



GROUP 2
(8-11 YRS)

NUTRITION POSTER COMPETITION

RULES AND GUIDELINES

Are you passionate about promoting healthy eating habits? Participate in our exciting competition where you'll have the opportunity to create an original and visually appealing poster that highlights the importance of nutrition and a healthy lifestyle.

Here's what you need to know:

1. Participants will unleash their creativity to design a captivating poster that captures the essence of good nutrition. Your poster should emphasize the benefits of a nutritious diet and showcase key elements such as colorful fruits and vegetables and balanced meal choices.
2. Let your imagination run wild as you craft your poster. Use vibrant colors, eye-catching visuals, and engaging typography to convey your message effectively.
3. You will be provided with 30 minutes to create and present your poster. Use this time wisely to bring your vision to life.
4. Judging will be based on creativity, clarity of message, and overall impact. We're looking for posters that not only grab attention but also inspire viewers to make healthier choices in their lives.

This competition is a fantastic opportunity to combine your artistic skills with a passion for nutrition. It's a chance to educate and motivate others to embrace a healthy lifestyle through the power of visual communication.