



Dear Parents/Carers,

Our school is taking part in Get Set to Eat Fresh's **Design a Meal Competition!**

## About Get Set to Eat Fresh

Get Set to Eat Fresh, brought to life through Aldi, Team GB and ParalympicsGB, 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.

## Design a Meal Competition

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 ParalympicsGB 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. A judging panel from Aldi, Team GB and ParalympicsGB will select the winner. 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!**

## Prizes

The overall winner of the competition will win the trip of a lifetime, with a family holiday to see Team GB in action at the Paris 2024 Olympic Games this summer! The winning student will also receive an exclusive Get Set to Eat Fresh goody bag, plus a £100 Aldi voucher, and £1,000 in cash for their school! Runners up in each age group will also win their own Get Set to Eat Fresh goodies.

## Entering the competition

To help our students take part in the competition, we have been learning more about the variety of foods that can make up a balanced meal and the different foods athletes need and enjoy. We now want students to design their own meal!

If your child would like to enter the **Design a Meal Competition**, please ask your child's class teacher for a **Design a Meal Competition entry template**.

- Your child will then need to complete their final design on the **Design a Meal Competition entry template**. Please ensure their personal details are filled in and all the sections are completed.
- Return the entry template and we will submit it with a cover sheet for all the entries from our school.\*
- Please make sure to complete the **entry template** by **Friday 26<sup>th</sup> April 2024** so we can submit your child's entry before the closing date of Friday 10 May 2024!

To find out more about the competition, please ask your child's teacher for further details, or visit:

[getseteatfresh.co.uk/designameal](https://getseteatfresh.co.uk/designameal).

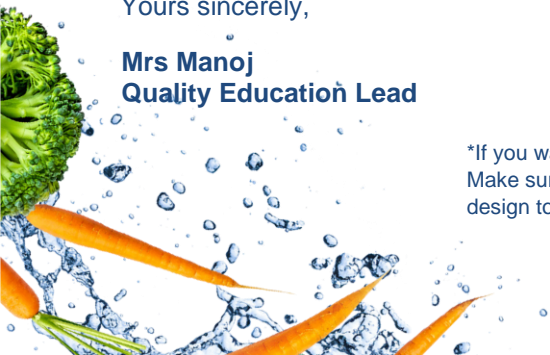
Thank you for all your support and we look forward to seeing your child's design!

Yours sincerely,

**Mrs Manoj**  
Quality Education Lead

\*If you want to send the entry in yourself, download a cover sheet from [getseteatfresh.co.uk/designameal](https://getseteatfresh.co.uk/designameal). Make sure all the relevant details are completed for yourself and your child and send the cover sheet and design to the address provided on the cover sheet by **Friday 10 May 2024**.

[getseteatfresh.co.uk](https://getseteatfresh.co.uk) | #GetSetEatFresh





## Design a healthy, balanced meal to fuel a Team GB or ParalympicsGB champion at Paris 2024.

### Parent guide

Your child is going to help a Team GB or ParalympicsGB athlete by designing a healthy, balanced meal for them to enjoy! Here is how to help them create a strong entry.

### Choose an athlete

Your child must choose one **Aldi Athlete Ambassador** to eat their meal. Every athlete has some likes and needs. Information about each Ambassador can be found in the **Competition Introduction presentation** that is available on our school website under Parents/ Letters Home <https://www.rgreeninf.brent.sch.uk/letters-home>

### Design a tasty, healthy meal

Be creative! Help your athlete to enjoy a meal that's not only healthy, but also tasty and fun to eat. Once your child has decided on their meal, they should:

- draw their meal clearly and neatly on the **entry template**
- remember to **label each ingredient**
- on the second page, explain why their meal is **healthy** and **balanced** and **right for their athlete**
- write their personal details on the second page
- return their completed entry to their teacher.

**Thank you for supporting your child but please remember their entry should be all their own work!**

### What's in a healthy diet?

A healthy diet includes a wide variety of foods, in the right proportions and amounts for our needs:

- Enjoy at least five portions of fruits and vegetables a day, which can be fresh, frozen, tinned, dried etc.
- Aim to 'eat the rainbow' and include fruits and vegetables of every colour.
- Choose high fibre, whole carbohydrates like wholemeal bread, brown rice, wholemeal pasta or potatoes with the skin on.
- Include a source of healthy protein in each meal, like lean meat, fish, eggs, beans and pulses, or tofu.
- Include healthy fats and oils, but not too much.
- Avoid foods that are high in saturated fat, salt or sugar, and processed meats.
- Include amounts of foods well suited to your activity levels (so an athlete may need more protein and carbohydrates).

For more information, please visit <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>

### What's on a healthy plate?

When we plan a meal, a healthy plate for an average adult should include about half vegetables, a quarter protein and a quarter carbohydrates.

Source: <https://www.uhstussex.nhs.uk/resources/food-fact-healthy-portions-plate/>

