

Sports Nutrition Education

Mini Lesson Guide - Volleyball

There is approximately 1 hour & 30-45 minutes worth of content in this presentation. If shorter, more frequent nutrition education sessions work better, the following information may be utilized to plan mini lessons.

- **Lesson 1: Benefits of proper Nutrition + Fueling your game with MyPlate**
 - Slides 3 - 13
 - Estimated Time: 20 minutes
- **Lesson 2: Calculating energy needs**
 - Slides 14 - 16
 - Estimated Time: 20-30 minutes
 - *Time variance will depend on whether athletes calculate individual energy needs during session.
- **Lesson 3: Nutrition game plan**
 - Slides 17 - 25
 - Estimated Time: 15 minutes
- **Lesson 4: Hydration & fluids**
 - Slides 26-30
 - Estimated Time: 10 minutes
- **Lesson 5: Summary & optional activity**
 - Slides 31-35
 - Estimated Time:
 - 10 minutes without activity;
 - 25 minutes with activity

Activity Guide

Lesson 2 Activity: Calculating Energy Needs

Using a personal device, have each student-athlete scan the QR code on slide 14 ([ACE - Daily Caloric Needs Calculator](#)). Allow 2-3 minutes for athletes to input age, weight, gender, height, and activity levels to determine individual calorie needs.

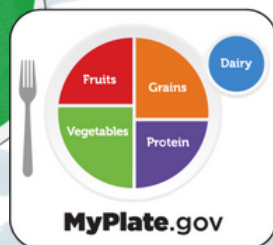
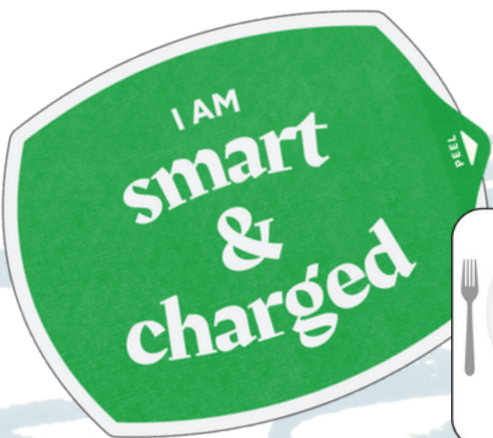
Next, have student-athletes scan the QR code on slide 15 ([MyPlate Plan](#)). Allow 7-8 minutes for athletes to find/review the recommended portions of each food group based on their age and identified calorie needs. Ask them to identify whether they need to increase or decrease portions in any of the food groups.

Lesson 5 Activity: Meal Planning for Game or Competition Day

Have each student-athlete create a sample meal plan for a game/competition day. Meal plans should include both what they intend to eat for meals and snacks, as well as their hydration plan. See guide on slide 35 or use [Nutrition Game Plan handout](#).

Considerations:

- Review available menus for school breakfast and school lunch to determine what options may work for their individual needs.
- Determine if any foods/beverages need to be brought from home for meals/snacks/re-fueling; if needed, include plan for keeping cold foods cold (e.g., will bring in lunch bag with ice packs and store in locker).
 - Review/discuss plan with parents/caregivers.
- Keep meal timing suggestions in mind; this may be difficult depending on class schedule.
- Bring a water bottle to school & use it!



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This institution is an equal opportunity provider.

