

NUTRITION FOR JUNIOR ATHLETES

Block 1 (Weeks 1–7): Foundation Fuelling

- Week 1 – What Is Fuel? Energy 101
- Week 2 – Protein Power for Growth
- Week 3 – Carbs for Performance
- Week 4 – Timing Your Fuel (before/after training)
- Week 5 – Hydration for Athletes
- Week 6 – Summary + Scenarios
- Week 7 – Test Your Knowledge (multiple choice quiz)



Block 2 (Weeks 8–14): Performance Habits

- Week 8 – Colour & Nutrient Density
- Week 9 – Weekend & Game-Day Structure
- Week 10 – Recovery Nutrition
- Week 11 – Lunchbox Mastery
- Week 12 – Sleep & Recovery Lifestyle
- Week 13 – Summary + Scenarios
- Week 14 – Test Your Knowledge (multiple choice quiz)



Block 3 (Weeks 15–21): High-Performance Mode

- Week 15 – Periodising Nutrition to Training
- Week 16 – Handling Growth Spurts
- Week 17 – Dealing With Fatigue
- Week 18 – Consistency Under Stress (school, exams)
- Week 19 – Body Image
- Week 20 – Summary + Scenarios
- Week 21 – Test Your Knowledge (case studies)



WHAT'S INCLUDED:

Weekly: Short video lessons to break down each topic

Weekly: A simple, easy-to-understand summary guide for parents to support their child

Weekly: Kid-friendly summary sheet to reinforce core concepts from each topic

Weekly: Athlete behaviour checklist to tick off new habits, paired with a simple timetable

End of Block: Knowledge check quizzes to test your child's progress and understanding

