



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)

1.0 Background

Nutrition Society of Malaysia (NSM) is a non-profit professional organisation. In caring for the community, NSM continuously disseminates practical nutrition information to the young and old, guiding them to discover the benefits of good nutrition and a healthy lifestyle. NSM is committed to improving lives through nutrition for all groups of Malaysians, including those who lack health awareness and the unprivileged communities.

Nutrition is important at every stage of life, especially during childhood. Children and adolescents need balanced diets, comprising a wide variety of nutrients in the appropriate amounts to enable them to grow and develop optimally. It is therefore important to instil healthy eating and lifestyle behaviours in children and adolescents from a young age. Children and adolescents will be able to apply such nutrition knowledge gained throughout life. One of the ways to teach and learn about nutrition is visually through art. Furthermore, art is a great way for children to develop motor skills and express themselves. Hence, NSM is taking the initiative to encourage children

and adolescents to learn more about healthy eating and healthy lifestyle habits through a poster design contest.

2.0 Mission

To increase children and adolescent's interest in nutrition and encourage healthy eating through the form of art.

3.0 Objectives

- a) To increase nutrition awareness and encourage healthy eating and lifestyle behaviours in children and adolescents
- b) To instil creativity and allow children and adolescents to express themselves through art and design

4.0 Event Dates

10 August - 25 September 2022

5.0 Categories

There are a total of three (3) categories:

Category A: Age 7 to 9 years old

Category B: Age 10 to 12 years old

Category C: Age 13 to 15 years old

6.0 Registration Fee

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

Register here: <https://bit.ly/NSM-Nutrition-Poster-Contest-2022-Registration>

- Note: Kindly pay the required registration fee before commencing the registration process.
- Proof of payment must be attached with the registration form.

→ Kindly make payment to:

Account number : 8002155109
Name of account : Nutrition Society of Malaysia
Bank : CIMB BANK BERHAD
Reference : NSMPosterContest
Email : treasurer@nutriweb.org.my

→ Participants will receive a confirmation email of registration **WITHIN 7 days** after registration. The registration fee is **NON-REFUNDABLE** and **NON-TRANSFERABLE**.

Registration period: 10/08/2022 - 17/08/2022

7.0 Entitlements

Participants will receive:

- a) A **starter kit** which includes the following:
- 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



Registered participants should receive the Starter Kit by 27 August 2022.

b) E-Certificate of participation



c) Opportunity to attend an Online Interactive Nutrition Educational Workshop

8.0 How to participate?

- 1) Register via <https://bit.ly/NSM-Nutrition-Poster-Contest-2022-Registration> and pay the required registration fee.
- 2) Attend the free online interactive nutrition educational workshop.
- 3) Design a poster according to the **theme** and **required components** for your age category.
- 4) Submit your artwork via online: <https://bit.ly/NSM-Nutrition-Poster-Contest-2022-Submission>.

9.0 Important Dates

Agenda	Date
Registration Period (8 days)	10/08/2022 - 17/08/2022
Online Interactive Nutrition Educational Workshop	27/08/ 2022 - 28/08/2022
Submission Period (19 days)	27/08/2022 - 14/09/2022
Announcement of winners	25/09/2022

10.0 Online Interactive Nutrition Educational Workshop

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

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

11.0 Poster Requirements

Participants will design a poster according to the below requirements.

11.1	Theme	The poster should depict a Healthier Lifestyle for a Better Malaysia
11.2	Required Components For Category A & Category B (7 to 12 years old) For Category C (13 to 15 years old)	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. → Malaysian Healthy Plate and/or Malaysian Food Pyramid → Exercise → Healthy Nutrition Message, example: Eat fruits and vegetables daily → Malaysia Flag → 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
11.3	Drawing paper size	All posters submitted must be in A3 size
11.4	Colouring tools	Any tools such as crayons, colour pencils, and/or watercolour can be used

11.5	Orientation	Posters submitted can be either horizontal or vertical
11.6	Poster identification	All submissions must include Category and registration ID on the top right corner of the poster.

