THE HEALTHY HAT-TRICK

SOCCER. FITNESS. NUTRITION.

IN PARTNERSHIP WITH GOYA
Write your name and number on the back of this jersey
HELLO!

My name is Devante, and I’m the goalkeeper and team captain. I’m going to introduce you to my teammates, and we’ll give you tips on eating the right foods and staying active. Our tips will help you do your best in soccer and in school!

As team captain, I give my teammates positive advice to help them make good choices both on and off the field.
Hi! I'm Lucy, and I play right back. I like to play attack and defense so I need to be very fit to last the entire game. I love soccer and I want to play for many years so I know I need to fill my body with the right fuel.

Lucy kept practicing to make her left foot as strong as her right. Now she uses both!
My Food & Drink This Week

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Please ask your parent/guardian to sign this on **Wednesday**.

Please ask your parent/guardian to sign this on **Sunday**.

At New York City FC, all of our players follow strict dietary guidelines. Use this weekly food journal to track the foods you eat. By the end of this program, we hope you will be eating better and having more energy!
Hi, I'm Destiny and I play left back. Like Lucy, I am a defender, but I also like to attack. I love going forward to make crosses for my teammates. Running up and down the field all game can be tiring. After the game, I need to eat healthy food to replace lost calories.

Destiny rarely gives the ball away. She always takes good care with her passes to her teammates. If we have the ball the other team cannot score!
The Eatwell Plate

Your body needs calories for energy. But eating too many calories—and not burning enough of them off through activity—can lead to weight gain.

Fruits and vegetables

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks that are high in fats, sugars and salts

Bread, rice, potatoes, pasta and other starchy foods

Milk and dairy foods

Here you go Destiny! In order to eat healthier, you should try to make your plate look like this!

Wow, Devante, that looks pretty easy! I can try to do that!
**A Balanced Diet**

**Breakfast:** Breakfast is important for the players because they need energy to train all day long.

**Lunch:** (2-4 hours before practice or game): Before a game, players eat foods like pasta, rice, chicken breast, fish and bread. They eat lots of carbohydrates to give their muscles energy.

**Dinner:** (about 1 hour after practice or game): After a game, players eat a dinner high in carbohydrates. They may also have high-energy sports drinks. These drinks replace sugars and salts lost during the game. But, the players only have these drinks after intense exercise because they are high in sugar.

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Did you know: A large fast food meal can have up to 1,500 calories. That is almost 75% of your calorie needs for the day! It only takes 5 minutes to eat, but it takes 4 hours of soccer to burn that many calories.

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Good soccer nutrition means eating the RIGHT FOOD at the RIGHT TIME!
Hi, I’m Brady and I play center back. I sometimes like to go forward for corner kicks but Devante makes sure I get back to my position.

I get hungry between meals, so I like to snack. I used to eat candy but it didn’t give me the energy I need. And candy has lots of sugar that can rot my teeth. I like to smile, and I don’t want to get cavities. So now I snack on bananas and fruit smoothies or yogurt drinks.

Brady is honest about where he needs to improve. He also listens to his coach’s advice. This has helped him get better. Last season, he was the most improved player!

Brady stops the other team and unhealthy habits. Keeping the opponent from scoring is as good as scoring a goal!
“Just like keeping a healthy diet is important to maintaining a healthy lifestyle, eating the right foods is important for getting the most out of your practice.”

Marcus Samuelsson  
Owner, Chef, Soccer Player  
Red Rooster, Harlem, NY

Blueberry Crunch Granola

2 cups rolled oats  
1 cup dried blueberries  
3/4 cup sliced almonds  
1/2 cup unsweetened shredded or flaked coconut  
1/2 cup raw cashews  
1/4 cup packed brown sugar  
1 1/2 teaspoons ground allspice  
4 tablespoons (1/2 stick) unsalted butter  
2 tablespoons pure maple syrup  
1 teaspoon ground cinnamon

1. Preheat the oven to 300° F.

2. Toss the oats, blueberries, almonds, coconut, cashews, brown sugar and allspice together in a large bowl.

3. Melt the butter with the maple syrup in a small saucepan over low heat. Pour it into the granola and toss to coat.

4. Spread the granola on a baking sheet. Bake until it is golden brown, stirring occasionally, about 20 minutes. Sprinkle the cinnamon over the granola and stir it in. Eat some of it warm if you want. Otherwise, let it cool and keep in an airtight container for up to 3 weeks.

