



Registration

If you are interested in participating in the competition, please register before **Wednesday 22 August, 2007** via email to tuesday.udell@heartfoundation.com.au. Please include your school name and address, the teacher's name(s), and the category(ies) for entry.

Send your entries

Please select **five** of the best entries from **each** category (Junior, Middle and Upper Primary).

Photocopy the enclosed entry form, and ask students to complete the form accompanying their entry to:

Fruit and Veg Competition
Heart Foundation
155 Hutt Street
Adelaide, 5000

before **Wednesday 29 August, 2007**.

We suggest that you display the other entries at your school or, better still, in the local fruit and vegetable retailer's shop for the whole community to enjoy! Submitted artwork will remain property of the Heart Foundation unless prior arrangements for collection are arranged.

For further information please contact:

Tuesday Udell by phone 08 8224 2863 or email tuesday.udell@heartfoundation.com.au

We'd love to hear about your Healthy Eating Activities!

Please email your stories to Amie-Jane at amiejane@adelaidemarkets.com.au. You never know they may even be showcased on the Go for 2 & 5[®] website -SA link www.gofor2and5.com.au

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Fruit & Veg Month

September 2007

Primary School Arts Competition



Dates to remember

- Registration of Interest by **Wednesday 22 August 2007**
- Post entries by **Wednesday 29 August 2007**
- Winners will be contacted by **Thursday 6 September 2007**
- Winning entries displayed at the Royal Adelaide Show **7-15 September 2007** (Tasting SA Pavilion)



An Australian Government, State and Territory health initiative.



Government of South Australia
Department of Health





Introduction

To help promote national Fruit & Veg Month, September, the South Australian Fruit and Vegetable Coalition (SAFVC) is holding the Fruit and Veg Arts Competition: Eat it ♥ Love it. The competition is open to all primary schools in South Australia.

For the good health of our children, it is recommended that children aim to eat two serves of fruit and five serves of vegetables every day. The most recent National Nutrition Survey (1995) indicated that around 30% of children ate no fruit or veg on the day before the survey.

To help turn this around, the Fruit and Veg Arts Competition: Eat it ♥ Love it aims to foster childrens' positive attitudes towards fruit and vegetables. The competition will also give children the opportunity to think creatively and to improve their literary skills.

This competition is part of the many activities taking place during Fruit & Veg Month: September 2007. School canteens also have the opportunity to enter the Outstanding Canteen Awards.

The Competition

Creativity is a must for this competition. Students can participate in the following categories:

Junior primary	Fruit and Veg posters
Middle primary	Veggie Man Says
Upper primary	Fruit and Veg jingle, rap or poetry

The theme for all the artworks is Eat it ♥ Love it.

Judging

Entries will be judged by representatives from the South Australian Fruit and Vegetable Coalition.

Winners will be announced in the first week of Fruit & Veg Month with some winning entries being selected for display in the SA Pavilion at the Royal Adelaide Show (7-15 September).

Junior Primary - Fruit and Veg Posters

The theme for the posters is Eat it ♥ Love it. For example, students can draw a picture of themselves, their friends, classmates or their family, eating and enjoying their favourite fruits and vegetables.

The posters can be made using any art technique, such as pencils, painting or collage. Each student should write three words somewhere on the poster describing what they love about fruit and vegetables. The posters should be no more than A3 size.

We encourage students and teachers to discuss ways to link-in with canteen healthy eating activities

Middle primary - Fruit and Veggie Character

The theme for the posters is Eat it ♥ Love it. Students can create a fruit and veggie character of their own. In the poster, the character must say what they love about fruit and vegetables. The caption should start with "I love fruit and vegetables....." and should be less than 25 words.

In the poster the character could be doing something fun like playing sport, dancing or eating. The posters can be made using any art technique, such as pencils, painting or collage. The posters should be no more than A3 size.

Upper primary - Fruit and Veg jingle, rap or poetry

The theme for the jingles and rhymes is Eat it ♥ Love it. Students can work individually or in small groups.

The poetry could describe what is great about eating fruit and vegetables and why we should eat more.

The jingles and rap rhymes can be done to music, or written as lyrics. Remember to send a cassette tape or CD / DVD of the jingle if it is sung to music. The LOTE teacher could ask students to complete this in a language other than English (a translation would be helpful for judging!).

Tip: put your own words to songs that you like.

The Prizes Pool

- \$2000 worth of fruit and veg vouchers - South Australian Fruit and Vegetable Retailers Association (SAFVRA). For a full list of SAFVRA retailers, check out Fruit & Veg month link at www.adelaidemarkets.com.au
- \$1000 worth of fresh fruit and veg - Adelaide Produce Markets
- Grab 5 Program - Virginia Horticulture Centre SA
- A \$100 gift basket of first aid materials - Smith and Nephew Pharmaceutical
- 500 apple vouchers from Chapleys Retail (Foodland franchisee)
- School Lunch Box Ideas pamphlet for every child in the class -Heart Foundation (SA division)
- A visit from Veggie Man himself!

To help YOU celebrate Fruit & Veg Month, we're offering you the opportunity to order FREE Go for 2&5® resources (including promotional posters, tattoos, magnets and stickers)! Please refer to the Go for 2 Fruit and 5 Veg® order form enclosed. Alternatively, you may access the order form at the following weblink: www.dh.sa.gov.au/pehs/branches/health-promotion/hp-order-forms.htm

Want to get involved in other Fruit & Veg Month activities happening across te state?

Check out the Fruit & Veg month link at www.adelaidemarkets.com.au

To access recommended resources for nutrition programs in South Australian schools, logon to the following web-site:

http://www.decs.sa.gov.au/wallaradistrict/files/links/Recommended_Resources_for.doc

