

NSM Nutrition Roadshows 2.0

A nutrition promotion programme on healthy eating and active living for Malaysians initiated by **Nutrition Society of Malaysia (NSM)**, a non-profit professional organisation.



Now, you can find a series of

online activities

(such as cooking demonstration, nutrition tips sharing) on our Facebook and Instagram!



"Improving lives through Nutrition"
NSM Roadshows 2.0: Nutrition Promotion Programme
<http://www.nutriweb.org.my/>



Like & Follow us on FB & IG!
[nsmnutritionroadshows2](https://www.facebook.com/nsmnutritionroadshows2)



NSM Roadshows 2.0: Nutrition Promotion Programme

Annual Report for 2023





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Objectives of NSM Roadshows 2.0

Management Team and Working Groups

Social Media: Total Likes and Followers

Social Media activities

Virtual events

Community Outreach Roadshows





Objectives:

- to inspire and empower the community with the knowledge and skills to practise healthy eating and active living
- to foster community awareness on the importance of assessing their nutritional status regularly
- to serve as capacity building and partnership platform for nutritionists in promoting optimal nutritional well-being of Malaysians





NSM NUTRITION ROADSHOWS 2.0

NSM NUTRITION ROADSHOWS 2.0 MANAGEMENT TEAM 2023

DR ROSELINE YAP WAI KUAN
TEAM LEADER

DR TAN SUE YEE
TEAM MEMBER

ASSOC PROF DR SATVINDER KAUR
TEAM MEMBER

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NSM NUTRITION ROADSHOWS 2.0 WORKING GROUP MEMBERS 2023

Working Group 1
Nutrition Education Materials

Assoc Prof Dr Satvinder Kaur
TEAM LEADER

Dr Ng Choon Ming

Sarina Sariman

Dr Nurliyana Abdul Razak

Dr Siti Raihanah Shafie

Thirukkanesh Sanvashivam

Working Group 2
Healthy Recipes

Dr Tan Sue Yee
TEAM LEADER

Working Group 3
Events & Interactive Activities

Dr Roseline Yap
TEAM LEADER

Chung Ya Ching

Rosma Ilyana Zakira Che Ladin

Tee Jia Ying

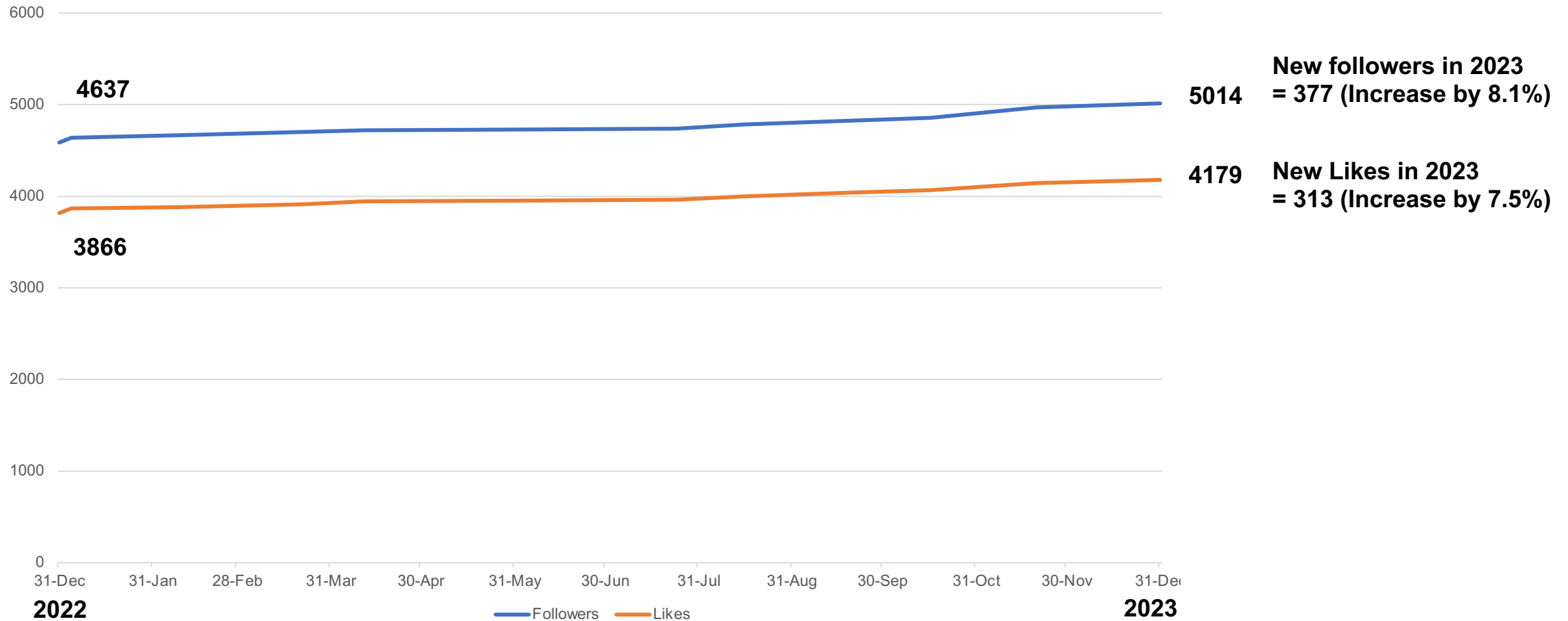
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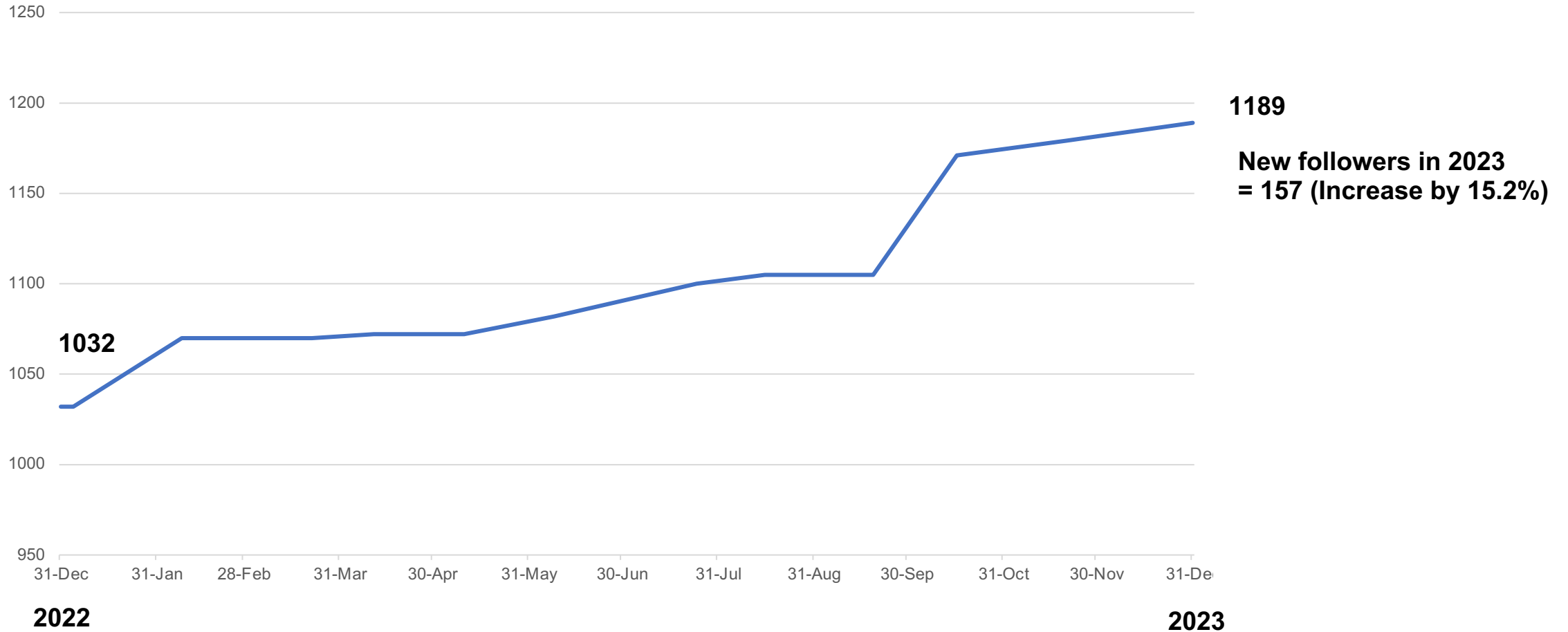


