

# The Great British Space Dinner: Competition Details and Rules

## The Mission

Design a healthy, nutritionally-balanced, British-themed meal for Tim Peake to eat on the International Space Station.

## The Prize

The winning entries from the Primary and Secondary school age ranges will have the opportunity to work with Heston Blumenthal for the day to develop their recipes further. The results of this day will be the basis for the final selection of items to be developed and launched to the ISS.

Winning entrants will also be invited to an event that will include a live link up with Tim during his stay on the ISS.

## The Judges

A team of judges, which will include Tim Peake, Heston Blumenthal and experts from the British Nutrition Foundation will select the best entries from both the primary and secondary school age categories. They will be looking for fun and healthy menus that excite Tim, those that have an element of Britishness, and that have the potential to be transformed into a Space Dinner that could fly to the ISS.

## Your Menu

Your menu must:

- be in line with *The eatwell plate* and 8 tips for healthy eating;
- be suitable for the constraints of space: easy to serve with no crumbs;
- be attractive and tasty for Tim;
- have a British theme, e.g. using British ingredients, or based on a local/traditional recipe.

The menu can include multiple courses and a drink.

## Eligibility

The competition is free to enter and is open to both individuals and teams from schools and groups. All entrants must be UK residents and in:

- School Years 3 – 9 in England or Wales
- School Years 4 – 10 in Northern Ireland
- School Years Primary 4 – Secondary 2 in Scotland

## Competition Entry

To enter the competition, complete the entry form and submit it along with your menu, the recipes and photographs of your creation to [spacedinner@ukspaceagency.bis.gsi.gov.uk](mailto:spacedinner@ukspaceagency.bis.gsi.gov.uk).

Alternatively post your entries to: The Great British Space Dinner, UK Space Agency, Polaris House, North Star Avenue, Swindon SN2 1SZ.

### **All entries must be received by 12 midday on Monday 30 June 2014.**

All entries must:

- be in Word or PDF format
- be no more than 5 pages long (excluding the entry form, which must also be attached)
- include a description of each dish including a complete ingredients list with quantities and a photograph of the meal

If possible, the calorie and sodium levels should also be included. These can be calculated at <http://explorefood.foodafactoflife.org.uk/>.

Videos, up to 2 minutes in length, can be provided in support of the entries. Links to these should be included as part of the written entry.

The winning entrants will be notified by email or telephone by the end of July 2014. The winners will be announced on the UK Space Agency website (<http://www.gov.uk/ukspaceagency>).

## Note to Teachers

A suite of education resources has been developed in conjunction with the British Nutrition Foundation and are available at [www.nationalstemcentre.org.uk/spacedinner](http://www.nationalstemcentre.org.uk/spacedinner) (Free registration required).

Two sets are available, one each for key stages 2 and 3 (and equivalent). Each set provides lesson material and worksheets for lessons and activities about designing a meal for Tim, healthy eating and healthy bones, all providing link and context in space with these topics. Teachers are welcome to edit these materials as they wish to suit their own needs.

A STEM Ambassador could enhance your students' competition experience.

You could request an ambassador to:

- Provide a work-related perspective to the competition topic
- Help judge your school projects internally before selecting one to submit to the UK Space Agency for the main competition

If you would like to request a STEM Ambassador please contact your local STEMNET contract holder: <http://www.stemnet.org.uk/regions/>.

## **Notes**

The organisers' decision on any matters arising from these rules, terms and conditions shall be final.

The UK Space Agency will only use personal details to administer the competition.

By entering the competition, you agree to allow us to use your name and your entry in any publicity (including any video you choose to submit).

Any entries sent in by post will not be returned.

A limited number of bursaries will be available support travel and accommodation costs for the winners.

Parental permission for attendance at the workshop with Heston Blumenthal, and the event with a link-up to the ISS will be needed for the winners of the competition.

## **If you have any questions please contact:**

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