12.0 Judging Criteria

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. ● Clear interpretation of the theme. ● Good articulation of the theme in the poster. 	25
2	Accuracy of Nutrition Messages <ul style="list-style-type: none"> ● Excellent interpretation of nutritional concepts. ● The message is apparent and relevant. ● The information is accurate. 	25
3	Composition <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	Originality and Creativity <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	Neatness <ul style="list-style-type: none"> ● All elements are nicely and neatly presented. ● Clean and organised. ● There are no stray marks and smudges. 	10

	<ul style="list-style-type: none"> • No spelling or grammar errors. 	
	Total	100

13.0 Panel of Judges

Dr Tee E Siong is the President of the Nutrition Society of Malaysia (NSM). He leads the implementation of several community nutrition promotion programmes, including chairing the National Steering Committee for Nutrition Month Malaysia. He represents NSM in several Technical Working Groups on nutrition and food regulations in the Ministry of Health Malaysia.

Dr Teoh Ai Ni recently graduated with a PhD in Science and currently works as a Research Associate at Khazanah Research Institute. Previously she was attached to the Singapore Health Promotion Board to provide and manage health promotional activities in a community setting. She has a passion for health policy research, particularly on maternal and child health, food security, and health inequality. She enjoys spending her free time reading, painting and volunteering.

Ms Chong Wan Yi is a Nutrition graduate from the University of Nottingham Malaysia. She has been actively involved in implementing programmes of the NSM Roadshows 2.0, Nutrition Society of Malaysia (NSM). These include planning of the NSM Nutrition Poster Contest 2022. She is frequently consulted on media and poster creation because of her expertise in designing for her university clubs and societies. In her free time, she likes to create modern calligraphy and lettering art which she shares as gifts for her loved ones.

14.0 Submission Details

Submit here: <https://bit.ly/NSM-Nutrition-Poster-Contest-2022-Submission>

Submission period: 17/08/2022 - 14/09/2022

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

1. Photo or scanned copy of your artwork
2. Photo of you holding your artwork (please refer to the sample below)

Sample Photo of Participant holding Artwork



16.0 Prizes

For each category, there will be **ATTRACTIVE** prizes with a total value of **RM1000** including e-certificate for all winners.

1st prize

- RM 200 Cash
- Faber-Castell Goldfaber Aqua Watercolour Pencil Gift Set (18pcs)



2nd prize

- RM 100 Cash
- Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (24pcs)



3rd prize

- RM 50 Cash
- Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (12pcs)



Consolation prize (x2)

- DIY paint by number canvas



Each winner will also receive a Limited Edition NSM drawstring bag



17.0 Rules

- 1) All poster designs must be the participants' work, any plagiarism will result in instant disqualification. All drawings must be original art.
- 2) 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.
- 3) Participants must submit artwork within the submission period between **12:00 AM 27 August 2022 to 11:59 PM 14 September 2022.**
- 4) Late or incomplete entries will be disqualified.
- 5) 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.
- 6) All participants must ensure that all information submitted via Google Form is complete and accurate.

18.0 Terms and Conditions

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.

19.0 Contact Detail

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

20.0 Sponsors



21.0 Organising Team

Advisor	Dr Tee E Siong
Chairperson/Treasurer	Dr Roseline Yap Wai Kuan
Event Team	Chong Wan Yi (Leader) Brandee Yau Yan Ying Cheong Yi En Chung Ya Ching Lavanya A/P Valayutham Rosma Ilyana Zakira Che Ladin Tee Jia Ying
Secretary & Publicity	Dr Tan Sue Yee (Leader) Dr Siti Raihanah Shafie Thirukkanesh Sanvashivam
Panel of Judges	Dr Tee E Siong (Chief Judge) Dr Teoh Ai Ni Chong Wan Yi
Logistic and Technical	Eow Shiang Yen (Leader) Brandee Yau Yan Ying
Online Interactive Nutrition Educational Workshop	Asst Prof Dr Satvinder Kaur AP Nachatar Singh (Leader) Gillian Allie Kok Ee Yin Dr Ng Choon Ming Putri Junita Santalia