

Wednesday 27th March 2024


























Design a Meal Competition

Dear Parent / Carer,

Our Sports Ambassadors want children at Scargill to combine their scientific knowledge with their artistic skills to participate in Get Set to Eat Fresh's Design a Meal Competition! Get Set to Eat Fresh, which has been brought to life through Aldi, Team GB and Paralympics GB, is a free nationwide education programme to help all young people aged 5–14 develop their love and curiosity about healthy, sustainable food and the knowledge and skills they need to cook nutritious, low-cost meals.

The Get Set to Eat Fresh **Design a Meal Competition** challenges young people aged 5–14 to get creative and design a healthy, balanced and tasty meal to fuel a Team GB or Paralympics GB champion at the Paris 2024 Olympic or Paralympic Games. To enter, students need to draw their meal on the **entry template**, label their chosen ingredients, and explain why their meal is well balanced and well suited to their chosen athlete. The winner will be selected by a judging panel from Aldi, Team GB and Paralympics GB. The judges will be on the lookout for meals that are **clearly presented, healthy and balanced, well suited for their chosen athletes'** needs and/or tastes and overall look **tasty and creative!**

Use the example ingredients and meal ideas to start planning your athlete's meal.

Protein	Carbohydrates	Vegetables	Meal ideas
 Chicken  Salmon	 Potatoes  Rice	 Carrots  Peppers	 Falafel couscous salad  Prawn noodles  Burrito bowl
 Eggs  Tofu	 Pasta  Noodles	 Spinach  Tomato	 Veggie chilli  Lasagna  Lentil curry
 Beans  Lentils	 Plantain  Bread	 Broccoli  Avocado	 Fruit salad

Entering the Competition

- Ask your child to complete their final design on the Design a Meal Competition entry template. Remember to ensure the meals are presented clearly, are healthy and balanced but look delicious!
- Please ensure that their personal details are filled in correctly and that the children have designed their meal and explained their choices.
- Please make sure to complete & return the **Entry Template** by **Friday 26th April 2024** so we can submit your child's entry before the closing date.

To find out more about the competition, please visit: getseteatfresh.co.uk/resources/designameal

Thank you for your support and we look forward to seeing your child's design!

Kind regards,

Mr Ord (PE Coordinator)