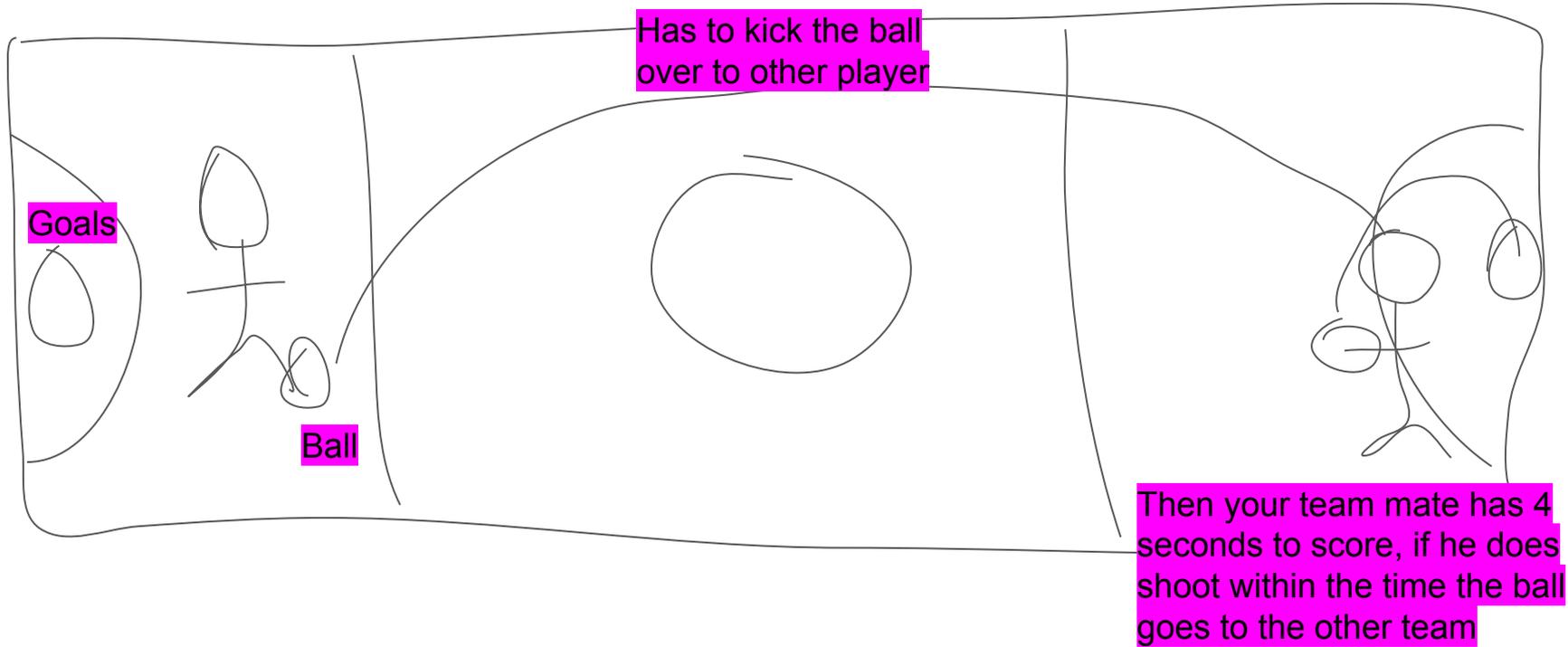


# Stem challenge 2021

# My sport

My sport is football and basketball together, the rules are quite simple you have a football and to get it around you kick it but then if you want to shoot you kick the ball in the air to a player they catch it have 4 seconds to shoot. There are 8 people on each team.

This new exercise gets your blood pumping as you are running around lots and getting very out of breath. We know this will be a good sport and get your heart and blood pumping as running is a very good cardio and that is good for your body. It will also get you very fit as your whole body is being incorporated.



# My healthy meal

My meal will include 3 courses, breakfast, lunch and dinner, you could also have a snack like a chocolate bar but you should have dark chocolate if you want chocolate as it is a lot better for the heart and healthier than milk chocolate.

Ok let's get started on breakfast now. For breakfast you could have a healthy acai bowl, acai bowls are very good and have lots of nutrients in them, the fruit is also very healthy and will leave you full.

Another option you could have is avocado egg and salmon on toast as all of those foods are good for the heart and bread has lots of carbohydrates which are very good for you.

# Time for lunch

So some healthy options you could have for lunch is:

So you could have eggs on toast because bread has carbs in and eggs have lots of protein which is extremely healthy for the heart. Another option you could have is a salad with lots of greens in like spinach, kale, rocket and tomatoes because leaves are one of the best foods for your heart.

You could also have yourself some sushi, inside the sushi could be salmon, rice, avocado, cucumber and seaweed on the outside. I have choose that as an option as it has lots of vitamins is very nice and good for you.

# Dinner time

There are many healthy options for dinner but i am going to say a one very good meal which is... rice, prawns and vegetables.

The reason i have picked this meal is because all of these foods put together makes an amazingly healthy meal.

Prawns are an oily fish which has lots of protein and vitamin.

Rice is good as it has carbs and good for the body

And vegetables are very healthy in general