

## Fun food facts



### Kathryn Stanley



Pasta provides a good source of carbohydrates and provides sustained energy.



Strawberries are considered a superfruit! They are full of vitamin A, C and lots of other minerals and antioxidants.



There are six different vegetables in today's lasagne – can you name them all?



Kathryn is a key part to the team's success, needing to be on top form to create and score goals for her teammates. In order to prepare for matches, it is important that she has a matchday strategy to ensure she is fueled appropriately with foods like pasta, potatoes, breads, and fruit smoothies, to perform to the best of her ability.



Our garlic bread is made with wholemeal flour which provides your body with fibre which is good for digestion.



WEEK 4