Thanks for sharing your recipe Marcus! Looks delicious! I will share this with our team - a perfect breakfast or healthy snack!
**MyPlate Arepas**

**INGREDIENTS**
- 1 1/2 cups GOYA® Masarepa (pre-cooked white or yellow corn flour)
- 1 1/4 cups water
- 2 oz. low fat, low-sodium mozzarella cheese, grated (non-dairy or dairy)
- 2 tbsp fat-free milk (non dairy or dairy)
- 1/4 tsp. GOYA® Adobo Light without pepper
- 2 tsp. unsalted butter or GOYA® Canola Oil

**DIRECTIONS**
(This recipe requires adult participation!)

1. In medium mixing bowl, combine masarepa, water, cheese, milk and Adobo Light, mixing thoroughly. Let mixture stand five minutes.

2. Using wet hands, knead dough until smooth. Divide dough into 18 portions; with wet hands, roll dough into small balls.

3. Heat the oil or unsalted butter in large griddle, or non-stick skillet over medium-high heat. Place balls of dough on hot surface about 3 1/2” apart. Using palm of hand, flatten balls to form disks 3” diameter x 1/4” thick. Cook, flipping once, until crisp and golden brown on both sides, about 7 minutes per batch. Serve warm.

**MyPlate Baleadas**

**INGREDIENTS**
- 3 Tablespoons GOYA® Canola Oil
- 1/2 medium yellow onion, chopped (about 1/2 cup)
- 1 can (16oz) GOYA® Reduced Sodium Refried Black Beans
- 1/2 teaspoon GOYA® ground cumin
- 3/4 cup of yogurt, plain, low fat (non-dairy or dairy)
- 2 or 3 Tablespoons of milk, low fat, plain (non-dairy or dairy)
- 12 GOYA® MINI 4 inch Corn Tortillas
- 4 ounces Low Sodium white cheese shredded (non-dairy or dairy)
- 1/2 cup each chopped fresh yellow sweet bell pepper and tomato or tomatillo
- 1/4 teaspoon of GOYA® Adobo light

**DIRECTIONS**
(This recipe requires adult participation!)

1. In a medium sized non-stick frying pan, heat oil over medium-high heat. Once oil is hot add onions and cook until lightly browned about 2-3 minutes. Do not let onions burn. Place the cooked onions in a small bowl and set them aside for toppings later.

2. Add refried beans and ground cumin to frying pan. Stirring often, cook until beans absorb oil and are well heated, about 8 to 10 minutes. Remove from heat.

3. In a small bowl, mix together plain yogurt and milk and set aside.

4. To assemble, spread about 2 1/2 tablespoons of refried beans on a warm tortilla, drizzle yogurt mixture over beans and sprinkle on cheese, the cooked onions; sweet bell pepper and tomatoes. Then sprinkle some Goya Adobo light, serve and enjoy!
What’s Tasty?

Check the boxes below each picture to show what foods you like or dislike.

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Devante, did you know healthy snacking can keep you from eating too much?

Yes! And Brady, don’t forget to eat 5 servings of fruit each day. Remember, don’t eat snacks within 30-60 minutes of practice or games.
Hi, I'm **Jordy** and I play center back next to Brady. This is a hard position to play, especially against quick and tricky forwards. I have to stay focused, use good judgment and make good decisions. The same goes for my choices off the field too!

Jordy has good discipline, so he is able to control his emotions. Even when the team is losing, he does not get upset. He just focuses on giving his best.

Remember: Don't let results control your performance, let your performance control results!
Who and what influences what I eat?

Circle the pictures of things that influence what you eat.

- Grown-ups
- School
- Ads
- My mood – sad, bored, happy
- My culture
- Friends
- Cooking skills
- Time
- Famous athletes
- How I look
- What I think is good for me
- What tastes good
- Celebrities
- My Religion
- Other (draw in)
- Other (draw in)

The Power of Advertising

Every year food companies spend millions of dollars on commercials to try to get kids to buy their products. Many of these products are high in fat, sugar and salt.