Number of Likes and Followers: **Facebook**



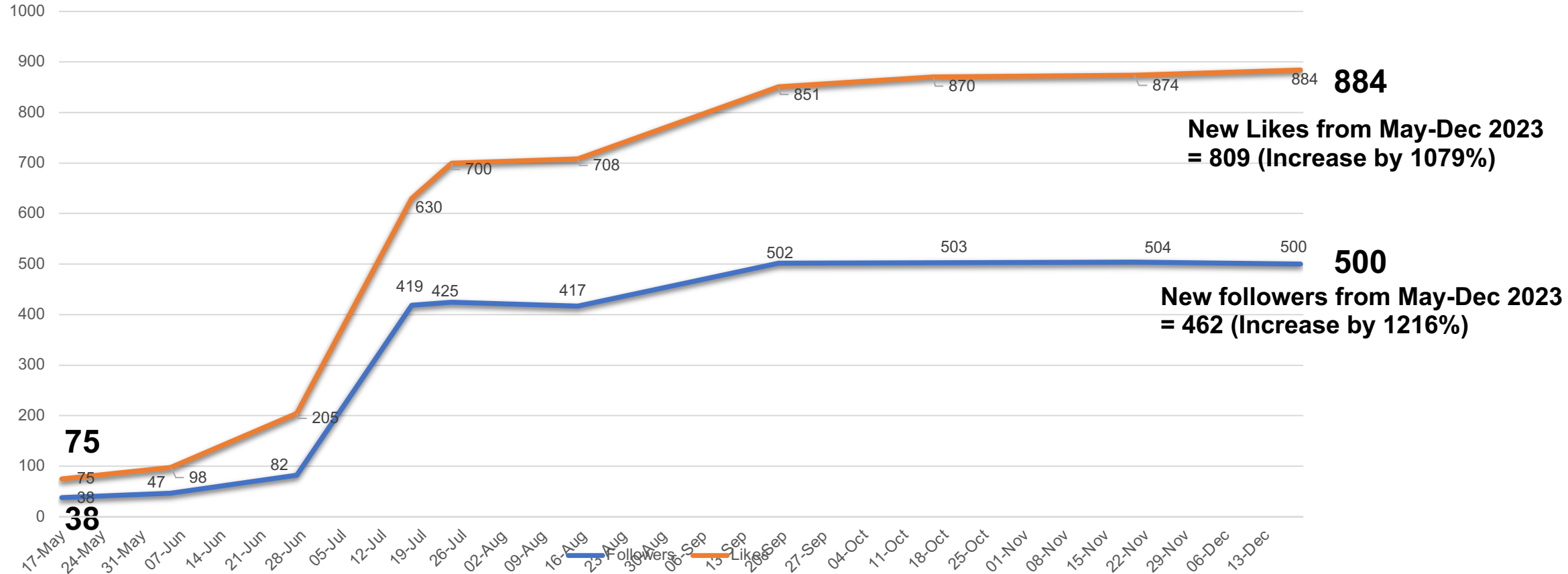
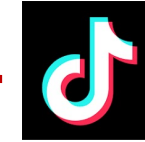


Followers: Instagram





Number of Likes and Followers: TikTok



Festive/Greeting Cards with Nutrition Message



Nutrition Educational Posters for Festivals

HEALTHY EATING TIPS FOR CHINESE NEW YEAR

- Choose **healthier cooking methods** that use **less sugar, salt and oil**
- Practise **Quarter Quarter Half** while enjoying CNY dishes
- Serve a **mixture of lean meat, fish and plant protein foods** (legumes, beans, soy based)
- Drink **more plain water** and limit the intake of **sugar-sweetened beverages**
- Serve **fresh fruits** as snacks or desserts
- Consume **snacks in small portions** during CNY visits

REMEMBER TO CONTINUE TO BE PHYSICALLY ACTIVE DURING CNY!

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Healthy Eating Tips During Iftar

- Start with **dates and water** followed by a balanced meal following the **Quarter-Quarter-Half** concept.
- Prepare foods with **healthier cooking methods** such as **grilling and steaming**.
- Serve a variety of **vegetables** with the main dish.
- Serve **fresh fruits** as desserts.

