

The National Healthy Eating Student Competition RULES

1. GENERAL PROVISIONS

Please read the rules of the national healthy eating student competition, presented by the DUX program, in their entirety before entering the competition. Do not enter the competition unless you agree to the rules. Participation in the competition implies unconditional acceptance of the rules, which are final for all aspects of the competition. By entering, you agree to abide by the decisions of the competition judges, which are final and binding in all cases.

2. GOALS

2.1. The objectives of the competition are to promote college and university programs in nutrition and culinary trades in Canada, and to encourage the excellence of future professionals in these industries.

2.2. The competition also aims to highlight the objective of the DUX program, which is to improve Canadians' eating habits by offering them fun, healthy, tasty and practical solutions, taking a holistic approach that covers the five aspects of healthy eating: biology, society and culture, economy, food security and sustainable development.

3. STRUCTURE

3.1. The organizing committee is composed of those responsible for the DUX program.

3.2. To protect the impartiality of the jury and of the students' solutions, the main sponsors of the competition are not involved in the drafting of the case study and do not sit on the jury.

4. ELIGIBLE STUDENTS

4.1. To be eligible, the student must be enrolled in a nutrition or dietitian program or in a culinary trade program in a Quebec CEGEP or a Canadian university as of October 1, 2019.

4.2. Students can register alone or in teams of two. (The \$2,000 scholarship will be divided equally between students on the same team.)

4.3. Employees (as well as persons residing in the same household as employees) of the competition organizer, jury member organizations, or sponsors are not eligible.

5. CONDUCT OF THE COMPETITION

5.1. Registration for the competition opens on September 16, 2019.

Students must register on the website <https://programmedux.com/en/dux-omnium/> at any time between September 16 and November 30, 2019.

5.2. They must register in the category corresponding to their field of study:

- College level nutrition or dietitian program
- University level nutrition or dietitian program
- College or university level culinary trade program

- 5.3. Once registration is complete, participants will receive an email with the full case study, the appended documents and the instructions for their category.
- 5.4. Students have until November 30 to submit their entries. These must be sent via the link provided at the time of registration, by November 30 at 11:59 pm.
- 5.5. Any student may request clarification of the case study or instructions by sending an email to info@programmedux.com by October 31, 11:49 p.m.

The organizing committee will decide on the relevance of the question and the content of the answer. This answer, as well as the question, will be sent to all registered students, in writing, within five days of receipt of the request.

6. JURY EVALUATIONS

- 6.1. The jury is composed of five independent experts specializing in nutrition and/or the food industry, one of whom will be appointed chair of the jury.
- 6.2. The students' solutions will be sent to the jury on December 4, 2019. The judges will have until January 4, 2020, to individually complete their evaluation grids.
- 6.3. The organizing committee will compile the results.

In the event of a tie, the organizing committee will ask the jury chair to decide.

- 6.4. One winner for each category will be announced on January 8, 2020. They will be contacted at that time by the organizing committee.

7. PRIZES

- 7.1. Each winner (or winning team) will receive a \$2,000 scholarship.
- 7.2. Each winner (or winning team) will receive a ticket for the DUX Conference Day and the DUX Grand Prix Awards, which will take place in Montréal on January 29, 2020.
- 7.3. Each winner (or winning team) will have the opportunity to write an article for *LE must* (subject to be determined in collaboration with the editorial team).
- 7.4. An additional \$1,000 scholarship will be awarded to one of the winners to recognize their use of legumes.

8. ASSIGNMENT OF RIGHTS

All submitted texts will become the property of the competition organizer. By agreeing to participate in the competition, students grant the competition organizer, as well as the sponsors, the right to use the submitted text and their name and program of study, for any purpose whatsoever, whether internal or external communication, in marketing materials, in print media, on radio, television, interactive media or any other media worldwide, in any language, in perpetuity, in connection with this competition.

APPENDIX A

CASE HISTORY

Sylvia, 43, works as a nursing assistant in a hospital on Montréal's South Shore. Her seniority allows her to have a stable daytime schedule from 7:30 a.m. to 4:30 p.m.

Sylvia lives with her second husband, Patrice, 39, a mason who works for a contractor who builds prestigious homes in the Estrie region. He works 7 hours a day, but generally drives for more than 90 minutes to get to the site. On Fridays, he leaves the site at 1 p.m. and he never works on weekends.

Sylvia has two children from her first marriage: Justine, 18, who is passionate about street art and art films, and William, 14, who competes in high-performance skateboarding and snowboarding. They live with Sylvia every other week.

