



NSM Virtual Parent-Child Cooking Competition 2021
Healthy Family Meals from your Kitchen
in conjunction with the 1st Anniversary
of NSM Nutrition Roadshows 2.0
13 June – 28 August 2021

Organiser
Management Team of NSM Nutrition Roadshows 2.0
Nutrition Society of Malaysia (NSM)

1. Background

Nutrition Society of Malaysia (NSM) is a non-profit professional organisation. In caring for the community, NSM continuously disseminate practical nutrition information to the young and old alike, guiding them to discover the benefits of good nutrition and a healthy lifestyle. NSM is committed to improve lives through nutrition to all groups of Malaysians, including among those who are lacking health awareness and the unprivileged communities.

Healthy eating is one of the important lifestyle habits during COVID-19 pandemic. Besides fighting with the COVID-19 infections, Malaysians are at risk of obesity and non-communicable chronic diseases such as diabetes, hypertension, and cancers. Practising healthy eating is the key to fight these disease risks and improve the nutritional and health status. Hence, through this cooking competition, NSM aims to share nutrition knowledge and skills for practising healthy eating by providing a platform that encourages and motivates all Malaysian families to prepare and cook healthy meals at home and practise healthy eating.

2. Mission

To provide a platform to promote healthy eating among Malaysian families through a parent-child cooking competition.

3. Objectives

- a) To increase nutrition awareness and knowledge.
- b) To encourage families to prepare healthier meals at home more frequently.
- c) To improve parent-child bonding through cooking (food preparation) in the kitchen.

4. Event Dates

13 June – 28 August, 2021

5. Categories

There are a total of **FOUR** categories for participants to select:

- a) Parent – Preschooler age 4-6 years old
- b) Parent – Young child age 7-12 years old
- c) Parent – Adolescent age 13-17 years old
- d) Parent – Young adult age 18-25 years old

*Parent Participant has to pair with a child aged between 4 to 25 years old.

6. Registration Fee

- Early bird promotion starts on 13 June 2021: **RM20.00 per pair** for the **FIRST 50** participants
- Normal price: **RM30.00 per pair**

Register here: <https://forms.gle/e8j28Evx2QR5wAY68>

Do take note that you would need to pay the required registration fee prior to commencing the registration process.

Proof of payment must be attached together with registration.

Kindly make payment to:

Account number: 8002155109
Name of account: Nutrition Society of Malaysia
Bank: CIMB BANK BERHAD
Reference: Competition2021

Participants will receive a confirmation email of registration **WITHIN 7 days** after registration. Registration fee is **NON-REFUNDABLE** and **NON-TRANSFERABLE**.

7. Entitlements

Each pair will receive:

- a) Starter kit which includes



- Two NSM Limited Edition Aprons for Parent and Child
- Recipe book entitled 'Junior Chef Cookbook' Volume 1
- Handbook on Nutrition Information and Competition Guidelines
- Basic kitchen tools

*Registered participants will receive the Starter kit by 17 July 2021. However, there could be a delay in delivery due to the restrictions of MCO.

*Soft copy of both the recipe book and the Handbook on Nutrition Information and Competition Guidelines will be shared to registered participants via email.

b) E-certificate for both participating parent and child.



c) Opportunity to attend an Online Interactive Nutrition Education Workshop. More details in Section 9.

d) Access to various Virtual Nutrition Activities shared via our Facebook and Instagram page, nsmnutritionroadshows2. More details in Section 9.

8. Steps on How to Participate

[Click here for full details](#)

9. Virtual Nutrition Activities and Special Prizes

- All participants are required to attend an **Online Interactive Nutrition Education Workshop** prior to the competition via Zoom platform on **17-18 July 2021**. Table below is the tentative schedule. Further information will be communicated to registered participants via email.

Category	Session (60 to 90 minutes)
Parent – Preschooler, 4-6 years old	Morning of 17 July 2021
Parent – Young Child, 7-12 years old	Afternoon of 17 July 2021
Parent – Adolescent, 13-17 years old	Morning of 18 July 2021
Parent – Young Adult, 18-25 years old	Afternoon of 18 July 2021

- Several other activities such as Ask a Nutritionist session, cooking demonstration, and NutriFun Quiz will be held via our Facebook and Instagram page, nsmnutritionroadshows2. Stay tuned for the latest updates. All participants are encouraged to participate in these activities. There will be additional Special Prizes to be won.

10. Video Requirements

Please follow the video requirements shown in the table below for the preparation of the cooking video. It is also highly recommended to refer to Section 15 on judging criteria to fulfill the required content for the healthy cooking video.

File format	MP4 or MOV
Orientation	Landscape
Language	English and/or Bahasa Melayu
Resolution	Recommended to be 1080p (1920 x 1080)
Device	Phone camera, camera/video camera/camcorder or laptop/tablet camera (whichever has the highest resolution should be first considered)
Content guideline	File size: Not MORE than 1GB
Closed Captioning	Optional
Additional information related to the recipe	Commercial logos, messages or URLs directing viewers to external businesses are NOT PERMITTED to be included.