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5 Tips on Healthy Food Preparation During Aidilfitri

- REDUCE FATS, OIL, SUGAR AND SALT**
- Reduce 1/2 or 1/4 of the usual quantity in cooking
- ADD HIGH-FIBRE INGREDIENTS**
- For example, add beans and oats in dishes, cakes or cookies
- USE LEAN MEAT FOR COOKING**
- Remove fats and skin on meat and poultry
- USE HEALTHIER COOKING METHODS**
- Steam or grill fish, poultry and meat instead of deep-frying
- REDUCE THE USE OF COCONUT MILK**
- Reduce the use of coconut milk by replacing it with milk in food preparation

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新年健康饮食小贴士

- 选择少糖、盐和油的健康烹饪方法
- 享用年菜时，记得应用“2:1:1健康饮食餐盘”法
- 提供各种瘦肉、鱼类和植物蛋白质食品（豆类）
- 多喝白开水和尽量减少摄取含糖饮料
- 以新鲜水果作为小吃或甜点
- 拜年时，尽量少吃年饼和零食

春节期间也别忘了要继续保持活跃、坚持健身！

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Petua Makan Secara Sihat Ketika Berbuka

- Mulakan dengan kurma dan air kosong, diikuti dengan hidangan seimbang berdasarkan konsep Suku-Suku-Separuh.
- Sedangkan makanan menggunakan kaedah memasak yang lebih sihat seperti memanggang dan mengukus.
- Hidangkan pelbagai jenis sayur bersama hidangan utama.
- Hidangkan buah-buahan segar sebagai pencuci mulut.

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5 Petua Penyediaan Juadah Sihat Di Hari Raya

- KURANGKAN LEMAK, MINYAK, GULA DAN GARAM**
- Kurangkan 1/2 atau 1/4 daripada kuantiti biasa dalam masakan
- TAMBAHKAN BAHAN TINGGI SERAT**
- Sebagai contoh, tambahkan kekacang dan oat dalam juadah raya, kek atau biskut
- GUNAKAN DAGING TANPA LEMAK DALAM MASAKAN**
- Buang lemak dan kulit yang terdapat pada daging dan ayam
- GUNAKAN CARA MEMASAK YANG LEBIH SIHAT**
- Kukus atau panggang ikan, ayam dan daging selain daripada menggoreng dengan minyak yang banyak
- KURANGKAN PENGGUNAAN SANTAN**
- Kurangkan penggunaan santan dengan menggantikannya dengan susu

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NutriQuote by Nutritionist - Healthy Nutrition Reminders

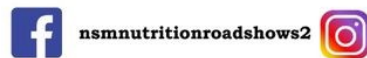
**Ramadhan
Kareem**

"Achieve the blessing of Ramadhan by nourishing our body through healthy eating practices in this holy month"



Khairul Zarina Mohd Yusop
Principal Assistant Director
Nutrition Division, Ministry of Health, Malaysia
NSM Council Member

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Happy Deepawali


May Deepavali light illuminate everyone's well-being. Choose healthy foods and eat sensibly with your family.

Stay active throughout the festive!



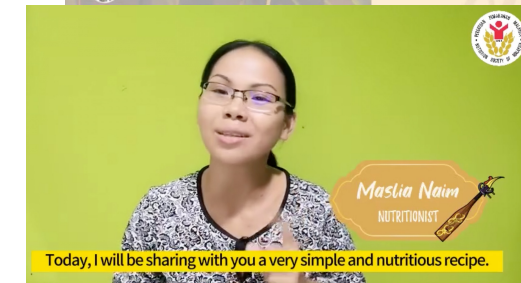
Assoc. Prof. Dr. Amutha Ramadas
Council Member,
Nutrition Society of Malaysia



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Cooking Demonstration - NSM Nutritionist's Kitchen



NutriFun Quiz with Nutrition Tips for Festivals

NUTRIFUN QUIZ CNY EDITION

The fruit which is the main ingredient of this commonly served CNY cookie symbolises *man sheng fan* (auspiciousness) in Hokkien.

Which of the following is used for the filling?
A. Cheddar
B. Pineapple

NUTRIFUN QUIZ 农历新年版本

这种常见的新春年货的主要成分是一种水果，这种水果象征着更多的财富（在福建方言中谐音“旺来”，寓意“好运到来”）。

以下哪种食材不会用于制作这种年货？
A. 巧克力 B. 猕猴桃 C. 牛油 D. 糖

营养小贴士
不要过量食用，因为四块（30克）可以达到140大卡。

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NUTRIFUN QUIZ CNY EDITION

Prosperity Toss salad symbolises abundance, prosperity and good health. One of the popular customs during CNY is to toss a good wish (toss) for good fortune.

