Everyone plays a part.

Daily menu for a Rugby Sevens player in training or competition!

Source: "Just don't ask PNG rugby player Shadrach to eat fast" by: *Katrina Stokes;* From: *The Advertiser ;* March 31, 2011

HE eats like a garbage-guts but PNG Rugby Sevens player Shadrach Ghabiliha is an elite sportsman who plays one of the fastest games in the world.

Ghabiliha is in the state to compete in the two-day International Rugby Sevens Series that kicks off at Adelaide Oval tomorrow. The fast-paced game has seven players a side and comprises two seven-minute halves, so it's no wonder the players chow down more than 2000kg of protein, 6000 eggs and 4000 dinner rolls during the six days they are here.

"The average person needs about 2000 calories (a day), but I need about 4000 because I'm doing a lot of high-intensity training," Ghabiliha said. "But, I'm definitely guilty of having a treat once or twice a month."

The Hilton's The Brasserie Kitchen executive chef Dennis Leslie is cooking up a storm with his team of 12 chefs, who are providing breakfast, lunch and dinner for about 240 players. Mr Leslie said the Rugby Sevens players ate twice as much as the Tour Down Under cyclists, even though they're here for less than half the time.

Questions

1. What foods and drinks are in the photo?
2. Do you know what food groups these belong to?
3. Do you eat these foods regularly?
4. Why might Rugby Sevens players have to eat so much each day they are training or competing?
5. How would the dietary needs of a Rugby Sevens player and a sailor differ?

Maths challenge!

1. If 12 chefs cook for 240 rugby sevens players, how many players does each chef actually cook for?
2. How much protein, eggs and dinner rolls would each player eat in the six days that they are there for?
3. If a rugby sevens player averages 4000 calories a day, how many calories did they have for the six days they were there?