

Fun food facts



Kenny McLean



Sweet Potatoes are highly nutritious and a great source of fibre, vitamins, and minerals.



Today's energy bar contains lots of oats which provide a good source of slow-release energy.



Lentils are high in protein and fibre and low in fat. Fibre is good for your digestion



Kenny will cover more than 10,000 metres almost every game, including lots of intense actions like sprinting and jumping. To ensure he can repeatedly do so, it is important he consumes lots of carbohydrates from whole sources, including sweet potato and healthy snacks like homemade energy bars.



Broccoli is a superfood and is a good source of vitamins C and E, zinc, and other antioxidants that strengthen your immune system.

WEEK 2

