Countdown challenges

On your marks? Get set! Go for gold with Get Set to Eat Fresh!

Taking part in the Path to Paris journey via Get Set? Remember to log your active minutes to power your team to Paris!

Join our Team GB and ParalympicsGB Aldi Athlete Ambassadors as they train for the Games with these Countdown Challenges...

Athlete	Oliver Lam-Watson
Sport	Wheelchair Fencing

Challenge: hydration hit

I have to make sure I keep hydrated as it gets very hot in full fencing kit!

Can you drink 6–8 glasses of water, milk ...or another sugar-free drink... every day for a week?

Fun fact!

Oliver loves Japanese food – his favourite dish is sushi.

Topic	Paralympic Games

Challenge: design a celebration meal

Food can be used to bring people together and celebrate achievements.

What meal could you create for the Paralympic Games Closing Ceremony on 8 September 2024? Think about foods that are both festive and healthy.

Go for gold: Host a celebration meal in your home, school or community.

Fun fact!

French people celebrate Bastille Day on 14 July with picnics of baguettes, pâté, cheese and savoury tarts.

Athlete	Duncan Scott, MBE
Sport	Swimming

Challenge: eat the rainbow

'Eating the rainbow' – a range of different coloured foods – helps me to stay healthy.

How many different naturally coloured foods can you eat or drink in a week?

Go for gold: Can you identify at least one fruit or vegetable for each colour of the rainbow?

Fun fact!

"I drink beetroot juice for breakfast as it is full of vitamins and minerals."

Athlete	Kieran Reilly
Sport	Freestyle BMX

Challenge: learn something new

I have the most fun when I push myself to learn something new – that's why I was the first to do a triple kick flare.

How could you push yourself? Set a weekly goal, like doing more exercise, making an activity harder or learning a new skill, and push yourself to stick to it.

Go for gold: Keep a diary to log your progress.

Kieran's message!

"If I've done the right preparation, I feel a lot better, and I tend to perform a lot better."

Athlete	Alice Tai, MBE
Sport	Para Swimming

Challenge: plant power list

As a vegetarian, I get my protein from beans and pulses, such as kidney beans and lentils, instead of meat.

How many different types of beans and pulses can you name or find?

Go for gold: Replace the meat in your favourite recipe with beans or pulses!

Alice's message!

"Nutrition for people is like fuel for a car. If you don't use the right fuel, your engine won't run properly!"

Athlete	Hannah Cockroft, OBE
Sport	Wheelchair Racing

Challenge: think fast, move fast

I need strength and fast reflexes to race quickly. I also need to avoid distractions.

How good are your reflexes and focus? Place six objects around a room. How quickly can you collect them?

Go for gold: Repeat the activity to beat your time and add challenge with more objects, distance and/or obstacles.

Fun fact!

Hannah currently holds the T34 World Records in the 100m, 200m, 400m, 800m and 1,500m!

Athlete	Thomas Young, MBE
Sport	Para Athletics

Challenge: food group frenzy

Before a competition, I need to eat a balanced meal with protein, carbohydrates and vegetables.

How many items from each food group can you list? How many balanced meal combos can you make from the lists?

Go for gold: To add a challenge, try only using plant-based foods!

Fun fact!

As well as cereal and fruit, Thomas likes sardine toasties for breakfast!

Athlete	Helen Glover, MBE
Sport	Rowing

Challenge: teamwork teaching

As a pairs rower, I depend on my teammates. Without good communication and trust, we would never win a race.

How well can you communicate? Teach your favourite skill or game to someone else. How will you help them get started and improve?

Go for gold: Take part in or set up some team building tasks for groups.

Fun fact!

Helen and her rowing partner Heather Stanning were undefeated for four years between winning gold medals at London 2012 and Rio 2016.

Athlete	Emily Campbell
Sport	Weightlifting

Challenge: sauce search

As a weightlifter, I have to eat quite a lot of food to stay strong. I use flavours and sauces to vary my diet.

Teriyaki is used in Japanese, Chinese and Thai dishes. What other traditional sauces can you discover?

Go for gold: Find a sauce from each of the continents represented at the Games.

Let's cook!

Scan the QR code to make Emily's Cajun chicken pasta with broccoli.

Topic	Olympic Games

Challenge: design a snack

What healthy snacks could you prepare for the Opening Ceremony of the Paris 2024 Olympic Games on 26 July 2024?

How many healthy snacks can you suggest?

Go for gold: Create a new Olympic-themed healthy snack for your family or friends.

Fun fact!

Crêpes are a popular street food in Paris. Try them with berries, banana or cinnamon!

Athlete	Max Whitlock, OBE
Sport	Gymnastics

Challenge: body balances

As an artistic gymnast, I need to have strength, balance and creativity for all my routines.

Which different body parts can you use to balance? What pieces of equipment can you include?

Go for gold: Practise four or five balances and make them into a routine with music.

Fun fact!

At Rio 2016, Max became Team GB's first gold medallist in artistic gymnastics.

Athlete	Delicious Orie
Sport	Boxing

Challenge: sports of the world

Russia's national sport is ice hockey, whilst football is the most popular sport in Nigeria. When I first came to the UK, I played basketball and now I am a boxer.

What different sports can you try? Choose one of the countries competing at Paris 2024. Find out its national or most popular sport and have a go.

Go for gold: How can you adapt the sport so that everyone can take part?

Fun fact!

Delicious was born in Moscow but moved to the UK when he was 7. He has shared Russian and Nigerian heritage.

Athlete	Chris Skelley, MBE
Sport	Para Judo

Challenge: adapt a breakfast

Carbohydrates are good sources of energy, but I need gluten-free options because I am a coeliac.

What changes would you make if you couldn't eat your usual breakfast food?

Let's cook!

Scan the QR code to make Chris's mid-week fajitas.





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