They do this by:

- Offering free gifts and collectables
- Using a celebrity to promote the product
- Having catchy slogans
- Making the food items fun

Write down some foods that are sold using some of these techniques.
Use the blank billboard to design an advertisement using two or more of the following topics:

- **VEGETABLES**
- **DRINKING WATER**
- **SOCCER**
- **FITNESS**
Hola, I’m Maria and I play defensive midfield. I am a link between the midfield and the defense. I try to win lots of tackles and be a good passer so my team can keep the ball. I have to be in great shape! I always get at least 60 minutes of exercise each day.

Maria has a great work ethic. She always plays hard even when the team is behind. If you work hard, you never have a bad game.
“I want to be the best soccer player I can. Therefore, I know I need to eat right, sleep and exercise every single day. I expect this of myself and I expect this of my teammates.”

Maxi Moralez
Midfielder #10
New York City FC

My healthy habits:
1. I start my day with lots of water. I usually drink two bottles when I wake up.
2. I drink lots of smoothies to get fruits and vegetables into my diet.
3. I exercise by doing what I love - playing soccer or walking around the city.

What’s in it for me?

Use a colored pencil to color each bubble that sports and exercise can help us do better at.

Taking part in regular sports and physical activities can help us to...

- stay positive
- lose confidence
- have more energy
- gain weight
- have a healthy heart
- feel more confident
- have better balance and coordination
- develop trust
- build stronger bones
- feel able to take on new challenges
- have more fun
- have a healthy weight
- work as a team
- keep a healthy weight
- feel tired
- make new friends
- learn leadership skills
- have more confidence
- lose confidence
- gain weight
- stop feeling sad
- have better concentration
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- be unhapp

Did you know that the average teen spends more than 3 hours a day watching TV or playing video games. That adds up to 2 weeks a year! Being a couch potato keeps you from hanging out with friends and getting 60 minutes of daily activity that you need.
What’s in it for me?

Use the table here to keep track of how much exercise you do this week. You should aim to do at least 60 minutes of physical activity each day.

<table>
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<th>Activity</th>
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Please ask your parent/guardian to sign this on **Sunday**.
Word Search and Crossword Puzzle

Y B G N P T B J I N K B V P S
D T R G K A O O E Z D W E T E
T J I L N H S K E R O U G T T
E N I L P I C S I D F L E S A
T M U E I I T B I S R C T Q R
A O E T H B B O O N N T A R D
H L R C R L I C O A G I B R Y
S S J R I I C S R H Q U L A H
L F I N A E T E N D S R E I O
E F G F R C V I R O R F W S B
Z F I T N E S S O I P L A I R
T T R U S T L O C N W S T N A
E L X R V E G E T A B L E S C
R B E T S A F K A E R B R R H
P P Y G R E N E L A O G U M U

ACROSS
1. You need 8 to 10 hours of this each day.
2. Taking part in regular physical activity will make my heart and ______ healthier and stronger.
4. It is important to drink plenty of ______ when you take part in any physical activity.
6. This physical activity can be done in a park or on the street and involves balancing on 4 wheels.
8. Kids should aim to do ______ minutes of physical activity each day in order to stay healthy.
11. Soccer players would do this before they play a match, to get the body ready for exercise.

DOWN
1. This is something that happens to the body when exercising.
5. Taking part in regular exercise will help me have more ______.
7. One of the easiest and best ways to be active. You may do this to get to school.
10. This food group gives you energy for taking part in physical activity.

BREAKFAST
CHICKEN
FISH
GOAL
PASSING
RAISINS
SELFDISCIPLINE
SOCCER
VEGETABLES
CARBOHYDRATES
DRIBBLING
FITNESS
MILK
PERSEVERANCE
RESPONSIBILITY
SHOOTING
TRUST
SLEEP
WATER
CARROT
ENERGY
FRUIT
NUTRITION
PRETZELS
RICE

42
Hi, I'm Abby and I play left midfield. I like to play in the wide areas of the field and dribble with the ball and create chances for my teammates. When I exercise, I sweat so I need to be hydrated so I can play hard all game.

Although Abby does not score many goals she takes great joy creating chances for her teammates to score. She is a very popular member of the team because she never blames others if they miss their chance. She treats everyone fairly and always plays by the rules.
Staying hydrated is essential to my performance on the field. Drinking plenty of water fuels my body and helps me recover after every game, so I always make sure I drink lots of water throughout the day. The more water you drink, the better you feel and that makes playing soccer even more enjoyable.

Steph Houghton
Defender #6
Manchester City Women's FC

NYC has some of the cleanest tap water in the country. Every day the city supplies 1.2 billion gallons of free drinking water.