Which of the following is used for the dressing?
A. Raw egg
B. Shrimp

NUTRIFUN QUIZ 农历新年版本

这道菜肴象征着富足、繁荣和健康。农历新年期间流行的习俗之一是抛掷好运（抛掷）以求好运。

以下哪种食材不会用于制作这道菜肴？
A. 生鱼片 B. 蔬菜丝 C. 鸡肉 D. 薄脆

营养小贴士
一般来说，这是一道健康的菜肴，但建议只是象征性地少量食用，因为大多数种类都会含有过多的甜酱、脂肪和油。

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NUTRIFUN QUIZ HARI RAYA EDITION

This is a traditional Malay dish often served during Hari Raya.

KUIZ NUTRIFUN EDISI HARI RAYA

Makanan berasaskan daging yang digemari ramai dan sering dihidangkan dengan ketupat atau lemak semasa Hari Raya. Ia dimasak menggunakan pelbagai rempah yang menjadikannya enak dan beraroma.

Manakah antara bahan berikut TIDAK digunakan untuk menyediakan makanan ini?
A. Santan kelapa
B. Cuka
C. Bawang merah
D. Karisik

Tips Pemakanan
Santan kelapa boleh digantikan dengan susu sebagai pilihan yang lebih sihat.

Nutrition Tip
Coconut milk can be replaced with milk for a healthier choice.

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NUTRIFUN QUIZ HARI RAYA EDITION

This butter served during Hari Raya is based on a name which resembles a flower.

KUIZ NUTRIFUN EDISI HARI RAYA

Kuih mentega ini sering dihidangkan semasa Hari Raya dan nama kuih ini diberikan kerana bentuknya seperti bunga Dahlia.

Manakah antara bahan berikut TIDAK digunakan untuk menyediakan kuih ini?
A. Halia
B. Telur
C. Mentega
D. Gula

Tips Pemakanan
1 keping kuih kecil ini adalah 40 kkal (bersamaan dengan 2 1/2 sudu teh gula). Oleh itu, ingat untuk mengawal pengambilan anda!

Nutrition Tip
1 small piece is 40 kkal (equivalent to 2 1/2 teaspoons of sugar). Hence, remember to control your intake!

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NUTRIFUN QUIZ FOR GAWAI DAYAK FESTIVAL

Manok Pansoh means chicken cooked in bamboo. This traditional food of the Iban community is served during Gawai Dayak.

KUIZ NUTRIFUN UNTUK PERAYAAN GAWAI DAYAK

Manok Pansoh bermaksud ayam yang dimasak dalam buluh. Makanan tradisional masyarakat Iban ini dijadikan hidangan sampingan dan 'tabas' (pembuka selera), semasa perayaan tersebut.

Antara bahan-bahan berikut yang manakah digunakan untuk menyediakan hidangan ini?
A. Daun kari
B. Daun ubi kayu
C. Daun pandan
D. Santan kelapa

MANOK PANSOH
Ia adalah hidangan sihat yang menggunakan kaedah memasak yang sihat, iaitu mendidih di atas api terbuka. Ingatkan untuk makan dengan sayur-sayuran lain untuk menjadikannya makanan seimbang.

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NUTRIFUN QUIZ FOR KAAMATAN FESTIVAL

A fermented rice wine that is sweet and sour in taste. It is a necessity during festivals, celebrations, and banquet, where it is shared in a big porcelain jar for guests to take turns drinking it using a bamboo straw.

KUIZ NUTRIFUN UNTUK PESTA KAAMATAN

Arak beras yang ditapai yang rasanya manis dan masam. Ia adalah satu keperluan semasa perayaan dan jamuan, di mana ia dikongsi dalam balang porselin besar untuk tetamu mengambil giliran meminumnya dengan penyedut buluh.

Antara bahan-bahan berikut yang manakah digunakan untuk membuat Tapai?
A. Jus limau nipis
B. Yis
C. Gula
D. Madu

PETUA PEMAKANAN
Kandungannya tinggi alkohol. Oleh itu, minumlah dengan sederhana.

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NutriFun Quiz Deepavali Edition

This is a traditional Malay dessert often served during Deepavali.

NutriFun Quiz Deepavali Edition

Putu Mayam
Adhirasam
Briyani

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NutriFun Quiz Deepavali Edition

This dessert is made from rice flour and typically served with freshly grated coconut and palm sugar, creating a unique and sweet flavour.

