

Fit for purpose: microbes & healthy living

Aims of the competition

(a) To improve understanding of the contribution of the activities of microbes to healthy living; and
(b) to use this knowledge for promoting the importance of healthy eating habits.

The Olympic Games will soon be here, focusing attention on the healthy living that is part and parcel of the daily life of everyone who takes care of their bodies. The crucial role that diet plays in a healthy life style is well known but how many people know about the importance of microbes to health? Here's your chance to find out about the role of microbes in such aspects as the benefits to health of the gut microflora and the manufacture of health food and drink products. A better understanding of how these good guys of the microbial world play important roles in a good diet could help to spread the message that sensibly managing your life-style can lead to improvements in health.

Object of the competition

Produce an illustrated news article either by hand or computer, one A4 page in length and no more than 600 words, for a magazine that promotes healthy living to a readership drawn from the general public and members or potential members of leisure centres, keep-fit classes or sports clubs.

Choose only one aspect of the role of microbes such as:

- The normal microflora of the gut;
- Modification of the normal gut flora (probiotics, prebiotics);
- Mycoprotein;
- Micro-algae;
- Fermented oriental foods;
- Production of food supplements (vitamins, amino acids, enzymes).

You must use your own words, i.e. do not copy directly from other sources such as the internet.

Give the magazine a name and a title to the article.

Refer to the names of specific microbes involved, explain their role and comment on suggested benefits to health – but do not use scientific terms without explaining them because the reader is unlikely to be a trained scientist. To illustrate your message, include photographs, diagrams, cartoons, tables of information and/or graphs and give at least one source of further information such as a web site or publication.

Warning: Information on web sites has not necessarily been checked for accuracy. Therefore it is important that you evaluate any information you download. See www.open.ac.uk/webguide/ for tips on using the internet.

What makes a good news article?

The headline sums up the article; it should have no more than 5 words, chosen to catch a reader's attention. Start the article by giving the 'big picture' with the main message and its implications, and then follow on by using the remaining space for other explanatory information. Journalists write by asking the 5 W questions: Who? Why? What? Where? When?

Closing date: 20 February 2012

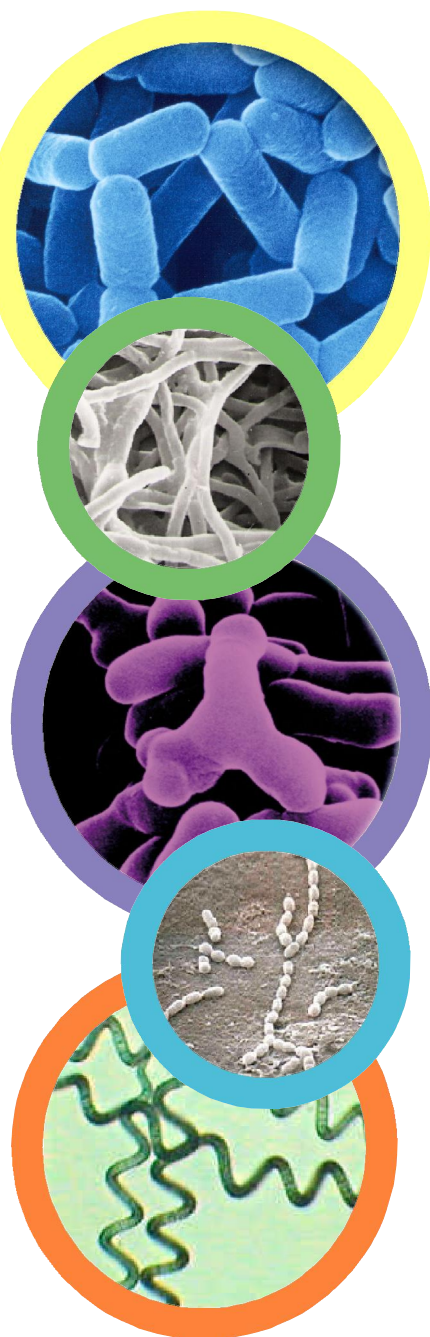
Prizes

School	Student
1st £250	1st £50
2nd £125	2nd £30
3rd £70	3rd £20

A certificate will be awarded to each student submitting an entry of scientific merit. Each school will also receive some microbiological teaching materials.

Results

The results will be published on www.misac.org.uk where winning entries and a report of the 2011 competition can be viewed.



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Aims: (a) To improve understanding of the contribution of the activities of microbes to healthy living; and (b) to use this knowledge for promoting the importance of healthy eating habits.

Rules

- Judging will be based on two entry groups: Key Stage 3 or S1/2 and Key Stage 4 or S3/4.
- Each entry must be a hard copy (A4 size, unfolded), written on only one side of the paper and may be prepared either by hand or by computer.
- Entries may be created by either individuals or small groups of no more than 4 students.
- A maximum of 10 entries per school in each entry group is permitted.
- Only entries that conform to the competition rules and show scientific merit will be considered.
- Evidence of plagiarism, such as downloading text directly from web sites without modification and interpretation, will result in disqualification.
- Account will be taken of originality, presentation and effectiveness in communicating with the target group; take note of the requirements and suggestions given on the front page.
- Each entry must be clearly labelled on the back with the name and address of the school, the teacher's name, the full name of each contributing student and the entry group (Key Stage 3 or S1/2 and Key Stage 4 or S3/4).
- Entries cannot be returned and may be used for promotional purposes by MiSAC and the competition sponsors.
- Closing date for entries: 20 February 2012.**

Entry form

Name of teacher: _____

Tel no: _____

Email: _____

Name & address of school: _____

KS3, S1/2 entry group

Name(s) of pupil(s)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

KS4, S3/4 entry group

Name(s) of pupil(s)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

How did you learn of the competition? Please tick MiSAC web site Yakult web site Social network CLEAPSS course SGM course ASE conference Mailing to school Other

Don't forget to keep a copy of the rules and entry form!

Address for entries

MiSAC Competition, c/o NCBE, University of Reading, 2 Earley Gate, Whiteknights Road, Reading RG6 6AU