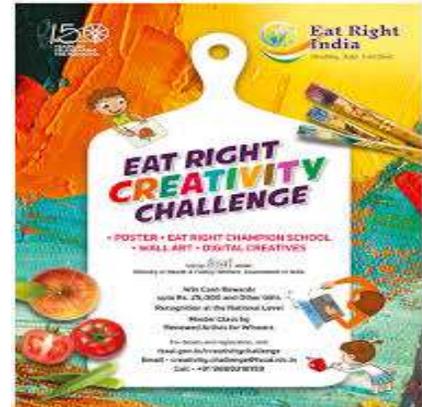


Eat Right Creativity Challenge

Dear Parent,

Food Safety and Standards Authority of India (FSSAI), Ministry of Health and Family Welfare, Government of India initiated the Eat Right India Movement in July, 2018.

The Eat Right India Movement focuses on young people, especially, children as they are the agents of change and are able to influence entire family. In this context, to spark their creativity and disseminate knowledge in children, the Second Eat Right Creativity Challenge will be conducted.



This will encourage the creative talent of our school going children and enable them to develop healthy dietary habits. **The challenge will be digital and has cash rewards for students.**

The competition will be conducted for two categories:

(1) Poster Making- Level- 1- Grades 3 to 5 (2) Poster Making- Level-2- Grades 6 to 8

(1) Photography competition. Level- 1- Grades 9 and 10

The Theme for both the competition will be:

1. **Eat Safe, Eat Healthy** includes healthy balanced diet, eating local seasonal foods, minimising consumption of foods high in fat, salt and sugar, eliminating trans-fat from our diet, prevent food loss and food waste, conserve water, use of safe and sustainable packaging.
2. **Food Safety during Covid`19** include, personal and surrounding hygiene, hygienic and sanitary practices, food safety and nutrition to prevent spread of COVID`19 diseases.

Guidelines for Poster making competition. (Grades 3 to 8)

1. The size of the paper should be A4.
2. The students should create a poster on the theme mentioned above.
3. The poster may be coloured, black or white.
4. Students can use pastels, water paints, crayons, sketch pens, pencil.
5. The participants are encouraged to use tagline/slogan/text/numbers but it should not exceed 30% of the paper space.
6. Students should come up with a creative title according to the theme.

Guidelines for Photography competition (Grades 9 and 10)

1. The photograph may be in JPEG, JPG, PNG and a maximum size of 3MB.
2. The photograph may be coloured, black or white.

After reading the above details very carefully, I request those students who are interested to participate to give your names to the respective class teacher on or before 28th October 2020. The competition date will be intimated later.



Principal