Drinking soda slowed me down. Now I drink 6-8 glasses of water each day. I have more energy and recover much more quickly.

This is a challenge to see if you can go the whole week without drinking a can of soda. Make a tally each day for glasses of water and soda you have had. See if you can drink 6-8 glasses of water each day and 0 glasses of soda.

<table>
<thead>
<tr>
<th>Daily amount:</th>
<th>Total:</th>
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<tbody>
<tr>
<td>Monday</td>
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Hi, I'm Jason and I play forward. I like to be creative and use my imagination. If I do not sleep enough, my brain gets tired and I have trouble concentrating. I also am grumpy and eat less healthy food. When I sleep enough, I play better, eat healthy and create lots of chances for my teammates to score goals.

Jason takes the penalty kicks, which can be stressful. But Jason knows he has the support of his teammates, so he enjoys the responsibility.
It is important to get 10 to 12 hours of sleep per night. Some of the benefits of getting a good night’s sleep include:

- Have more energy than the other team
- Stop eating unhealthy foods
- Learn better
- Grow and get stronger
- Have a better mood
- Recover after a game
- Stay sharp on the field
- Not get injured
- Remember more

Use the table here to record how much sleep you get this week.

<table>
<thead>
<tr>
<th></th>
<th>I went to sleep at:</th>
<th>I woke up at:</th>
<th>Total hours of sleep</th>
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<td>Monday</td>
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Hey Jason, don’t forget to go to bed early. Everyone on the team needs at least 10 hours of sleep to play our best for tomorrow’s game!
Hi, I'm Frankie and I play center midfield. I'm also known as the engine of the team because I drive a lot of the play. I defend, I assist, I score goals, I tackle. I like to lead by example. Sometimes, we are losing and need to stay positive. When we are winning, we have to remember not to be over-confident and to still respect the other team.

Frankie always respects the other team. Win, lose or tie he always shakes hands with everyone at the end of the game.
<table>
<thead>
<tr>
<th>Character Trait</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Citizenship</td>
<td>Share good information with others to make the school, the community and the world a better place.</td>
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<tr>
<td>Perseverance</td>
<td>Always gives their best effort.</td>
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<tr>
<td>Respect</td>
<td>Be tolerant and accepting of differences.</td>
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<tr>
<td>Self-discipline</td>
<td>It’s up to you!</td>
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<tr>
<td>Honesty</td>
<td>Making the right choice if not always the easiest choice.</td>
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<tr>
<td>Hard work</td>
<td>Alone we can go fast, together we can go far.</td>
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<tr>
<td>Teamwork</td>
<td>Help people in need.</td>
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<tr>
<td>Caring</td>
<td>Play by the rules.</td>
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<tr>
<td>Responsibility</td>
<td>Be reliable — do what you say you’ll do.</td>
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<td>Fairness</td>
<td>Don’t quit or give up easily.</td>
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<tr>
<td>Trustworthy</td>
<td>Be true to yourself and don’t say things about people that aren’t true.</td>
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</table>
Hi, I'm Mohammad and I love to score goals. I need to be quick and alert and ready to take risks. I don't worry when I miss a goal because I trust that my teammates will create more chances for me. I like to set targets for myself, like a number of goals I will try to score each season. I do the same in school. If I get an 88% on a test, I set a target for 90% on the next one. I work hard and practice to improve each day, so I can reach my target.

Mohammad does his talking on the field. Actions speak louder than words and he has earned a lot of trust from his teammates.
Hi I’m Eddy. I like to play left midfield but I’m known as Mr. Versatile because I can play forward, defense and on the left and right side. Most importantly, I play wherever the coach thinks is best for the team.

I don’t always get to play my favorite position but I see my overall game improving from learning to play different positions.
Be a good example for your teammates!

Don't skip meals!

Eat a total of 5 or more servings of fruit and vegetables each day!

Eating a balanced diet will improve your performance in soccer, school and in life!

Limit use of TV and video games to no more than 1 hour each day!

It's how you play the game that counts!

Exercise at least 60 minutes every day!

Get enough sleep each day. Doctors recommend 10-12 hours each night!

Stick to your healthy habits.

Stay hydrated by drinking 6-8 glasses of water (not soda!) each day.

Set goals for success!
# SCOREBOARD

<table>
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<tr>
<th>Session 1:</th>
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