



NSM Nutrition Poster Contest 2022

In conjunction with Merdeka and Malaysia Day

“Designing a Healthier Lifestyle for a Better Malaysia”

10 August – 25 September 2022

Organiser

Management Team of NSM Nutrition Roadshows 2.0

Nutrition Society of Malaysia (NSM)

Frequently Asked Questions

Section A: General

1. What is NSM Nutrition Poster Contest?

NSM Nutrition Poster Contest is an event organised by NSM Nutrition Roadshows 2.0 in conjunction with Merdeka and Malaysia Day. This event will be carrying a theme “Designing a Healthier Lifestyle for a Better Malaysia”. The aim of this contest is to increase children and adolescent’s interest in nutrition and encourage children and adolescents to learn more about healthy eating and healthy lifestyle habits through the form of art. Posters must be designed physically according to the theme and required components allocated to the age category. This event will be held from 10 August until 25 September 2022.

2. What are the entry requirements for this contest?

This contest is open to Malaysian children and adolescents aged 7-15 years old who are residing in Malaysia only.

There are **3 categories** for participants:

Category A: Age 7 to 9 years old

Category B: Age 10 to 12 years old

Category C: Age 13 to 15 years old

3. What is the registration fee for this contest?

The registration fee is RM 20.00 per person. NSM cooking competition 2021 and 2022 participants can register at a discounted price of RM15.00.

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| Normal price | RM 20.00 |
| Discounted price for NSM Parent-Child Cooking Competition 2021 and 2022 participants | RM 15.00 |

*Registration period will open from 10 August until 17 August 2022.

4. What will I get from this contest?

You will receive a **starter kit**. The starter kit includes:

- Nutrition Month Malaysia HE-AL magazine
- *Saya suka sayur-sayuran* activity book
- One A3 sketchbook
- One stationery set
(6 pencils, 1 ruler, 1 sharpener, 1 eraser)
- A set of 12 Colour Pencils

Participant will have an opportunity to attend an Online Interactive Nutrition Educational Workshop. After the contest, participant will also receive an **e-certificate** only if they submit their potter.

Moreover, if you are one of the poster contest winner, you will receive our **ATTRACTIVE** prizes worth a total value of **RM1000** including an e-certificate for all winners.

1st prize

- **RM 200 Cash**
- **E-certificate**
- **NSM drawstring bag**
- **Faber-Castell Goldfaber Aqua Watercolour Pencil Gift Set (18pcs)**



2nd prize

- **RM 100 Cash**
- **E-certificate**
- **NSM drawstring bag**
- **Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (24pcs)**



3rd prize

- **RM 50 Cash**
- **E-certificate**
- **NSM drawstring bag**
- **Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (12pcs)**



Consolation Prize (for 2 participants)

- **E-certificate**
- **NSM drawstring bag**
- **DIY paint by number canvas**



Each winner will also receive a Limited Edition NSM drawstring bag



5. What are the Terms and Condition for this contest?

The NSM Nutrition Roadshows 2.0 Management Team:

- reserves the right to publish/display the names, photographs and particulars of the participants in media/publications of the Nutrition Society of Malaysia (NSM).
- shall not be liable for any losses, damages or injuries from and in participating in this event.
- reserves the right at any time to cancel or postpone this event.
- reserves the right at any time to vary, delete, or add on the terms and conditions herein without any prior notice.
- reserves the right to substitute the prize(s) with any other products of similar value in the event of any prize(s) being unavailable for any reason. All prizes are non-transferable, non-refundable and non-exchangeable for cash or for any other prizes.
- may at any time suspend, revoke, cancel or terminate the participant's registration for the event or entitlements, if the participant provides any information that is untrue, inaccurate, outdated, incomplete or if the Organiser has grounds to believe that such information is untrue, inaccurate, outdated or incomplete.
- By participating in this event, all participants agree to be bound by the rules, terms, and conditions herein.

Note: Per Facebook/Instagram rules, this promotion is in no way sponsored, administered, or associated with Facebook/Instagram, Inc. By participating in this event, all participants confirm that they release Facebook/Instagram of responsibility and agree to Facebook/Instagram's terms of use.

6. Who should I contact if I have enquiries?

For any enquiries, please email to nsmroadshows@gmail.com

Section B: Contest

1. How can I participate in this competition?

You can register for this contest via google form link (<https://bit.ly/NSM-Nutrition-Poster-Contest-2022-Registration>) and pay for the required registration fee. You also need to attend an online interactive nutrition educational workshop prepared for participants.

