

YELLOW CAPSICUM

PLUM

TURKEY

PAPAYA

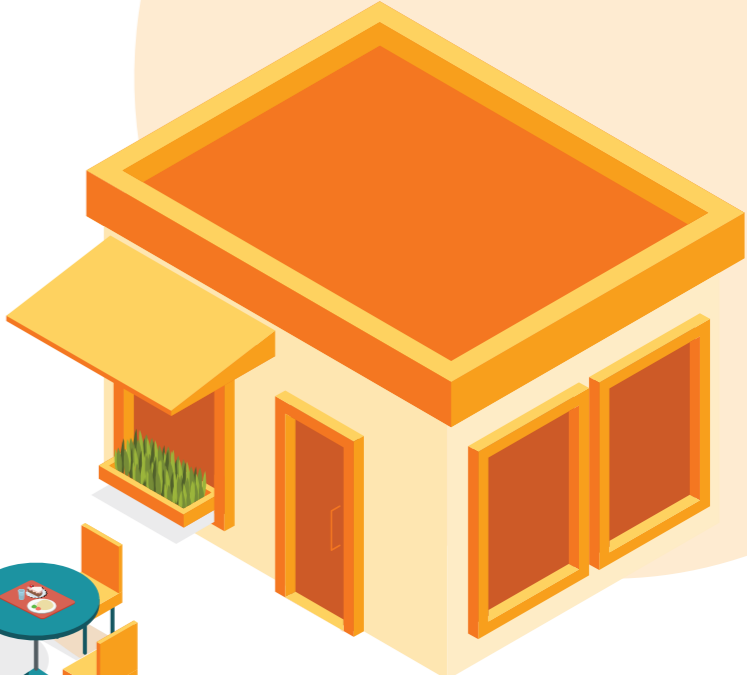
ASPARAGUS

# THE GOOD VILLAGE

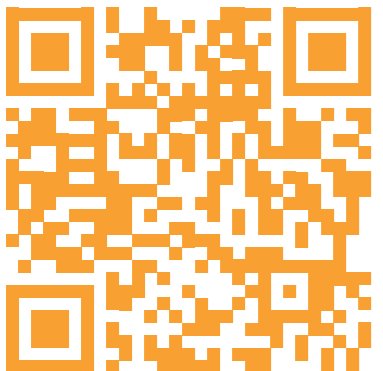
SALMON

CASHEWS

# Canteen



Visit the Canteen to learn more about nutrition, including how our Athlete Ambassadors fuel their bodies for peak performance and why hydration is so important.



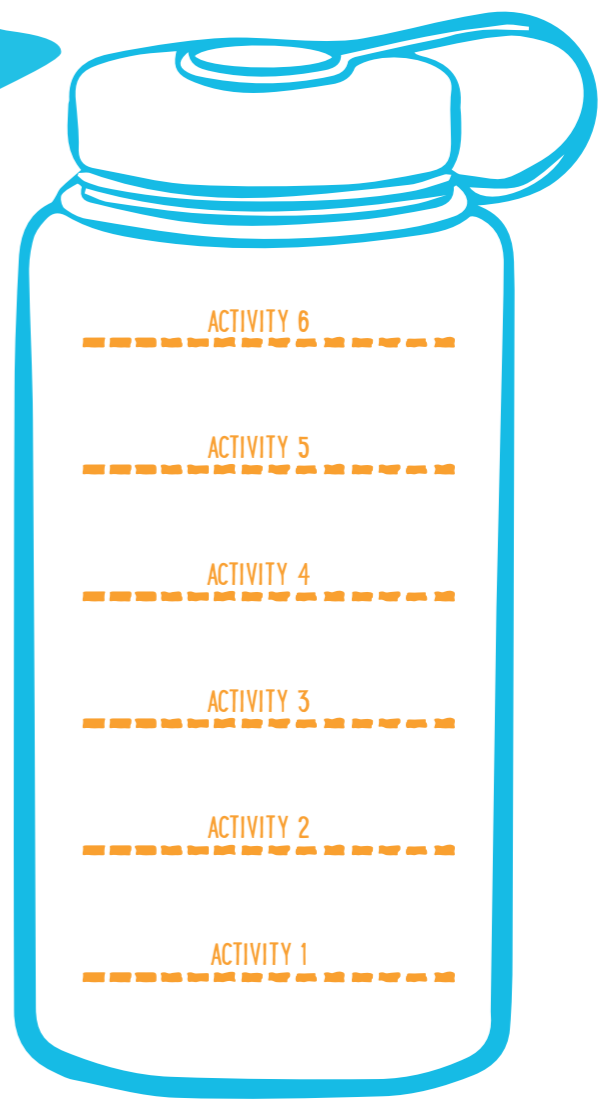
## HEAD TO HEAD IN THE KITCHEN!

Scan the QR code to watch a football player go up against an amazing young chef in the kitchen! Who will make the most delicious meal?



**Can you fill it up?**  
Track your learning by colouring in a section of the water bottle for each activity you complete in the canteen section of The Good Village!

**DID YOU KNOW...**  
A Japanese technology company has designed special Delivery Support Robots to help deliver food, drinks and snacks to spectators and athletes in future sports events!



ROCKET

PUMPKIN

MUSHROOMS

KIWI FRUIT

TUNA

QUINOA

TOFU

OATS

RED CABBAGE

**LET'S TRY SOMETHING NEW!** ✓  
Tick off all the food items around the edge of this poster once you've tried them!

SPINACH

BROWN RICE

**IT'S TIME TO GET COOKING!**

My body needs to recover properly after a race. The best way to do that is a dinner full of protein, carbs and veggies, and a good night's sleep!  
Cameron Girdlestone, Rower and Good Village Athlete Ambassador

What will athletes eat in your newly designed village? How will you ensure they have a balanced diet that helps them get the best out of their minds and bodies?

SILVERBEET

LENTILS