



LMC
Livestock & Meat Commission

meat 4 schools



Enter to win **£100** worth of
NIFQA beef and Lamb for your school



For your chance to win a beef and
lamb hamper sponsored by ABP,
follow these three easy steps:

-  Create a **1 minute video**
-  Upload to www.food4life.org.uk
-  Closing date **4pm Monday 16th October**



FOOD4LIFE.ORG.UK

Fancy winning £100 worth of Northern Ireland Farm Quality Assured (NIFQA) beef and lamb to use in your classroom?

We are picking three winners, one from key stage 3, 4 and 5!

KEY STAGE ENTRY TOPICS

3

'How would you store, prepare and cook red meat in order to prevent food poisoning and food spoilage'

4

'Explain the nutritional importance of red meat as part of a balanced diet through different life stages'

5

'Discuss the role of the Northern Ireland Farm Quality Assurance Scheme'

HOW TO ENTER

To be in with a chance of winning a prize complete the following:

1. Identify the topic related to your key stage above.
2. Create a short 1 minute video on the relevant topic.
3. Include your class and school name in the video.
4. Full terms and conditions are available to download from the website www.food4life.org.uk

All applications should be submitted by **4pm Monday 16th October** and winners will be notified by Monday 23rd October. For more information visit www.food4life.org.uk or email education@lmcni.com.

2022 WINNERS



Down High, Downpatrick



Integrated College, Glengormley



St Joseph's, Donaghmore