



## Primary Schools Healthy Eating Competition

**Organised by Christchurch Food Festival Education Trust Sponsored by Two Counties Cleaning Services Limited**

One of the main themes of the Christchurch Food and Wine Festival Education Trust is to encourage children to eat healthily and improve their cooking skills. This year the competition is to be held in conjunction with the Highcliffe Revival Food Festival which is to be held in conjunction with Christchurch Food Festival on Sunday 2 and Sunday 3 June.

**Who is included?** The competition is for children in years 4, 5 and 6 in selected primary schools in the Christchurch, Highcliffe and New Milton area.

**What are the prizes?** 1<sup>st</sup> prize £40 voucher, 2<sup>nd</sup> prize £30 voucher, 3<sup>rd</sup> prize £20 voucher and 3 runner-up prizes of £10 vouchers.

***This is what the children have to do.....***

**Design a healthy recipe using a variety of fruit or vegetables on a paper plate using 3D artwork. This should then be attached to the left hand side of a piece of plain coloured paper or card which measures 30cm x 40cm (approx). On the right hand side should be attached an original healthy recipe that would form part of the meal on the plate. Alternatively they can create a colourful diary with photographs showing how they made their dish.**

***Judges will be Mary Reader President of Christchurch Food Festival Education Trust and Lesley Jackson, Director of Two Counties Cleaning Services Ltd. Criteria for judging will include: presentation of the recipe and an understanding of healthy eating***

The competition is organised by Christchurch Food Festival Education Trust. Any further enquiries can be made to Mary Reader, the Festival Education Co-ordinator, by email to [readercomm@aol.com](mailto:readercomm@aol.com).

**Christchurch Food Festival Education Trust  
3 Beacon Drive, Highcliffe, Christchurch BH23 5DH  
Registered Charity No. 1127292**