



LifeSmarts

Learn it. Live it.

Competition 1: LifeSmarts Video Challenge 2015

Team Submission Form

Teams attending the National LifeSmarts Championship will participate in their first competition before arriving in Seattle. Teams will produce a 1-minute educational video about a specific LifeSmarts topic, post it to YouTube, and then market the video to garner views. This activity is worth up to 100 points. This event challenges creativity, promotes teamwork, and requires use of the latest technologies. Teams will complete and submit this form by 5 p.m. Eastern on Monday, March 30, 2015, to tell LifeSmarts staff and judges about their video.

Team Name: BHS1

State: RI

Captain: Matthew Lamontagne

Team Members: Brian McGartoll, Steven Forte,
Teddy Ni, Eli Shea

Coach Name: Samuel Schachter

Video Title: MyPlate - RI LifeSmarts

Video length: 1:09

Our video is designed to illustrate (20 words or less):
To teach viewers the components of a healthy balanced diet.

The content vocabulary used in our video includes:

MyPlate, Vegetables, Fruit, Protein, Whole Grains, Dairy, Low Fat, Balanced, and Diet.

Something the judges should know is:

This is essential for everyone to know in order to stay healthy and fit. MyPlate is more comprehensive and easier to understand than the old Food Pyramid, and by watching our 1:09 video you can learn everything you need to know about maintaining a healthy and balanced diet.