Putu Mayam

Adhirasam
Briyani

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NutriFun Quiz Deepavali Edition

Pencel masak 'ri' dibuat dengan mengaulkan tepung beras. Lazimnya, ia dihidangkan dengan kelapa parut dan gula melaka supaya dapat menghasilkan rasa yang unik dan manis.

Putu Mayam

Adhirasam
Briyani

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NutriFun Quiz Deepavali Edition

This is a deep-fried delicacy made from a mixture of rice flour, jaggery, and aromatic spices to provide a crispy texture on the outside but a soft, sweet interior.

Putu Mayam

Nutrition Tip
Eat more with grated coconut than with palm sugar to limit added sugar intake.

Tips Pemakanan
Makan dengan lebih banyak kelapa parut berbanding gula melaka untuk mengurangkan pengambilan gula tambahan.

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NutriFun Quiz Deepavali Edition

This is a flavourful and aromatic rice dish prepared with a variety of spices and herbs and typically served during festive occasions.

Adhirasam

Nutrition Tip
Control your intake as it is a deep-fried snack which is high in calories. 1 small piece is equal to 80 kkal!

Tips Pemakanan
Kawal pengambilan anda kerana ia adalah makanan goreng yang tinggi kalori. 1 keping kecil adalah bersamaan dengan 80 kkal!

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NutriFun Quiz Deepavali Edition

This is a traditional Malay rice dish often served during Deepavali.

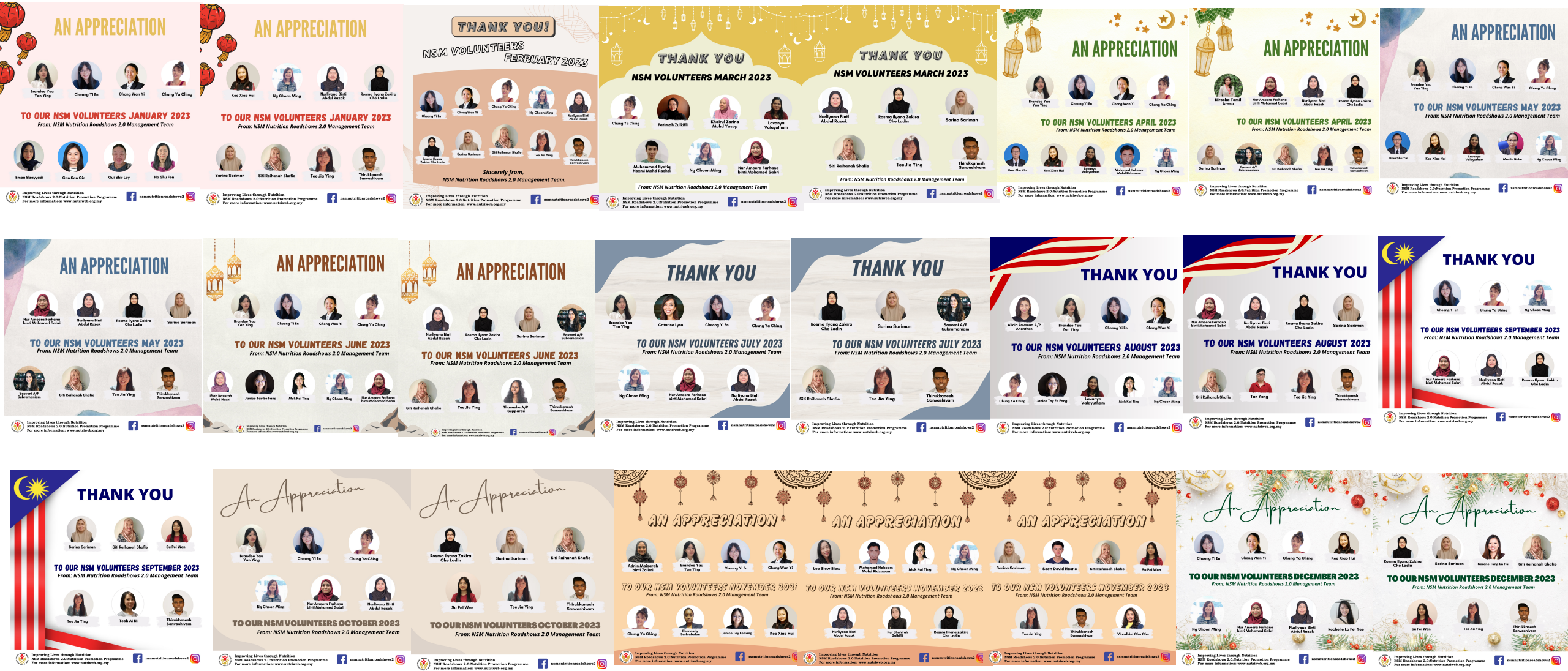
Briyani

Nutrition Tip
Eat in moderation by following Malaysian Healthy Plate Quarter-Half concept.

