

## VIDEO CONTEST

7th - 12th Grade



Create a video to demonstrate the making of your favorite healthy recipe. Please include the ingredients used and the instructions to prepare the recipe. Be sure to mention serving recommendations and how your recipe fits into a healthy diet according to *MyPlate*.

### Guidelines for submission

- Videos can be created by an individual or group (up to 5 students). If a group, determine a group leader to list as the main contact on the contest entry form.
- Videos should be no more than two minutes in length.
- To submit your video, upload the file to YouTube and obtain a link. Copy and enter the link on the contest entry form. Submit the form via mail or email.

### Contest details

- Judging will be based on creativity, content accuracy and audience appeal.
- Submissions must be received by May 19, 2017. Winners will be announced on June 9, 2017.
- All entries will become property of Live Healthy Iowa Kids, Midwest Dairy Council, and partners

### Recognition

- The top 3 entries, from all entries in the contest, will be invited to attend an award ceremony during the 2017 Iowa State Fair with the Governor.
- Winners will receive a certificate of recognition signed by the Governor.

### For more information:

(888)777-8881 ext. 118

IAGovActionAward@gmail.com



**VIDEO CONTEST - Entry Form**  
7th - 12th Grade



Video Title: \_\_\_\_\_

Video Link: \_\_\_\_\_

Name and grade of each student involved with the video: \_\_\_\_\_

\_\_\_\_\_

Student/Group Leader Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

School Name: \_\_\_\_\_ Teacher Name: \_\_\_\_\_

Mark all those that you have been involved with in the past year:

- Fuel Up to Play 60
- Fall Fitness Day/Healthiest State Walk
- Go The Distance May
- Healthier U.S. School Challenge

Submit entry form by **EMAIL** to: [IAGovActionAward@gmail.com](mailto:IAGovActionAward@gmail.com)  
(must be postmarked by May 19)

