



Hi my name is Dylan and I'm so excited about this year's school's triathlon!

To help me swim, run and ride my fastest, I learnt about the best ways to fuel my body with food and drinks.

Did you know? Our bodies are a bit like a car – you need to put in the right kind of fuel to get the best performance! The foods and drinks we put into our bodies act the same way – like fuel.

Here's what I learnt:

My fave lunch? I like a wholemeal wrap with tinned tuna, tomato, lettuce and mayo. Sometimes I throw in some grated cheese as well. Zucchini slice is my second favourite because it contains heaps of veg even though I can't see them!

My ultimate dinner? Definitely spaghetti bolognese. It fills me up, tastes delicious and really gives me the energy to run like the wind the next day!

My favourite brekkie is porridge (made with real traditional oats! Not the instant sugary ones!) with a banana and milk. This gives me energy and keeps me going for hours.

My favourite snacks are plain yoghurt (I love to add granola or tinned fruit), fresh fruit or celery sticks with cheese. I also drink a big bottle of water at school every day to keep me concentrating and to help me perform well.

