



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)

Steps on How to Participate

A. Round 1

- a) Follow and/or like nsmnutritionroadshows2.0 page on Facebook and/or Instagram.
- b) Register for the competition using this google link: <https://forms.gle/dJ1PPspX8-Lyp9X5T9>. Please refer to Section 6 on registration details. Do take note that you would need to pay the required registration fee prior to commencing the registration process.
- c) Participants will be required to attend an Online Interactive Nutrition Education Workshop prior to the competition. More details on Section 9.
- d) 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
- e) Record a cooking video using any type of camera once you have received the starter kit. Please refer to Section 10 on video requirements for more details.
- f) Parent and child are required to wear the NSM limited edition aprons which are included in the starter kit while recording the video.

- g) The duration of the video MUST be **TWO (2) minutes or less** and the camera must be placed in **LANDSCAPE** view. Language can be in English or/and Bahasa Melayu.
- h) At least **TWO (2) nutrition messages** related to the cooking method and/or food ingredients of the recipe must be presented clearly by both parent and child in the video.
- i) Participants will then need to submit their Healthy Cooking Video via this google form: <https://forms.gle/5YErDJwqNtngYXnX9>. **Participant ID** number is required during submission. Please refer to Section 10 for more details.
- j) All entries can be submitted from 1 July 2022 onwards. All entries MUST be received on or before 11.59pm, **7 JULY 2022**.
- k) The submitted videos will be posted on our Facebook page: NSM Nutrition Roadshows 2.0 by our event organiser and will be evaluated by both the public via “Likes” collection and a nutrition expert judging team. Please refer to Section 15 on judging criteria.
- l) A total of **FIVE** pairs of participants with the highest score will be shortlisted in each category to proceed into the Finale.

B. Final Round

- a) Shortlisted participants will be announced via our Facebook and Instagram page, nsmnutritionroadshows2 on 20 July 2022.
- b) The finalists are required to submit a NEW healthy cooking video with the designated recipe determined by the organiser.
- c) Finalists will submit their NEW healthy cooking video via a new google form, which will be informed later.
- d) All entries can be submitted from 23 July 2022 onwards. All entries MUST be received on or before 11.59pm, **27 July 2022**.
- e) Similarly, the submitted videos by the finalists will be posted on our Facebook page: NSM Nutrition Roadshows 2.0 by our event organiser and will be evaluated by both the public via “Likes” collection and a nutrition expert judging team. Please refer to Section 15 on judging criteria.
- f) The winners will be announced during our Closing and Prize Giving Ceremony on 6 August 2022.