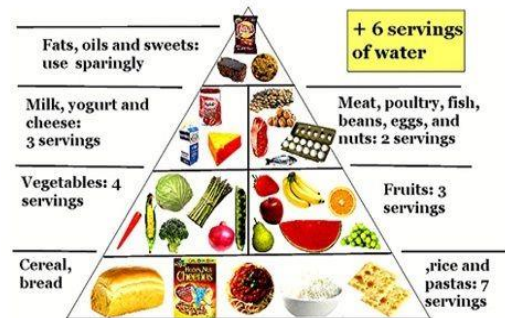


WIMBLEDON CHAMPIONSHIPS



Tennis Player's Diet and Meal Plan



Wimbledon 2020 was due to open today on Centre Court.

Professional tennis players train hard. They also have to follow a strict nutrition plan.

- Keep a food diary.
- How does your food diary compare to that of a tennis player?
- What could you do to improve your diet?
- How many portions of fruit and vegetables do you eat in a day?
- What food groups would be especially important to a professional tennis player? Why?
- Design a day's menu for you and one for a professional tennis player.

