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SC/CO/ADMIN/ALLDEPTS/D&T/ALDICOPEITIONLETTER

22nd March 2024

Dear Parents/Carers,

I am excited to announce Key Stage 3 Food Technology students are taking part in Aldi's 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. The winner will be selected by a judging panel from Aldi, Team GB and ParalympicsGB. 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.

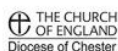
Entering the competition

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.



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• HIGH EXPECTATIONS | HIGH ASPIRATIONS | HIGH STANDARDS | YOU WILL SUCCEED

Students will complete their final design on the **Design a Meal Competition entry template** during their lesson.

They will be required to include the following information, First and Second Name, Age, Year Group, School Name, Postcode. I will then post the entry forms by the deadline date.

To find out more about the competition, please do not hesitate to contact me, or visit: getseteatfresh.co.uk/designameal.

If you would not like your child to take part in the competition, please email me and I will gladly withdraw their entry.

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

Yours faithfully,

Mrs S Callaway

Teacher of Technology and Lead of Food Technology

scallaway@boteler.org.uk

*If you want to send the entry in yourself, download a cover sheet from 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 | #GetSetEatFresh