



Youth Engagement Project: Lifelong Learning Platform created by Pavneet Kalsi

Workshop 1: Nutrition Exploration

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Eat Well. Live Well.

- We are talking about a balanced diet. Especially what is in this plate.
- This is a balanced plate.
- This is the picture of the new food guide. We want to make sure we get the different fruits and vegetables, and grains, and proteins.
- Note: You do not have to eat like this every day. We want to get something from every area. It is important to have a variety of foods every day.



Special Olympics British Columbia

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Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of all the food groups and some great choices in each group:



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Recipe for the yogurt parfait

1. Cottage cheese- protein
2. Yogurt - protein
3. Blueberries- antioxidants
4. Cashews and walnuts- protein
5. Chia seeds (anti-inflammation)- texture
6. Oats/ oat squares- for energy

Order of layering:

1. Yogurt
2. Blueberries
3. Nuts
4. Oats

Repeat as many layers as you wish



When to eat this meal? This is a great meal to eat after the workout

What is important after your workout?

The 3 R's

1. Repair
2. Recover/refuel
3. Rehydrate

Research has been done: If you have worked out for an hour, you want to eat protein and carbohydrates

- Eg. Chocolate milk= recovery beverage- the sugar helps with the carbohydrate levels
- Eg. Banana and milk
 - o Why? Easy to digest, to fuel, and repair, and rehydrate
 - o All of this is 90% of water

Other meals you can have:

- Stuffed cottage cheese, peppers, and whole grain bread
- Chicken wrap: pesto, chicken, sprouts
- Sandwich= tomatoes, cucumber, choose, bread
 - o Holder, harder, cheeses are lower in lactose

What/When do you eat before a workout?

- 3 hours before, have a meal
- Within a few hours, a piece of fruit
- Or have a glass of juice
 - o Why? Easy for you to digest
 - o Gives you energy, really nice and quick