

# Lesson 3

Year 10 - 13

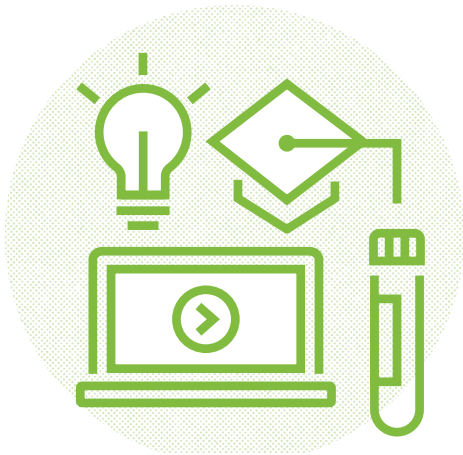
## Supplement risks and Food First approaches to athlete nutrition



**Lesson duration**  
30-45 minutes



**Equipment**  
Electronic device



Recent studies show that adolescent supplement use to enhance performance in NZ is increasing at concerning levels. Further, many adolescents are opting for supplements over good nutrition to enhance their sporting performance or to change their physical appearance. Influenced by social media and perceived norms, these behaviours pose several behavioural, health and reputational risks which many adolescents may be unaware of.

### Let's get started

#### › Activity

**Please visit DFSNZ's e-learning platform**

- › Create an account and then complete our '**Supplement Risk Education for youth**' short course.

This course should take approx 30 minutes.

**\*\* NOTE:** If you are having trouble accessing e-learning, we have summarised this course in a **short video** presented by DFSNZ Athlete Educator Tracey Lambrechts.

**START**

#### › Video

Once you have completed the 'Supplement Risk Education for youth' course finish off the lesson by watching this cautionary video produced by Sport Integrity Australia. This video focuses on the events around athlete **Cassie Fien's supplement use and subsequent positive test.**

**WATCH VIDEO**

