

# "NUTRITION TIPS FROM TEENS" NIMITZ STUDENT POSTER CONTEST

Become the  
hero of  
your  
Advisory!!



Get out your watercolors, markers, crayons, pencils, even original photographs, and try out your creative skills to win a **PRIZE** for you and your advisory class!

All you need to do to enter the contest is to pick up your poster board and contest instructions from **Nurse Mazur**. Then complete a health-promoting nutrition-related poster. Suggested themes:

- Nutrition facts
- Healthy snacks
- How to choose healthy foods in cafeterias or restaurants
- Food shopping advice
- Food preparation ideas
- Nutritious party foods
- Eating "lean"
- Increasing fruits and veggies in diets
- Ideas on good nutrition for teens from teens



All participants receive a certificate of participation. Students may work individually or in pairs. Finalists' posters will be displayed at school.

Prizes!!!  
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**1<sup>st</sup> prize:** \$10.00 gift card to HEB, a "Fun Foods" cookbook, AND a *Subway*™ Sandwich party for your advisory!

**2<sup>nd</sup> prize:** \$10.00 gift card to HEB and a "Fun Foods" cookbook

**3<sup>rd</sup> prize:** \$10.00 gift card to HEB

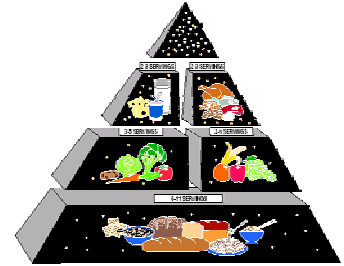


Deadline to turn in posters: March 28, 2003

**“NUTRITION TIPS FROM TEENS”  
NIMITZ STUDENT POSTER CONTEST INSTRUCTIONS**

**Suggested themes:**

- Nutrition facts
- Healthy snacks
- Food shopping advice
- Food preparation ideas
- How to choose healthy foods in cafeterias or restaurants
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**Rules:**

- ✓ Blank poster board and contest label must be from Nurse Mazur’s office
- ✓ Must be the student’s original work – completed with watercolors, acrylics, markers, crayons, colored pencil, pen and ink, photographs, or other media that will not smear and will leave the finished poster flat and easy to handle (no chalk/charcoal, no 3-D items glued to poster)
- ✓ Should represent the theme “Nutrition Tips From Teens”
- ✓ May not use copyrighted materials
- ✓ Check your spelling
- ✓ Don’t fold the poster
- ✓ Posters must be submitted to Nurse Mazur by March 28, 2003.

Posters will be **judged** on:

- Accuracy of nutrition information
- Originality (no copyrighted stuff like “Garfield” or “Got Milk”)
- Creative eye-catching artistic layout
- Quality of work

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**Poster Contest Label:**

(must be filled out and taped/glued to the back of the poster board)

|   |                                       |
|---|---------------------------------------|
| Nimitz Student Poster Contest Label “Nutrition Tips From Teens” |                                       |
| <b>Please print clearly</b>                                     |                                       |
| Student Name: _____   | Student ID _____                      |
| Grade: 6    7    8  | Advisory Teacher: _____ Room #: _____ |
| I certify that this is my original artwork. _____               |                                       |
| Student Signature   |                                       |