

TEACHER RESOURCE

Leadership *Competition*



Supporting teachers to guide female and non-binary students in Years 10–12 to develop and submit a competition entry.

THEME

The Future of Health - Healthy Diets & Food Access

ELIGIBLE STUDENTS

Female and non-binary, Years 10–12

ENTRIES DUE

Sunday 28 June 2026

The Country to Canberra Leadership Competition gives you the chance to win an **all-expenses-paid trip to Canberra**, where you'll meet political and industry leaders, attend leadership development workshops, and access ongoing mentoring opportunities.

This resource focuses on **healthy diets and food access** in regional, rural, and remote Australia. Reflect on your own experiences and investigate how healthy food access shapes wellbeing, opportunity, and community life.

Entry formats: 400–600 word written · 3–4 min video · Visual piece + justification · Product/service pitch · countrytocanberra.com.au/leadership-competition

**BE AUTHENTIC**

Share your story - your lived experience is your superpower.

**BE CLEAR**

Use structure or visuals to make your point land.

**BE BOLD**

Imagine a better future and take the lead!

Before choosing your format, take time to explore key ideas behind the theme. Use this mind map to brainstorm terms related to healthy food, community wellbeing, local agriculture and horticulture, innovation, and food access. Fill the dashed bubbles with your own ideas.



■ Provided topics □ Your ideas — fill these in!

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STEP TWO —

Brainstorm Questions

Create questions from each prompt in your mind map to help break down your ideas. Here are some examples to get you started.

FUTURE FOOD

What will your community need in the future to stay healthy?

FOOD WASTE

What is your community doing to minimise food waste?

INNOVATION

What could help improve access to food in your community?

LOCAL HORTICULTURE

What role does horticulture play in creating a healthier future for your community?

Investigate an Issue

Choose one issue related to healthy diets or food access in your community and complete the following reflection questions.

- 1 Describe the issue:

- 2 Identify who is impacted:

- 3 Explain why the issue exists:

- 4 Explain how the issue impacts the health of your community:

- 5 Research what is currently being done in other communities to help solve the problem:

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Create Your Solution

Now imagine you are a leader creating a healthier future for your community. Your idea could focus on any of the areas below.

Schools Sporting clubs Local growers Community spaces Technology Transport

Education Social media Youth leadership Sustainability

Planning Your Idea

- 1 What problem are you trying to solve?

- 2 What is your solution?

3

Who does your idea help?

4

Why would your idea work?

5

What challenges might exist?

6

What positive impact could your idea create?

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STEP FIVE

Plan Your Entry

Now it's time to bring your ideas to life! Choose ONE format that best matches your strengths, interests, and ideas.



Written Response

400–600 words

Best for: strong writers



Video Response

3–4 minutes

Best for: confident speakers



Visual Piece

With 300–400 word justification

Best for: creative students



Product or Service Pitch

Present your innovation idea

Best for: entrepreneurial thinkers

Planning Your Entry

• What issue or idea will you focus on?

• What message do you want your audience to remember?

• Which competition format will you choose and why?

• How will you make your response engaging?