With Patrice, Sylvia had twins: Bianca and Émile, 8 years old. Bianca, who loves cats and horseback riding, already dreams of becoming a veterinarian. Émile, a big fan of video games and Marvel movies, lives in a world of superheroes.

The family lives in a semi-detached home near Sylvia's work, which sometimes allows her to go to the hospital by bike. In her youth, Sylvia was on the Canadian national synchronized swimming team, but she never realized her dream of competing in the Olympic Games. After giving birth for the first time, she stopped competing and left almost all physical activities behind to devote herself to her children and pursue her new passion: her flower and vegetable garden.

Patrice is always full of energy. On Monday nights, at 7 p.m., he plays volleyball, and on Wednesday nights, it's his traditional hockey game, which starts at 11 p.m.

The children are no less busy. Justine, who is completing CEGEP and has as many friends and social activities as days in the year, is rarely home. William, who attends a private high school, has some problems with his grades and needs a math tutor every Wednesday night. Plus, he usually has two skateboard or snowboard practices per week (one evening on weekdays and one full day on weekends). Bianca has swimming lessons every Saturday morning. As for Émile, who has just been diagnosed with ADHD, he plays soccer with the local league twice a week, on Tuesday evenings at 6:30 p.m. and on Sunday mornings at 10 a.m. In short, all these activities often force Sylvia and Patrice to play the taxi driver. Fortunately, Sylvia's parents often help with the chauffeuring.

Sylvia feels overwhelmed because she manages everyone's agenda and all the meals— which are real puzzles! She tries to satisfy everyone's tastes and create balanced and healthy meals, which is a challenge with uneven schedules. So the routine settles in. Breakfasts are often skipped, lunchbox meals become copy and paste, and suppers are made in a hurry based on the one grocery run that Patrice made on Sunday evening, according to a pre-established and easy-to-make meal plan.

In order to save money and eat better, they have reduced their consumption of red meat and are relying on various alternatives (white meat, vegetarian meals and others), but it is not easy to please everyone. Patrice misses his mother's roast chicken, Justine has decided to be a vegetarian (she eats eggs and dairy products, but no other animal products) and causes a fuss at every meal, William eats like a bear and always has his head in the fridge, Bianca rejects all vegetables unless they're swimming in butter, and

legumes give Sylvia digestive problems although she wants them to be part of her diet. Only Émile eats everything—except mushrooms.

The family makes their purchases using flyer coupons, when they have the energy, which often requires them to visit two different traditional supermarkets. They also go to Costco, but only when necessary for specific products. Their food budget is about \$350 for weeks the whole family is there, and \$250 when there are only the twins. The family never goes to restaurants, but sometimes they get fast food.

Sylvia would like to enjoy the produce from her garden more, and would like to find easy and healthy alternatives that would allow her to improve her family's diet on a daily basis. She would also like Patrice and the children to help out more in the kitchen.

APPENDIX B

INSTRUCTIONS

These instructions are intended for students enrolled in a culinary trade program.

Before you begin, you should carefully examine the case study. In this scenario, you're given lots of information about the family's concerns, desires and constraints. You must analyze the information contained in it in order to suggest appropriate solutions. You do not need to provide an analysis document to the jury, but the jury will assess your understanding of the case based on your recommendations.

SUBMISSION CHECKLIST

- You must offer five (5) tips or tricks to help Sylvia and Patrice reduce food waste. Explain each tip in up to 100 words.
- You must also provide five (5) recipes (including ingredients and instructions). Each recipe must have a version suitable for vegetarians. It must be possible and easy to make both versions at the same time:
 - Two (2) weekday dinners (one of them must contain chicken)
 - One (1) weekend dinner
 - One (1) lunch on the go (eaten in the car)
 - One (1) after-school snack for the children
- Finally, you must offer five (5) tips to make meal preparation easier. Explain each tip in up to 100 words.

SPECIFICATIONS

Please provide your five (5) tips to reduce waste, your five (5) recipes and your five (5) tips to make meal preparation easier in a single PDF document (a Word document converted to PDF format is sufficient). Each page must be identified with your full name.