Tips Pemakanan
Makan secara sederhana mengikut konsep Suku Suku Separuh Piringan Sihat.

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Volunteer Appreciation Posters – Thank You



Healthy Nutrition Goals and Practices Activity

Healthy Nutrition Practices Activity 2023 Series 1

LET'S KEEP PRACTISING

Siri 1 Aktiviti Amalan Pemakanan Sihat 2023

JOM KEKALKAN PENGAMALAN MATLAMAT PEMAKANAN SIHAT

13 - 24 Februari 2023 (2 minggu)

Kumpulkan Mata Ganjaran NSM Roadshows 2.0 & menangi hadiah menarik!

Imp NSM Roadshow For more!

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HOW TO EARN NSM Roadshows 2.0 Points

Activity	Point
Practise 1 goal and share the	1

BAGAIMANA MENGUMPUL Mata Ganjaran NSM Roadshows 2.0

Aktiviti	Mata Ganjaran
Amalkan 1 matlamat dan kongsi buktinya	1 <i>*dihadkan pada 15 mata ganjaran</i>
Tag kawan untuk menyertai aktiviti ini • 1 - 4 kawan • 5 kawan dan ke atas	1 2
Amalkan kesemua matlamat dan kongsi bukti-buktinya	5 (sebagai bonus)

* Mata ganjaran akan terkumpul sehingga Siri 2.

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Let's Keep Practising

HEALTHY NUTRITION PRACTICES Checklist (Part 1)

- Practise Malaysian Healthy Plate: Quarter, Quarter, Half in my main meals
- Drink 7-8 glasses of plain water daily
- Include whole grains in my daily diet

Let's Keep Practising

HEALTHY NUTRITION PRACTICES Checklist (Part 2)

- Eat fruits and vegetables of different colours daily
- Choose healthier food options while eating outside
- Consume (healthier) breakfast daily
- Perform muscle-

Healthy Nutrition Goals Participation (Penyertaan Matlamat Pemakanan Sihat)

Thank you for your participation!
(Terima kasih atas penyertaan anda!)

@catlynncooks @lceicy Peh @joanna_moo @pilipatpilipalapapalatala @reyapwq

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Steps to Participate

1. Screenshot/download the checklist template posted on our IG and FB.
2. By using the checklist, invite your family member(s) and/or friend(s) to participate in this series together.
3. Mark the goal(s) you practised on the checklist template.
4. Share the us on how 2023 (Part any of the - Share y the He feed/pc event p - DM/FB i

Remember NSM Road and will b activity.

By participating i

NSM Road For mor

Langkah-Langkah Untuk Mengambil Bahagian

1. Tangkap skrin/muat turun templat senarai semak yang disiarkan di IG dan FB kami.
2. Dengan menggunakan senarai semak tersebut, jemput ahli keluarga dan/atau rakan anda untuk menyertai siri ini bersama-sama.
3. Tandakan matlamat yang telah anda amalkan dalam templat senarai semak.
4. Kongsi templat senarai semak yang telah ditanda dan foto/video dengan kami tentang cara anda MENGAJALKAN amalan-amalan ini mulai 13-17 Februari 2023 (Bahagian 1) and 20-24 Februari 2023 (Bahagian 2). Anda boleh memilih mana-mana cara berikut:
 - Kongsi templat dan foto/video anda mengamalkan Amalan Pemakanan Sihat di media sosial (cerita, suapan/siaran) anda dengan menetapkan profil anda sebagai umum (sepanjang tempoh aktiviti) dan tag @nsmnutritionroadshows2;
 - DM/FB mesej templat dan foto/video anda kepada kami.
5. Jangan lupa hashtag #myhealthynutritionpracticeswithNSM

Mata ganjaran NSM Roadshows 2.0 akan dikumpul untuk setiap siri dan digunakan dalam penebusan hadiah menjelang akhir aktiviti ini.

Dengan menyertai aktiviti ini, anda bersejaja untuk menerbitkan/mempaparkan nama, gambar dan butiran anda dalam media/persebaran Perseutan Pemakanan Malaysia (NSM).

