

# PRACTICAL ACTIONS



take Care  
Nutrition

## FOR PARENTS AND CAREGIVERS

1

### PROMOTE HEALTHY EATING

by offering nutritious foods to your children, teaching them the value of making healthy food choices and setting a good example



5

**AVOID GIVING YOUR CHILD UNHEALTHY SNACKS**, energy drinks and sugary drinks, and pay attention to age recommendations



2

### TEACH YOUR CHILDREN TO RECOGNISE THE SIGNS OF DEHYDRATION

see [Good practices](#) and remind them to drink water before, during and after training



6

**DON'T MAKE NEGATIVE COMMENTS ABOUT PEOPLE'S PHYSICAL APPEARANCE** – we are all unique and we should respect each other's unique characteristics

3

### CREATE BALANCED AND NUTRITIOUS MENUS

opt for healthy fats, high-protein foods from diverse sources and nutrient-dense fruits and vegetables to ensure a balanced and beneficial diet



7

**DON'T BE TOO RESTRICTIVE:** letting children and young people freely choose 20% of what they eat helps to steer them towards wellness and away from overly negative perceptions of unhealthy food



4

**PLAN WEEKLY MENUS** according to your child's schedule and physical activity commitments to ensure that their nutritional needs are met throughout the week



8

**SEEK PROFESSIONAL HELP** if you observe any concerning or unusual symptoms or behaviour



# PRACTICAL ACTIONS



## FOR COACHES AND STAFF



1

**PROMOTE HEALTHY EATING:** teach the importance of making healthy choices and lead by example to foster positive eating habits and behaviours that support children's growth and development



2

**TEACH YOUR PLAYERS TO RECOGNISE THE SIGNS OF DEHYDRATION** and make sure they drink enough water before, during and just after training (see [Good practices](#))

3

**BE MINDFUL OF YOUR PLAYERS' WELL-BEING** and don't make them push themselves too hard



4

**DON'T MAKE NEGATIVE COMMENTS ABOUT PEOPLE'S PHYSICAL APPEARANCE** – we are all unique and we should respect each other's unique characteristics

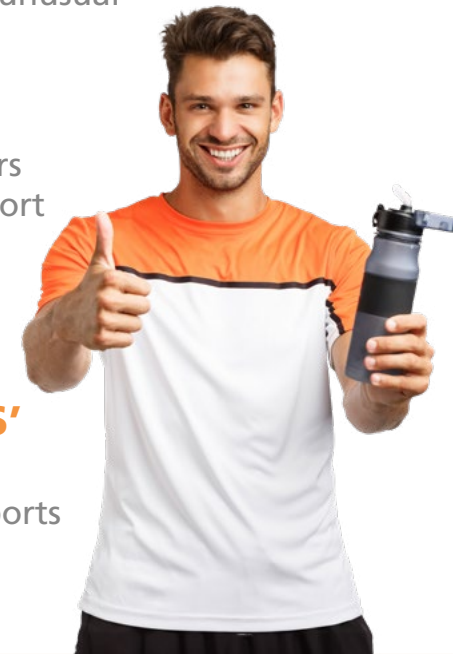


5

**CONSULT THE PARENT OR CAREGIVER AND ADVISE THEM TO SEEK PROFESSIONAL HELP** if you observe any concerning or unusual symptoms or behaviours

6

**ENCOURAGE REST:** encourage players to get adequate rest and recovery to support their physical and mental well-being



7

**MONITOR YOUR PLAYERS' NUTRITION** to ensure they are getting a balanced diet that supports their training and overall health

# PRACTICAL ACTIONS

## FOR CHILDREN AND YOUNG PEOPLE



**1 LEARN TO RECOGNISE THE SIGNS OF DEHYDRATION** and drink enough water (2–2.5l) throughout the day, especially when training (see [Good practices](#))



**2 PRIORITISE FOODS DENSE IN NUTRIENTS** such as vitamins, minerals and antioxidants; every meal should include fruit and vegetables, which are rich in valuable nutrients

**3 CONSUME HIGH-PROTEIN FOODS** from a variety of sources, such as meat, fish, eggs, pulses, milk, tofu, yoghurt and nuts – different proteins perform different functions and offer different benefits



**4 OPT FOR HEALTHY UNSATURATED FATS** and avoid trans fats, also known as hydrogenated fats



**5 AVOID UNHEALTHY PRODUCTS** including sugary fizzy drinks and salty snacks such as crisps, which are of little nutritional value

**6 DON'T MAKE NEGATIVE COMMENTS ABOUT PEOPLE'S PHYSICAL APPEARANCE** – we are all unique and we should respect each other's unique characteristics

