healthy snack plan

Name: Bendere Oboya
State: NSW
DOB: 17/4/2000
Event: 400m
Personal Best: 51.94
Occupation: Student
Achievements: 2018 Commonwealth Games, Gold medal 2017 Youth Commonwealth Games

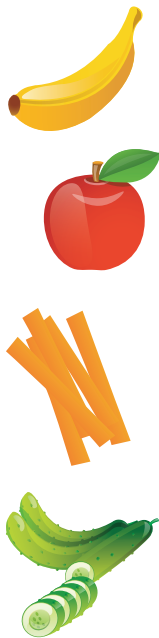
"Snacking is an important part of your diet, especially on school days. Eating a morning snack can give you energy for playtime as well as help you focus in class. Snacking after school gives you energy for your afternoon activities and keeps you going until dinner."

Eating healthily can sometimes be hard, but if you are organised and committed every day, it becomes a habit that gets easier and easier. As a general rule, I choose foods that are from plants or animals and do not come in a packet."

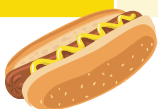
My healthy snack food plan

Use the table below to plan your snacking choices for a school week. You can repeat your snack options, but try to include a 'sometimes food' only once in your snack food plan. You can write or draw your snacking choices in the boxes.

Hint: visit eatforhealth.gov.au



Day	Morning Snack at school	After school snack
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		



Here's a great after school snack!



"I love to make my own snacks with fresh ingredients. That way I know what I'm eating is healthy because I know exactly what is in my food.

Here is one of my favourite snack recipes. I like to make large batches of these muffins and freeze them so they last a long time. And don't let the name fool you, they're not just a breakfast snack!"

Zucchini slice muffins

(Check out www.taste.com.au for recipes and tips)

Ingredients:

Onion, Bacon, Zucchini, Cheese, Flour, Dill, Eggs, Milk, Butter



Can you make a healthy snack even healthier?

What vegetables could you add to this recipe to increase the nutritional value?

Hint: think about all the colours of the rainbow!

.....

Are there any ingredients you could take out of the recipe, or only put a small amount in, to make it healthier?

.....

The other key ingredient!

As well as eating nutritious food, keeping active after school is really important for you to stay healthy. Can you think of some activities you could do after school to keep active?

.....

.....

Go to the fresh fruit and veg section at www.coles.com.au to get more ideas on snacks and fun with fruit!

What can you do with leftover food?

Name: Madison de Rozario
State: WA
DOB: 24/11/93
Event: T53 1500m, Marathon
Personal Best: 3:18.23 (1500m)
Occupation: Student
Achievements: Silver Medal T54 800m
2016 Olympic Games, Gold Medals
T54 1500m and T54 Marathon 2018
Commonwealth Games

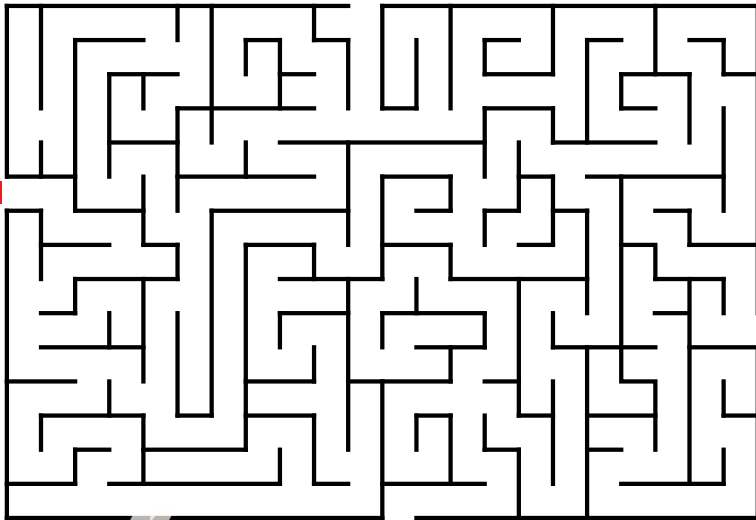
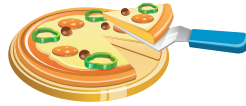
"Throughout my athletics career I have travelled and met people from all over the world. Some of my competitors are from countries where it is hard to get enough food. This has made me realise that food is precious.

We are lucky in Australia to have access to lots of nutritious food, but that doesn't mean we should throw it away if we don't want it. I try not to throw any food in the bin."

Can you find 3 different ways to get through the maze below?
Each exit shows you an example of where your food scraps can go.



Start here



Compost



Feed
your
pets



Re-use in
your next meal!



Warning!

Certain foods are poisonous for some animals. Check with your parents before feeding your pets.

Go to www.coles.com.au/corporate-responsibility to learn more about food sustainability and the environment

What about old food in the fridge or pantry?



"Just like food left over on my plate, I don't throw anything from the fridge or pantry in the bin either. If my fruit or vegetables are starting to look a bit old and have some blemishes on their skin – that's ok, they can still be eaten! My trick is to have a few recipes up my sleeve that I can put almost anything into, such as fruit smoothies, minestrone soup or vegetable risotto."

Can you think of meals or snacks that can be made using these ingredients?

Food	Make them into...
Bananas with black spots	Banana bread
Bruised tomatoes	
Blemished pumpkins	
Squishy strawberries	
Soft avocados	
Stale bread	
Cheese after it's 'best before' date	

Can you think of one more?

--	--

How can you help decrease food waste?

Did you know Australians waste too much food. This is bad for the environment because this wasted food goes to landfill. The power and water used to make it is wasted too.

Can you explain one way that you will change your future behaviour when you have left over food? Draw or write your response.

--

Want to do more athletics?

Name: Brandon Starc
State: NSW
DOB: 24/12/93
Event: High Jump
Personal Best: 2.32m
Achievements: 2016 Olympic Games,
Gold Medal 2018 Commonwealth Games



My name is: Brandon Starc

Athletics Club: Parramatta Athletics Club

Little Athletics Centres: Asics West (Under 5s), Winston Hills (Under 6s – Under 10s), Parramatta (Under 11s – Under 16s)



My healthy lifestyle message: I am a strong believer in making the right choices to put you in the best position to be successful. Sports and athletics is a great way to stay healthy. I started little athletics when I was four years old and learnt to run, jump and throw. My favourite thing about being in an athletics club is hanging out with friends, learning new skills and achieving personal bests.

Fun Fact: When I'm not training for athletics, I work at Coles in the Fresh Produce team. Coles has been supportive and understanding of my athletic career by being flexible with my shifts when I have to have time off due to competitions. On top of this, I work with great people that make the workplace enjoyable.

Join a local Coles Little Athletics Centre or Athletics club



Athletics Centres for 5–16 year olds
Family, fun and fitness
littleathletics.com.au



Find an athletics club near you
Fun for the whole family all year round!
athletics.com.au



Certificate

participated successfully with his/her
team in the IAAF Kids' Athletics event

City / Date

Signature



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