

## The One with the Sports

**Morgan** Are you guys excited to try, and you know, get into it, or ...

**Joseph** Yeah.

**Morgan** Yeah?

**Joseph** Do you like quite a lot of these?

**Morgan** I love everything on this table. I mean yeah, this is what helps me run fast, and travel the world, and do what I love, which is obviously athletics, the 400 metres. So, you know, I'm pretty happy with the spread today.

**Jonathan** What are your normal routine foods before you go out on the track?

**Morgan** I reckon I'd usually start off with toast and peanut butter. That gives me a great amount of energy, like we have here. And then do you know what these are, what we-

**Jonathan** No.

**Morgan** No? So these are medjool dates stuffed with peanut ... I love peanut butter. But when I'm not having peanut butter I'm trying out muesli with a bunch of fruit as well. Purely because sometimes you do get sick of having toast every morning, so I like to switch it up and, I don't know, just give myself a new flavour.

**Jonathan** What did you like when you were a kid? And how has it changed to what you like now?

**Morgan** I won't lie, I did like my lollies, I did like my chocolate. Mum only let us have it every Friday. But she also taught us the importance of, you know, eating your veggies and your fruits to, I guess, give yourself enough energy to go out and play in the park, kick the footy with your friends and run. Me, I'm all about my dark leafy greens. So spinach, kale, you know we've got cucumber. I heard you guys like cucumber?

**Joseph** Yeah.

**Morgan** We've got mushrooms. That's another one, great for recovery.

**Joseph** After you take a run and, of course, you're going to feel a bit hungry, what would you normally eat?

**Morgan** Do you guys like fruit smoothies? Yeah, I'm not the only one?

**Joseph** Yeah.

- Morgan** Come on you like it.
- Well it's easier because then you're getting more nutrients in a drink. You don't have to sit there eating copious amounts of carrots, when you can just blend it up and it's a nice juice.
- Jonathan** Yeah. What is your favourite vegetable?
- Morgan** I love celery, because it's just so easy to eat. You know, snack on it, you can dip it in peanut butter, which we all love right? Full of water and also full of all the nutrients that you need. So you're getting a component of like hydration, and all the vitamins and minerals.
- Joseph** Yeah, it has water in it.
- Morgan** Yeah.
- Jonathan** Speaking of water, how much water do you normally take a day?
- Morgan** Take a guess?
- Jonathan** Four?
- Morgan** A little bit more.
- Jonathan** Six?
- Morgan** Six, yeah, so I have six big bottles of water at least, a day. Do you know what hummus is?
- Jonathan** I've heard of it before.
- Morgan** Yeah. Chickpeas mixed with a bunch of herbs and spices. You put it in a food processor and you've got your own dip. It takes two seconds to make. Again, full of protein, full of everything that you need to be big and strong and fast.
- Jonathan** Let's say that you just run around without eating vegetables before or after, would it make a difference to how to feel when you run?
- Morgan** Because my training sessions go basically from about 10:00am in the morning, until 6:00pm at night, if I were to not eat, I would just be tired and depleted, and I wouldn't get anything out of the session.
- Whereas if I'm fueling my body with the right foods, then I'm ready for the next session. I'm up, I'm feeling fast, I'm feeling strong, because my body's actually you know, going through the process of taking it all in, and getting myself prepared for the next session.
- And sometimes during training when I am you know, feeling a bit tired, I'll snack on nuts just for a little bit of a pick me up.
- Jonathan** So everything that we see in front of us, is fuel for running?

**Morgan** 100%, it's fuel for life guys, like come on.

**Jonathan** So Morgan Mitchell, if you had to give a piece of advice to upcoming runners, what would it be.

**Morgan** Definitely just to stick to your one percenters, eating healthy and sleeping well really. That'll you know, get you across the line.

**Jonathan** Welcome to the food bowl of Optinom College.

**Joseph** We have two teams, fresh food, and this stuff.

**Jonathan** These two teams are about to battle it out to see who can become the food champions.