

The One with the Levitating Globe

Alice Good morning.

Lily Good morning Alice, I thought we were having a PJ party, where's the food?

Maddy Yeah, we're starving.

Alice Well, how do you like your new breakfast globe?

Lucy Breakfast globe?

Alice How about you go first Billy?

Billy First at what?

Alice Okay, this is gonna be super fun. All you have to do is close your eyes and I'm gonna spin the globe and on three you just have to point at the globe and open your eyes. One, two, three.

Billy Whoa.

Chef Ohayou Billy san. You have chosen a traditional Japanese breakfast. Good choice.

Billy Um, what is this stuff?

Chef Okonomiyaki. Looks like a giant vegetable pancake and that's because it basically is. This one has cabbage, corn, peas, carrots, spring onion topped with special sauce and seaweed.

Billy Seaweed? Can I spin again?

Alice Nope. Lily, you're next. Counting to three. One, two, three.

Lily Whoa.

French Girl Bonjour, Lily. Lunch is the main meal of the day in France. So, breakfast and dinner, they're usually quite small. An hot coffee with a baguette with butter or sham is not an unusual site in the Parisian morning light. Bon appetit, Lily.

Alice Next. One, two, three.

Israeli Chef Egh. Welcome to the flavours of Israel. This morning we have shakshuka with pita bread. A shakshuka is tomato, capsicum, onion, all baked with some egg. Yeladim – kids won't leave the house without fresh tomato and capsicum and cucumber which we call Israeli Salad. Shalom Chaverim.

Lucy Nice.

Lily Can I spin again?

Alice No.

Kylie Do you boys play sport?

Twins Yes. We love soccer.

Jonathan What are some good foods and fuel for us soccer players?

Kylie So, we talk about with our athletes' recovery and recovery nutrition is really important. It does lots of things It helps to refuel your body so that if you've got play for the afternoon or soccer again tomorrow or another training, that you've got energy to be able to do that. So, you might go home, and you might have some lunch or at the end of the day you might have some dinner for recovery. So, you might have some stir-fry veggies and some rice. So, you also need all of these nutritious foods, but some protein with it as well because your muscles and your bones and even your hair and you skin is all made of protein. That's right. So, if you want those muscles to grow, it's the protein that you need.

Joseph What about water?

Kylie When you play soccer, do you get thirsty?

Jonathan Yes, definitely.

Kylie Yeah and so you need to drink a lot as well, and if you don't drink enough, what happens?

Jonathan You get really dehydrated.

Kylie Yes.

Jonathan And you can't run anymore. You can't kick anymore, and you play a lousy game.

Kylie Absolutely you do. So, it's important to have lots of hydration so you don't get a headache, you can concentrate, and you've got lots of energy for your muscles, so you don't get tired and fatigued.

Joseph All around, almost all the athletes that we met, they all said something about food that colours of it.

Kylie That's right. It's really important to have different colours on your plate because the different colours have different nutrients in them. So, if you're eating lots of these green vegetables, they've all got some similar nutrients whereas your orange ones and your yellow ones are different again. So, to keep your, like balance, you need to have that rainbow of vegetables and some carbohydrate and also some protein.

- Kylie** You could cook up an omelette and into that omelette you could put some mushrooms and tomato, and even some spinach and that would be really yummy and gives you some good energy as well. Or, sometimes Morgan might eat things more like tofu which will give you some protein as well.
- Joseph** Yes, she loves tofu.
- Kylie** She loves it, doesn't she?
- Joseph** And after my soccer match, I'm going to eat lots of protein.
- Kylie** Sounds good.
- Jonathan** So, amazing meeting you.
- Kylie** Lovely to meet you too, boys.
- Joseph** Thank you for coming.
- Jonathan** Thank you for coming.
- Kylie** It was my pleasure.