EVALUATION CRITERIA

The expert jury will evaluate your submission according to the following criteria (you can consult the detailed grid in the competition rules):

- Understanding and analysis of the case
- Simplicity
- Originality
- Taste and enjoyment
- Nutritional qualities
- Within budget and time constraints

APPENDICES

For further information, you can consult the following documents in the appendix:

- Competition rules
- Latest laboratory results and anthropometric measurements of Sylvia and Patrice
- Food frequency
- 24-hour reminder
- Dietary history

APPENDIX C

INSTRUCTIONS

These instructions are intended for students enrolled in a college-level nutrition or dietitian program.

Before you begin, you should carefully examine the case study. In this scenario, you're given lots of information about the family's concerns, desires and constraints. You must analyze the information contained in it in order to suggest appropriate solutions. You do not need to provide an analysis document to the jury, but the jury will assess your understanding of the case based on your recommendations.

SUBMISSION CHECKLIST

- A seven-day (7) flexitarian meal plan for Sylvia and Patrice's family (including the 4 children). This must include three (3) meals and two (2) snacks per day for all family members.
- Four (4) meals including a version suitable for vegetarians. Include ingredients, instructions and nutritional values per serving. Each of these four recipes must include a processed food available in grocery stores. You must attach the ingredient list and the nutrition facts table for these products, and indicate why you chose them. Two recipes must contain chicken.

SPECIFICATIONS

Please present your menu in table form, and the recipes afterwards. All this must be submitted in a single PDF document (a Word or Excel document converted to PDF format is sufficient). Each page must be identified with your full name.

EVALUATION CRITERIA

The expert jury will evaluate your submission according to the following criteria (you can consult the detailed grid in the competition rules):

- Understanding and analysis of the case
- Simplicity
- Originality
- Taste and enjoyment
- Nutritional qualities
- Within budget and time constraints

APPENDICES

For further information, you can consult the following documents in the appendix:

- Competition rules
- Latest laboratory results and anthropometric measurements of Sylvia and Patrice
- Food frequency
- 24-hour reminder
- Dietary history

APPENDIX D

INSTRUCTIONS

These instructions are intended for students enrolled in a university-level nutrition or dietitian program.

Before you begin, you should carefully examine the case study. In this scenario, you're given lots of information about the family's concerns, desires and constraints. You must analyze the information contained in it in order to suggest appropriate solutions. You do not need to provide an analysis document to the jury, but the jury will assess your understanding of the case based on your recommendations.

SUBMISSION CHECKLIST

- You must propose ten (10) strategies to help Sylvia and Patrice eat better every day. These strategies may include time management, meal preparation, food choices, etc. You can provide tips, recipes, and nutritional advice or culinary advice. Detail each of these strategies in a text of 150 words maximum (the number of words does not include recipes).
- You must create a comparison for a category of grocery products of your choice. Compare five (5) products, analyzing the following aspects: ingredient quality, nutritional value, price, taste, and the company's social and environmental responsibility. Attach the ingredients and nutritional tables for each product to your document.

SPECIFICATIONS

Please provide your ten (10) strategies and comparison in a single PDF document (a Word document converted to PDF format is sufficient). Each page must be identified with your full name.

EVALUATION CRITERIA

The expert jury will evaluate your submission according to the following criteria (you can consult the detailed grid in the competition rules):

- Understanding and analysis of the case
- Simplicity
- Originality
- Relevance

APPENDICES

For further information, you can consult the following documents in the appendix:

- Competition rules
- Latest laboratory results and anthropometric measurements of Sylvia and Patrice
- Food frequency
- 24-hour reminder
- Dietary history

APPENDIX E

Evaluation criteria – culinary trade students	Weighting
I. UNDERSTANDING AND ANALYSIS OF THE CASE (10 points)	10
Did the student (or team) consider all the information in the case history and consider the key points to make realistic recommendations?	10
II. QUALITY OF RECIPES (50 points)	50
A. Are the recipes written with accurate metric and imperial equivalents to help the family cook without problems? (10 points)	10
B. Is the order of ingredients respected in the recipe instructions? (10 points)	10
C. Are the recipes written in simple and easy-to-understand cooking terms and with enough explanation for smooth execution? (10 points)	10
D. Are the recipes' ingredients easily accessible for the family considering their context and do they respect the family's values? (10 points)	10
E. Are the recipes quick to make? (10 points)	10
III. RELEVANCE AND ORIGINALITY OF WASTE-REDUCTION STRATEGIES (20 points)	20
A. Are the strategies to avoid food waste original and adapted to the interests of family members in order to help them achieve their goal of eating better? (10 points)	10
B. Are the strategies to counter food waste realistic and adapted to the family's reality? (10 points)	10
IV. SIMPLE TIPS TO MAKE MEAL PREPARATION EASIER (15 POINTS)	15
A. Are the tips provided to facilitate meal preparation easily realistic and adapted to the family's organizational constraints? (5 points)	5
B. Will the advice provided to facilitate meal preparation effectively help the family in their desire to eat better? (5 points)	5
C. Do the tips provided to facilitate meal preparation respect the family's values? (5 points)	5
V. JURY'S FAVOURITE (5 POINTS)	5
A maximum of five points are awarded at the discretion of the jury members based on their overall experience and personal judgment.	5
TOTAL:	100.00