Copyright & Intellectual Property

Please ensure that your video is **FREE** from any **copyrighted materials**. You must create and/or have obtained permission for ALL content, including video, images, words and music. However, the following are alternatives to using copyrighted sound recordings for background music such as ambient noise, audio that is shared via a Creative Commons license, compositions and recordings by individuals who grant you the permission, and music that you have created yourself.

Submission of video

Participants are required to submit their Healthy Cooking Video via this google link: <https://forms.gle/3wVK4wsBXYPiqXSv9>. **Participant ID number** is required during submission. All entries **MUST** be received by event organiser on or before 11.59 pm on **25 July 2021**.

11. Important Dates

Registration a) Early Bird for the first 50 participants = RM20.00 b) Normal Rate = RM30.00	Starts on 13 June 2021 After Early Bird promotion and until 5 July 2021
Online Interactive Nutrition Education Workshop	17 to 18 July 2021
Virtual Nutrition Activities via FB and IG	25 June to 30 July 2021
Submission of Video (Round 1)	19 to 25 July 2021
Announcement of Shortlisted Participants	9 August 2021
Submission of Video (Finale)	10 -17 August 2021
Announcement of Winners & Prize Giving Ceremony	28 August 2021

12. Rules, Terms and Conditions

[Click here for full details](#)

13. Prizes

For each category, there will be ATTRACTIVE prizes worth a total value of RM1500-2000 including e -certificate for all winners:

First/Grand Prize



Second Prize



Two Consolation Prizes



14. Panel of Judges

Panel Chairman

Dr Tee E Siong is President of the Nutrition Society of Malaysia (NSM). He leads the implementation of several community nutrition promotion programmes, including Chairing the National Steering Committee for Nutrition Month Malaysia. He represents NSM in several Technical Working Groups on nutrition and food regulations in the Ministry of Health Malaysia. He is the Chief Editor of four series of healthy recipe books published by NSM.

Panel Member

Ms Maizatul Azlina binti Chee Din is a Principal Assistant Director cum Nutritionist attached with the Disease Control Division, Ministry of Health Malaysia. She has experience in matters related to nutrition standards and regulations, and has contributed significantly to the development of policies, standards and regulatory requirements in nutrition. She is actively involved in programmes aimed at strengthening nutrition, activities related to the prevention and control of non-communicable diseases, and enhancement of the overall health of Malaysia's population. Furthermore, she often explores and modifies menu as well as making it more nutrient-dense and nutritious indirectly elevate the menu to the next level.

Panel Member

Mr Thirukkanesh Sanvashivam is a Nutrition Officer at the Kulim District Health Office, Kedah. He has experience in nutrition counselling and also in conducting healthy cooking demonstrations for individuals of different life stages at the primary health care setting. He is actively involved in promoting healthy eating and nutrition advocacy at various levels such as pre-schools, schools, higher education institutions, workplaces and to the community.

Panel Member

Dr Yasmin Ooi is a Council member of the Nutrition Society of Malaysia. She is a member of the Ministry of Health's Technical Working Group for Nutritional Guidelines and the Ministry of Agriculture and Food Industries' National Advisory Council for Agriculture. In her free time, she likes to post pictures of meals which are quick to prepare, balanced, moderate and contain varieties of food items. She can be found with the #YasminGoodEats hashtag.

15. Judging Criteria

[Click here for the full details](#)

Sample Videos

COMING SOON

Frequently Asked Questions (FAQ)

COMING SOON

Sponsors



Contact Detail

For any enquiries, please email to nsmroadshows@nutriweb.org.my

Event Organising Team

Advisor	Dr Tee E Siong
Chairperson	Assoc Prof Dr Chin Yit Siew
Treasurer	Dr Roseline Yap
Secretary	Dr Tan Sue Yee
Publicity	Asst Prof Dr Satvinder Kaur (Leader) Kok Ee Yin, Dr Ng Choon Ming, Teoh Ai Ni, Yeo Ying Xin
Panel of Judges	Dr Tee E Siong (Chairman) Ms Maizatul Azlina binti Chee Din Mr Thirukkanesh Sanvashivam Dr Yasmin Ooi Beng Houi
Logistic and Technical	Eow Shiang Yen (Leader) Sasveni A/P Subramaniam, Scott David Hastie
a) Nutritional Educational Activities and Materials	Assoc Prof Dr Chin Yit Siew (Leader) Khoi Zi Yee (Co-leader 1), Sarina Sariman (Co-leader 2), Amirah Nabilah binti Abd Malek, Ang Zheng Feng, Atikah Wardah Mazman, Gan San Qin, Hew Jing Xuan, Nur Amalin Juhari, Samihah Aslamiah, Syahirah binti Sharani@Sa'arani, Tan Yi Bing, Wong Zhuo Ying
b) Recipe cards and cooking demonstration videos	Dr Tan Sue Yee (Leader) Assoc Prof Dr Gan Wan Ying, Dr Siti Raihanah Shafie, Thirukkanesh Sanvashivam

c) Virtual Nutrition Activities	Dr Roseline Yap (Leader) Chong Wan Yi, Chung Ya Ching, Rosma Ilyana Zakira Che Ladin, Tee Jia Ying
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