



NSM Virtual Parent-Child Cooking Competition 2021  
*Healthy Family Meals from your Kitchen*  
in conjunction with the 1<sup>st</sup> 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)

## **Frequently Asked Questions (FAQ)**

### **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 in improving lives through nutrition for all groups of Malaysians. Through this cooking competition, organised in conjunction with the 1<sup>st</sup> anniversary of NSM Nutrition Roadshows 2.0, 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 participating child or young adult must be of age 4-25 years old.

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

- a) Category A: Parent – Preschooler age 4-6 years old
- b) Category B: Parent – Young child age 7-12 years old

- c) Category C: Parent – Adolescent age 13-17 years old
- d) Category D: Parent – Young adult age 18-25 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 **18 or 24-25 July 2021**. The tentative schedule is shown below. Please check your email for further information on the workshop.

<b>Category</b>	<b>Date</b>	<b>Session</b>	<b>Time</b>
<b>Category A:</b> Parent – Preschooler age 4-6 years old	18 July 2021	Morning to Afternoon	11:00am-12:30pm
<b>Category B:</b> Parent – Young child age 7-12 years old	24 - 25 July 2021	Morning/Afternoon	<u>24 July 2021</u> Group 1: 9:00 -10:30am Group 2: 11:00am-12:30pm  <u>25 July 2021</u> Group 3: 9:00 -10:30am Group 4: 11:00am-12:30pm Group 5: 2:00-3:30pm
<b>Category C:</b> Parent – Adolescent age 13-17 years old	18 July 2021	Morning	9:00-10:30am
<b>Category D:</b> Parent – Young adult age 18-25 years old	18 July 2021	Morning	9:00-10:30am

Moreover, several activities such as **Ask a Nutritionist session, cooking demonstration,** and **NutriFun Quiz** will be held via our Facebook (NSM 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 and basic kitchen tools. You will receive the starter kit by 17 July 2021, but there could be a delay in delivery due to the

restrictions of MCO. We will also share the softcopy of the Handbook on Nutrition Information and Competition Guidelines and recipe books via email.

After the competition, you will receive **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!** The prizes **worth RM1500 – RM2000** in total for the winners are shown below:

- First/Grand prize: Air fryer + child safe knife or pan set
- Second prize: Multi cooker + baking set or mini multi cooker
- Two consolation prizes: Vegetable cutter + sandwich maker

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

You may contact us via email, [nsmroadshows@nutriweb.org.my](mailto:nsmroadshows@nutriweb.org.my), 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 healthier recipe from NSM recipe books (<https://www.nutriweb.org.my/index.php?mainpage-public#>) or NSM Nutrition Roadshows 2.0 recipe cards. The requirement of the recipe is:

A **balanced main dish** comprising **at least three (3) food groups** shown below:

1. Vegetables
2. Fruits
3. Rice, other cereals, wholegrain cereal-based products and tubers
4. Legumes, fish, egg, poultry or meat
5. 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?

Please refer to the table below:

<b>Video duration</b>	NOT MORE than 2 minutes
<b>File format</b>	MP4 or MOV

<b>Orientation</b>	Landscape
<b>Language</b>	English and/or Bahasa Malaysia
<b>Resolution</b>	Recommended to be 1080p (1920 x 1080)
<b>Device</b>	Phone camera, camera/video camera/camcorder or laptop/tablet camera (whichever has the highest resolution should be first considered)
<b>File size</b>	Not MORE than 1GB
<b>Closed Captioning</b>	Optional
<b>A d d i t i o n a l information</b>	<ul style="list-style-type: none"> <li>- Commercial logos, messages or URLs directing viewers to external businesses are NOT PERMITTED to be included.</li> <li>- 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.</li> <li>- Wear the Limited Edition NSM aprons given while recording the video.</li> </ul>

### 3) What are the judging criteria?

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

1. Name and age category are mentioned at the beginning of the video.
2. Video duration is not more than 2 minutes.
3. Recipe chosen is from NSM recipe books or NSM Nutrition Roadshows 2.0 recipe cards and 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 nutrition expert judging team (70%)**
  - Execution, nutrition messages, overall hygiene and safety aspects, presentation of the dish, overall video presentation, storyboard and interaction/teamwork.
  - \*Note: For Category C (parent – adolescent) and D (parent – young adult), there should be 50 – 50 sharing of work.
- 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. The “Likes collection will be from **26 July to 2 August 2021** for Round 1a (Categories A, C and D), and from **2 to 9 August 2021** for Round 1b (Category B only).

## Section C: Submission

### 1) When is the video submission date?

For Round 1, participants in Categories A, C and D can submit their videos from **19-26 July 2021**, while participants in Category B can submit from **26 July to 2 August 2021**.

For the Finale, participants can submit their video from **14 to 21 August 2021**.

### 2) How should I submit the video?

You are required to submit your video via this **Google Form** (<https://forms.gle/3wVK4wsBXYPiqXSv9>) (Please refer to Question 1 in Section C for video submission date). 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.
- b) Upload your video file to your own cloud storage (OneDrive, Google Drive, Dropbox, or iCloud) and share the link with us in the Google Form.

## Summary of Important Dates

Item	Categories A, C and D	Category B
Online Interactive Nutrition Workshop	18 July 2021	24, 25 July 2021
Submission of video (Round 1)	19 - 26 July 2021	26 July -2 August 2021
Likes collection via Facebook (Round 1)	26 July - 2 August 2021	2 - 9 August 2021
Announcement of shortlisted participants	13 August 2021	
Submission of video (Finale)	14 - 21 August 2021	
Likes collection via Facebook (Finale)	22 - 27 August 2021	
Prize giving ceremony & Closing Remarks (Zoom, Facebook Live)	28 August 2021	