Following that, participants can start design a poster according to the theme and required components for your age category.

2. What are the poster requirements?

Participants will design a poster according to the below requirements.

| | |
|---|--|
| Theme | The poster should depict a Healthier Lifestyle for a Better Malaysia |
| Required Components | The following components MUST be included in the posters. It is entirely up to the participant how they want to incorporate these components into their designs. |
| For Category A & Category B (7 to 12 years old) | <ul style="list-style-type: none">→ Malaysian Healthy Plate and/or Malaysian Food Pyramid→ Exercise→ Healthy Nutrition Message, example: Eat fruits and vegetables daily→ Malaysia Flag |
| For Category C (13 to 15 years old) | <ul style="list-style-type: none">→ Healthy eating which conveys “Balance, Moderation and Variety”→ Active Lifestyle→ Healthy Nutrition Message, example: Eat fruits and vegetables daily |

| | |
|------------------------------|--|
| | → Malaysia Flag and/or Celebration of Merdeka and Malaysia Day |
| Drawing paper size | All posters submitted must be in A3 size |
| Colouring tools | Any tools such as crayons, colour pencils, and/or watercolour can be used |
| Orientation | Posters submitted can be either horizontal or vertical |
| Poster identification | All submissions must include Category and registration ID on the top right corner of the poster. |

3. Are there any rules I need to follow as a participant?

- All poster designs must be the participants' work, any plagiarism will result in instant disqualification. All drawings must be original art.
- A child participant cannot be assisted in his/her participation in the drawing contest by his/her parent, guardian, or any third party. Any such entries will be disqualified.
- Participants must submit artwork within the submission period between **12:00 AM 27 August 2022 to 11:59 PM 14 September 2022**.
- Late or incomplete entries will be disqualified.
- Entitlements will be shipped directly to the registered mailing address in Malaysia provided by the participant in the completed Google Form. Please provide an accurate mailing address.
- All participants must ensure that all information submitted via Google Form is complete and accurate.

4. What are the judging criteria for the contest?

Participants are highly encouraged to refer to the Judging Criteria to fulfil the required content for the poster.

| No. | Aspects of Evaluation | Weightage (%) |
|------------|--|----------------------|
| 1 | Theme <ul style="list-style-type: none"> • Abiding to the theme allocated. | 25 |

| | | |
|---|---|----|
| | <ul style="list-style-type: none"> • Clear interpretation of the theme. • Good articulation of the theme in the poster. | |
| 2 | <p>Accuracy of Nutrition Messages</p> <ul style="list-style-type: none"> • Excellent interpretation of nutritional concepts. • The message is apparent and relevant. • The information is accurate. | 25 |
| 3 | <p>Composition</p> <ul style="list-style-type: none"> • Shows considerable attention to the overall composition. • Shows strong integration of elements. • Quality design and presentation. • Able to utilise the space effectively. • Able to choose the colour scheme carefully. | 20 |
| 4 | <p>Originality and Creativity</p> <ul style="list-style-type: none"> • Able to apply critical thinking and creative skills to convey complex nutrition messages and ideas. • Sufficient experimentation with colouring tools to enhance the concepts of the poster. • Unique, distinctive, creative and original. • No plagiarism and copying. | 20 |
| 5 | <p>Neatness</p> <ul style="list-style-type: none"> • All elements are nicely and neatly presented. • Clean and organised. • There are no stray marks and smudges. • No spelling or grammar errors. | 10 |

5. When is the Online Interactive Nutrition Educational Workshop?

All participants are required to attend an Online Interactive Nutrition Educational Workshop via Zoom platform on 27-28 August 2022 prior to the submission of the poster.

Note: The exact schedule and further information will be communicated to registered participants via email.

Section C: Submission

1. When is the poster submission date?

Participants must submit poster within the submission period between **12:00 AM 27 August 2022 to 11:59 PM 14 September 2022**.

*You need to note that winners will be announced within 2 weeks after the submission deadline on 25 September 2022.

2. Where can I submit the poster?

You can do the submission via google link form (<https://bit.ly/NSM-Nutrition-Poster-Contest-2022-Submission>) and need to attach 2 files in the form.

Participants must attach two files (in JPG, JPEG, or PNG format):

1. Scanned copy of your artwork/poster
2. Photo of you holding your artwork/poster

Please refer to the guide below for the example of you holding your poster photo.

