



NSM Virtual Parent-Child Cooking Competition 2022 *Kids Prepare Healthy Family Meals*

4 June – 6 August 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 Virtual Parent-Child Cooking Competition?

NSM Virtual Parent-Child Cooking Competition is a competition organised by the management team of NSM Nutrition Roadshows 2.0, Nutrition Society of Malaysia (NSM). NSM is a non-profit professional organisation committed to improving lives through nutrition for all groups of Malaysians. Through this cooking competition, NSM aims to provide a platform that encourages and motivates all Malaysian families to prepare and cook healthy meals and practise healthy eating. In this cooking competition, you will need to cooperate with your child/parent to record a cooking video.

2) Who is this competition for?

This competition is open to all Malaysians residing in Malaysia. The participants must comprise a pair of parent and child. The participating child must be of age 7-12 years old.

There are **TWO categories** for participants to select:

- a) Category A: Parent - Lower primary child age 7-9 years old
- b) Category B: Parent – Upper primary child age 10-12 years old

3) Are there any other activities under this competition?

Yes. Before the cooking competition, you are required to attend an **Online Interactive Nutrition Education Workshop** via the Zoom platform on **25-26 June 2022**. The exact schedule and further information will be communicated to registered participants via email.

Moreover, various activities by sponsors will be held via our Facebook (Nutrition Roadshows 2.0) and Instagram (nsmnutritionroadshows2) pages. You are encouraged to join us for these fun educational activities. There will be additional special prizes to be won. Stay tuned!

4) What will I receive by participating in this competition?

Before the competition, you will receive a **starter kit**. The starter kit includes two Limited Edition NSM aprons, one recipe book, Nutrition Month Malaysia magazine, an activity book and a quarter-quarter half plate. You will and should receive the starter kit by 24 June 2022. We will also share the softcopy of the Handbook on Nutrition Information and Competition Guidelines via email.

After the competition, you will receive an **e-certificate** for both parent and child. If you are one of the cooking competition winners, you will receive our **attractive prizes and e-certificate!** Prizes **worth RM4000** in total for the winners are shown below:

- First/Grand prize: Limited edition Mayer Disney 20L Digital Air Oven
- Second prize: Limited edition Mayer Disney 3.5L Mini Stand Mixer
- Third prize: Limited edition Mayer Disney 3.5L Air Fryer
- Two consolation prizes: Mayer x Disney Winnie the Pooh Sandwich and Waffle Maker
- All winners will also receive special prizes from our sponsors

5) Who should I contact when I have other enquiries?

You may contact us via email, nsmroadshows@gmail.com, our Facebook (NSM Nutrition Roadshows 2.0) or Instagram (nsmnutritionroadshows2) pages.

Section B: Competition

1) What recipe can I use for the video?

For Round 1, you are required to select a healthy recipe from NSM recipe books (<https://www.nutriweb.org.my/index.php?mainpage-public#>) or NSM Nutrition Roadshows 2.0 recipe cards. The selected healthy recipe **MUST** fulfil the following **THREE(3)** criteria:

- i. A **BALANCED, MAIN DISH** (suitable for breakfast, lunch or dinner); no desserts or beverages/smoothie to be considered
- ii. Must contain the food group **VEGETABLES**
- iii. And contain **AT LEAST TWO(2)** of the following food groups:
 - Fruits
 - Rice, other cereals, wholegrain cereal-based products and tubers
 - Legumes, fish, egg, poultry or meat
 - Milk and milk products

For the Finale, the recipe is specified for each category. The designated recipes will be announced later.

2) What are the requirements for the cooking video?

Video duration	NOT MORE than 2 minutes
File format	MP4 or MOV
Orientation	Landscape
Language	English and/or Bahasa Malaysia
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)
File size	Not MORE than 1GB
Closed Captioning	Optional
Additional information	<ul style="list-style-type: none"> - Commercial logos, messages or URLs directing viewers to external businesses are NOT PERMITTED to be included. - Both parent and child must present at least 2 nutrition messages related to the cooking method and/or food ingredients of the recipe in the video. - Wear the Limited Edition NSM aprons given while recording the video.

3) What are the judging criteria?

Before submitting your video, you need to ensure that your video **meets all the criteria** below:

1. Name and age category are mentioned at the beginning of the video.
2. Video duration must be a maximum of **TWO (2)** minutes only.
3. Recipe chosen is from NSM recipe books or NSM Nutrition Roadshows 2.0 recipe cards, that have met the criteria (Please refer to Question 1 in Section B for recipe requirement). Only minor modifications may be made, and reasons for changes must be clearly stated in the Google form when submitting the video.

Your video will only be evaluated if it has met all the above criteria. Judging will be based on:

- 1. Evaluation by the nutrition expert judging team (70%)**
 - Execution, nutrition messages, overall hygiene and safety aspects, presentation of the dish, overall video presentation, storyboard and interaction/teamwork.
- 2. “Likes” collection via Facebook of NSM Nutrition Roadshows 2.0 (30%)**
 - The event organiser will post the submitted videos on our Facebook page: NSM Nutrition Roadshows 2.0. Only the number of “Likes” from the video posted on the NSM Nutrition Roadshows 2.0 Facebook page will be considered.

For more details on the judging criteria, please refer to Section 15: Judging Criteria.

Section C: Submission

1) When is the video submission date?

For Round 1, participants can submit their videos from **1-7 July 2022**.

For the Finale, participants can submit their video from **23-27 July 2022**.

2) How should I submit the video?

You are required to submit your video via this **Google Form** (<https://forms.gle/5YErDJwqNtngYXnX9>) **on or before 11.59pm on 7 July 2022**. You need to include your participant ID number during submission.

3) What should I do if I face difficulty uploading the video after several attempts?

If you fail to upload your video, it could be due to a number of reasons, including connectivity issue, video exceeding file size limit, incompatible video format, and issues associated with Google account.

You may need to try the following steps if you encounter the aforementioned situation,

- a) Restart your WiFi or mobile data connection and retry the uploading.
- a) Upload your video file to your own cloud storage (OneDrive, Google Drive, Drop-box, or iCloud) and share the link with us in the Google Form.