

Lesson 3

Year 7 - 9

Supplement risks and Food First approaches to athlete nutrition



Lesson duration
45 minutes



Equipment
Electronic device, pen



Recent studies show that adolescent supplement use to enhance performance in NZ is increasing at concerning levels.

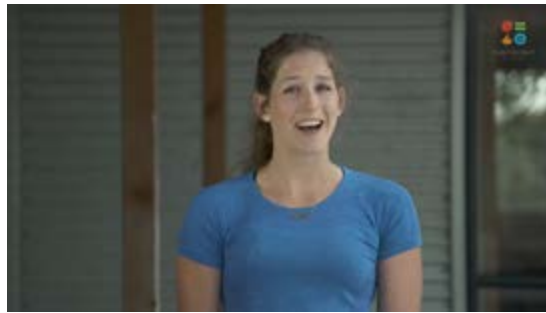
DFSNZ General Manager Athlete Services, Dr. Sian Clancy found that 92% of NZ adolescents had taken one or more supplements in the past 6 months to enhance their sporting performance.

Many NZ adolescents are using supplements rather than good nutrition to enhance their performance and physical appearance.

Let's get started

> Video

Watch Eliza McCartney explain the **risks of supplement use**



WATCH VIDEO

Think about any supplement/s you use or have considered using. Can you instead get the nutrients you need from food? Have you obtained expert advice about your nutritional needs?

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The next video is made by Sport Integrity Australia and focuses on **Cassie Fien's supplement use** and subsequent positive test.

WATCH VIDEO

> Activity 1

Please visit the **DFSNZ Supplement Decision Making Guide**

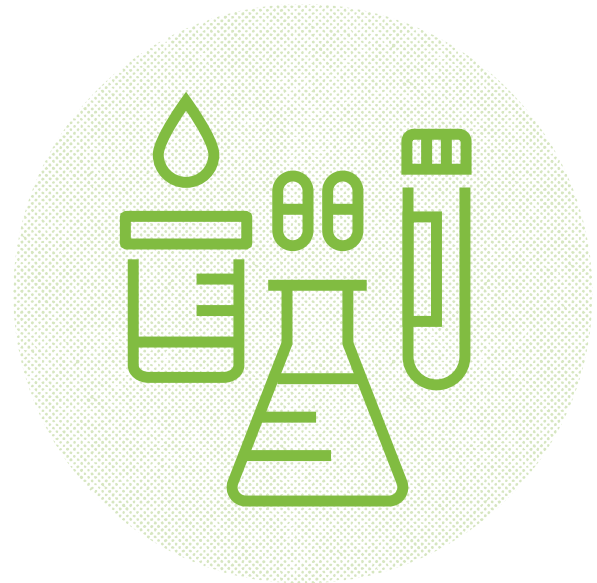
Work through this guide as you think about a supplement you use, one you have considered using or one someone you know uses.

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Worksheet



› Activity 2

Complete the following questions:

1. When you search the internet for 'supplements' what type of information sources do you find? ...

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2. What type of supplements are being advertised?

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3. What are the potential health and career risks involved with supplement use?

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4. What issues do you see in the content provided? E.g. is it trustworthy?

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5. Do you think the imagery used is real, or has it been photoshopped?

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Worksheet



➤ Case Study A

Please read the following case study and answer the questions that follow.

A teammate of yours has returned from playing overseas and tells you about the supplements he uses. He says they helped him get into shape and improved his performance. He is about to order more and tells you if you order some too it will make them cheaper for you both.

1. What are the possible risks?

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2. What should you do to protect yourself as a clean athlete?

.....

3. What approach would you take?

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4. Where would you go for support?

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Worksheet



➤ Case Study B

Please read the following case study and answer the questions that follow.

Your team manager has given you some vitamins and told you to take one each morning. You don't want to refuse as you are worried that could affect your selection, but you don't know what the pills are and feel uncomfortable taking them.

1. What are the possible risks?
2. What should you do to protect yourself as a clean athlete?
3. What approach would you take?
4. Where would you go for support?