



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)

15. Judging criteria

Qualifying requirements

Videos submitted **MUST** meet all criteria below before they are evaluated by the nutrition expert judging team:

- Clearly identify name and age category at the start of video; e.g., via audio
- Video duration must be a maximum of **TWO (2)** minutes only.
- Recipe must be from NSM recipe books/NSM Nutrition Roadshows 2.0 recipe cards. Only minor modifications may be made, e.g., to the ingredients, and the modifications and reason for changes should be clearly stated.
- The selected healthy recipe **MUST** fulfill 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

Shortlisted videos will be based on:

i)	Evaluation by the nutrition expert judging team	- 70%
ii)	“Likes” collection via Facebook of NSM Nutrition Roadshows 2.0	- <u>30%</u>
	TOTAL	100%

i) Judging criteria by the nutrition expert judging team (70%)

Videos submitted will be judged according to the following criteria.

Aspect	Marks (%)
1. Execution <ul style="list-style-type: none">● Successful preparation of the dish as described in the NSM recipe books / NSM Nutrition Roadshows 2.0 recipe card.● Follow all preparation and cooking steps in the recipe.● Clearly indicate all ingredients according to the correct household measurements.● Flow and the attractiveness of all preparation and cooking steps as in the recipe.	30
2. Nutrition Messages <ul style="list-style-type: none">● Include at least TWO (2) correct nutrition messages related to the ingredients or cooking method.	20
3. Overall hygiene and safety aspects <ul style="list-style-type: none">● Adopt appropriate hygienic handling of ingredients, food and utensils.● Keep hair tidy, tied up or covered.● Does not wear removable jewelry when preparing food.● NSM apron must be worn during the meal preparation.● Note: not all hygiene and safety practices may be shown in the video within the stipulated time frame; however, participants can creatively include these in the video.	15
4. Interaction / Teamwork <ul style="list-style-type: none">● Extent of rapport and communication between parent and child.● Involvement of parent – child in preparation of the meal (approximately 50 – 50 sharing of work)	15
5. Overall video presentation <ul style="list-style-type: none">● Quality of video.● Include relevant commentaries of the preparation and cooking method.● Use of additional graphics and captions, preferably original.	15
6. Presentation of the dish <ul style="list-style-type: none">● Attractive and appealing presentation of the prepared dish.	5
Total	100

ii) Online voting by public via “Like” collection (30%)

- The submitted videos will be posted on our Facebook page: NSM Nutrition Roadshows 2.0 (<https://www.facebook.com/nsmnutritionroadshows2>) by our event organiser.
- Participants will then need to collect as many “Like” as possible for their respective videos that are posted on the NSM Nutrition Roadshows 2.0 Facebook page via online voting throughout a stipulated period, which will be informed by the event organiser accordingly.
- Only the number of “Like” from the respective videos posted on the NSM Nutrition Roadshows 2.0 Facebook page will be considered. If the participant uploads his/her video at his/her own personal social media page and receive “Like”, the number of “Like” received there will NOT be considered.
- Participants are NOT allowed to use or create multiple accounts for the purpose of online voting.
- Vote rigging is STRICTLY PROHIBITED. Participants are forbidden to utilise vote aggregators, vote exchange pages or other third-party means of soliciting votes for their respective videos.
- The event organiser reserves the right to disqualify improperly made or obtained votes, as well as any participants who engage in such conduct.