



13th - 19th Jan 2014

**HEALTHY
EATING
COMPETITION RULES**

National Obesity Awareness Week 2014.

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National Obesity Awareness Week, children's food expert and leading cookery author Annabel Karmel and Disney are hosting a nationwide healthy eating competition for children and young people across the UK.

We are offering entrants the chance to win funding for a new outdoor activity area or selection of sports equipment for their school or local early years setting, courtesy of Disney.

1. The competition is open to all UK school and early years pupils as of 1st October 2013. There will be three age categories depending on your **school year in the 2013-14 academic year**:



2. To enter the competition, infants and juniors should create a healthy school meal or lunch box meal and produce a picture of that meal. Secondary school participants should submit a healthy recipe of their own creation. Entries should be on one side of A4 and can be created either by hand (for example, a drawing or a painting) or using a computer programme. School/lunch box meal submissions must be entrants' own work and must not include clip art, photographs or pictures taken from the internet. Recipe submissions should be entrants' own work but can include drawings or photographs of the ingredients, preparation and/or the completed recipe. Entries should include a short description of why certain foods have been chosen – a second side of A4 can be used for this if required. Only one entry is permitted per pupil.*
3. Entries should be received by midnight on Friday 22nd November 2013. On a separate sheet of paper you should include your name, date of birth, address (including postcode) and a contact telephone number for the entrant's parent or guardian. You should also include details of your school, class and school's contact details. Entries can be submitted either by email to info@noaw2014.org.uk (Please use the subject 'Healthy eating competition') or by post to the following address:

National Obesity Awareness Week 2014
222 Southbank House
Black Prince Road
London SE1 7SJ



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4. The most unique and inspiring entry from each age group will win funding from Disney for a new outdoor activity area for your school or local early years setting. Two runners up in each age group will win a selection of sports equipment for their school or local early years setting courtesy of Disney†.
5. The first stage judging round will be undertaken by representatives of National Obesity Awareness Week 2014. The winners and runners up for each category will then be chosen by an expert judging panel, including children's food expert and leading cookery author Annabel Karmel.

The criteria which will be used to judge the entries include:

- **Creativity and originality**
- **Practicality and usability**
- **How well it meets the requirement to be healthy**

6. There will be one main winner in each age group category (three in total) and two runners-up in each age group (six in total). All nine winners/runners-up will also be invited to a special prize giving reception in central London on the evening on Tuesday 14th January 2014. One parent/guardian over the age of 18 will be required to attend with each winner/runner-up.

Please note, class or group entries will be asked to nominate a representative to attend the reception with a parent/guardian.

Pre-agreed travel expenses for attendance at the reception will be paid for both the entrant and their parent/guardian.

A selection of the best entries will be published in an e-book to mark National Obesity Awareness Week and will be available on the www.noaw2014.org.uk website.

7. The judges' decision as to each winner and runner-up is final. No correspondence relating to the competition will be entered into.
8. Telephone calls will be made to the shortlisted entrants and their parent/guardian during the final week in November to check eligibility and availability for the prize giving event. If an entrant/their parent/guardian cannot be contacted after reasonable attempts to do so have been made, National Obesity Awareness Week reserves the right to offer their place to the next best entrant. Unsuccessful entrants will not be contacted.
9. Winners and runners-up will be expected to take part in publicity around National Obesity Awareness Week 2014 and at the prize-giving reception on Tuesday 14th January 2014.
10. Once submitted, all entries become the property of National Obesity Awareness Week Ltd
11. National Obesity Awareness Week 2014 reserves the right to cancel the competition or change any of these rules if circumstances change or this otherwise becomes necessary.
12. The parent/guardian of an entrant is deemed to have accepted these terms and conditions when consenting to the application of the relevant entrant.
13. The promoter of this competition is National Obesity Awareness Week Limited of 222 Southbank House, Black Prince Road, London, SE1 7SJ.

†The winning entry for each age group will each will receive funding up to a value of £10,000. Each sports equipment prize will be up to a value of £1,000.

*Please note: Children and young people can only enter the competition one time each, but are welcome to do so either as individuals or as part of a group (e.g. as a class).

