



Science – STEM challenge 3 BAYLAB HEARTS

By Grace West



A BRAND NEW OLYMPIC SPORT!!!



This brand new Olympic sport is known as Ballare Ball. It basically translates to ‘dance ball’ and works in the following ways:

- **It involves a tennis-ball machine, a VERY large floor mat, lots of tennis balls and you have to wear very lightweight clothes.**
- **The sport works the heart by someone pressing the ‘on’ button on the tennis-ball machine, and it starts on slow. This is LEVEL 1. (there are 3 levels). The person playing the sport then has to make a sequence of choreographed flips, dance moves and gymnastic moves and whilst doing this they have to dodge all of the tennis balls that are being thrown at them. If they pass this level, then they move onto the next level which involves more tennis ball machines, and if they get to level 3, 4 tennis ball machines are placed in North, South, East & West positions surrounding the mat, and they are all on the ‘hard’ setting. The player then has to dodge all of these balls by flipping, dancing and ducking. If they complete all three levels, they end up in the Grand Finale.**
- **This sport gets the heart pumping by the person constantly moving their body, and it also makes them more vigilant because they have to dodge all of the tennis balls coming at them from left, right and centre. You have to be very fit and healthy to compete in this sport, otherwise you may overwork your body and run the risk of fainting.**



**GREAT FOODS FIT FOR AN
OLYMPIC CHAMPION!**



BREAKFAST: A SIMPLE PORRIGE!

We all love porridge. Olympic Champions especially! You could make your porridge, out of whole oats and fresh milk. To top, there are a variety of superfoods you can select, or, if you are looking for a sweeter breakfast maybe go with a healthy honey – NOT SUGAR!!

Sugar can contribute to bad cholesterol, which is not what you or any Olympic Athlete wants!

Therefore, porridge is great; it helps lower bad cholesterol, can contribute to good cholesterol, is good for your heart, and taste super yummy!

For an idea, you could top your porridge with blueberries, and if you are on a high-carb diet, maybe look to add nuts such as walnuts and almonds to your breakfast.

LUNCH: LEAN CHICKEN, TENDER-STEM BROCOLI, AND PEAS!



Doesn't that meal just look delicious? Well, it's super simple to make, REALLY good for you, and tastes as good as it looks!

WHY CHICKEN?

Well, there are lots of great meat dishes out there, but chicken is notorious for being a lean, healthy meat. It provides a lot of protein, which is great if you play a lot of sport! Protein is an important part of a healthy diet. Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes. They can also be used as an energy source. It is also great for your heart!

WHY PEAS & BROCOLI?

Peas and broccoli are great vegetables, and if you are an Olympic athlete then you definitely want to include these in your diet! Peas are great since they can prevent horrible diseases such as some chronic illnesses, such as heart disease and cancer. Broccoli is a superfood, so it naturally helps prevent you from these nasty illnesses.



DINNER: PRAWN LINGUINE!

This dish just ticks all the right boxes! From the great ingredients to the overall taste and goodness it does to your body.

This dish is made from Italian linguine, fresh prawns, fresh crème, chilli, and maybe chorizo if you like a bit of spice!

You can gain all kinds of goodness from this dish, from protein from the prawns, carbs from the pasta and veggie goodness from the chilli.