

## **How do you eat like a Premier League player?**

### **Introduction video; Radzi Chinyanganya**

What's for breakfast on a match day? Is it chocolate bars or scrambled eggs? Then at half-time, is it fizzy drinks or water? I mean speed, agility, concentration and strength; they all require eating and drinking the right things at the right time. Take for example slow-release energy, that helps prevent that mid-match slump. Then after the game, protein helps repair damaged muscles. Good nutrition is the key to success and we'll be finding out all about the secrets of the professionals, just what do Premier league footballers eat?