APPENDIX F

Evaluation criteria – college students, nutrition and dietetics	Weighting
I. UNDERSTANDING AND ANALYSIS OF THE CASE (5 points)	5
Did the student (or team) consider all the information in the case history and consider the key points to make realistic recommendations?	5
II. QUALITY OF RECIPES (25 points)	40
A. Are the recipes written with accurate metric and imperial equivalents to help the family cook without problems?	5
B. Is the order of ingredients respected in the recipe instructions?	5
C. Are the recipes written in simple and easy-to-understand cooking terms and with enough explanation for smooth execution?	5
D. Are the recipes' ingredients easily accessible for the family considering their context and do they respect the family's values?	5
E. Are the recipes quick to make?	5
F. Do the vegetarian variants integrate well into the preparation of the meal and are they easy to make?	5
G. Do the processed products chosen facilitate meal preparation?	5
H. Are the processed products of good quality?	5
IV. EVALUATION OF THE PROPOSED MENU (50 POINTS)	50
A. DIETARY BALANCE (10 points) Does the proposed menu demonstrate good dietary balance and contribute to meeting the nutritional needs of each individual in the family?	10
B. RESPECT FOR ALLERGIES AND AVERSIONS (10 points) Does the proposed menu respect the allergies and food aversions outlined in the case history?	10
C. DIVERSITY OF COLOURS AND TEXTURES (10 points) Does the proposed menu use a wide variety of colours and textures to make it all appetizing?	10
D. RESPECT FOR ECONOMIC CONSTRAINTS (10 points) Does the proposed menu respect the family's resources and economic constraints?	10
E. ENJOYMENT ASPECT (10 points) Does the proposed menu highlight the pleasure of eating and avoid food restrictions and items that may lead to guilty feelings?	10
V. JURY'S FAVOURITE (5 POINTS)	5
A maximum of five points are awarded at the discretion of the jury members based on their overall experience and personal judgment.	5
TOTAL:	100.00

APPENDIX G

Evaluation criteria – university students, nutrition and dietetics	Weighting
I. UNDERSTANDING AND ANALYSIS OF THE CASE (5 points)	5
Did the student (or team) consider all the information in the case history and consider the key points to make realistic recommendations?	5
II. QUALITY OF RECOMMENDATIONS	15
Do the recommendations demonstrate simplicity in their application and take into account the overall context of the family (concrete advice, little equipment, practicality, etc.)?	5
Are the strategies original and adapted to the interests of family members in order to help them achieve their goal of eating better?	5
Does the advice demonstrate a high degree of relevance and take into account the family's reality?	5
III. ASPECTS OF HEALTHY EATING (50 POINTS)	50
A. SUSTAINABILITY ASPECT (10 points) Do the proposed strategies promote respect for the environment and consider the issues of sustainable health, food waste, etc.?	10
B. BIOLOGICAL ASPECT (10 points) Do the proposed strategies contribute to meeting the nutritional needs of each family member according to their particularities?	10
C. ECONOMIC ASPECT AND ACCESSIBILITY (10 points) Do the proposed strategies take into account the resources and constraints of the family and constitute realistic solutions to the problem?	10
SOCIAL AND CULTURAL ASPECT (10 points) Do the proposed strategies promote the sharing of food-related moments and give meals a symbolic value by taking into account the social and cultural value of food and helping to make the act of eating a pleasant moment?	10
E. ENJOYMENT ASPECT (10 points) Do the proposed strategies highlight the pleasure of eating and avoid food restrictions and items that may lead to guilty feelings?	10
IV. PRODUCT COMPARISON	25
Is the analysis of all aspects of the comparison accurate?	25
V. JURY'S FAVOURITE (5 POINTS)	5
A maximum of five points are awarded at the discretion of the jury members based on their overall experience and personal judgment.	5
TOTAL:	100.00