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Healthy Nutrition Goals Achievement Levels
(Tahap Pencapaian Matlamat Pemakanan Sihat)

To achieve... (Untuk mencapai...)	You have to collect at least.. (Anda perlu mengumpul sekurang-kurangnya...)
Beginner (Pemula)	50 points (50 mata ganjaran)
Intermediate (Pertengahan)	75 points (75 mata ganjaran)
Advanced (Lanjutan)	100 points (100 mata ganjaran)

E-cert of achievement will be provided (E-sijil pencapaian akan disediakan)

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Jom Kekalkan Pengamalan

AMALAN PEMAKANAN SIHAT Senarai Semak (Bahagian 1)

- Amalkan Pinggan Sihat Malaysia: Suku-Suku Separuh untuk hidangan utama saya
- Minum 7-8 gelas air kosong setiap hari
- Sertakan bijirin penuh dalam makanan harian saya
- Lakukan sekurang-kurangnya 30 minit aktiviti fizikal aerobik berintensiti sederhana seperti berlari/berjalan/berenang/berbasikal

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Jom Kekalkan Pengamalan

AMALAN PEMAKANAN SIHAT Senarai Semak (Bahagian 2)

- Makan buah-buahan dan sayur-sayuran yang berwarna-warni setiap hari
- Pilih pilihan makanan yang lebih sihat semasa makan di luar
- Makan sarapan pagi (yang lebih sihat) setiap hari
- Lakukan aktiviti yang menguatkan otot sekurang-kurangnya 2 hari dalam seminggu seperti angkat berat/tekan tubi/mencangkung/sit-up

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Healthy Nutrition Goals and Practices Activity

Healthy Nutrition Practices Activity 2023 Series 2

LET'S KEEP PRACTISING

Siri 2 Aktiviti Amalan Pemakanan Sihat 2023

JOM KEMALANGKAN PENGALAMAN MATLAMAT PEMAKANAN SIHAT

Edisi BINGO

9 - 22 Oktober 2023 (2 minggu)

Kumpulkan Mata Ganjaran NSM Roadshows 2.0 & menangi hadiah menarik!

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Healthy Nutrition Practices Activity 2023 Series 2

HOW TO COLLECT

NSM Roadshows 2.0 Points

Activity	Point
First 5 followers who completed 5 BINGO lines and posted the proof on their social media	100

Siri 2 Aktiviti Amalan Pemakanan Sihat 2023

BAGAIMANA MENGUMPUL
Mata Ganjaran NSM Roadshows 2.0

Activity	Point
5 pengikut pertama yang melengkapkan 5 baris BINGO dan menyerahkan bukti di media sosial mereka	100
Pengikut ke-6 hingga ke-10 yang melengkapkan 5 baris BINGO dan menyerahkan bukti di media sosial mereka	50
Pengikut ke-11 dan seterusnya yang melengkapkan 5 baris BINGO dan menyerahkan bukti di media sosial mereka	30
Tag kawan untuk menyertai aktiviti ini	1
• 1 - 4 kawan	2
• 5 kawan dan ke atas	

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Healthy Nutrition Practices Activity 2023 Series 2

BINGO!

LET'S KEEP PRACTISING
HEALTHY NUTRITION PRACTICES

Prepare

Siri 2 Aktiviti Amalan Pemakanan Sihat 2023

BINGO!

JOM KEMALANGKAN PENGALAMAN AMALAN PEMAKANAN SIHAT!

Healthy Nutrition Goals Participation
(Penyertaan Matlamat Pemakanan Sihat)

Thank you for your participation!
(Terima kasih atas penyertaan anda!)

BINGO Edition

@roseypawk @L.Jaren.L @alicyaleow @vsosy @vkkie.ccc

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Healthy Nutrition Practices Activity 2023 Series 2

Steps to Participate

- 1 Screenshot/download the BINGO template posted on our IG and FB.
- 2 By using the BINGO template, invite your family member(s) and/or friend(s) to participate in this series together.
- 3 Mark the goal(s) you practised and draw at least 5 lines of the BINGO that you completed on the BINGO template to get the point.
- 4 Share on how you did it on the feed or stories.

Siri 2 Aktiviti Amalan Pemakanan Sihat 2023

Langkah-Langkah Untuk Mengambil Bahagian

- 1 Tangkap skrin/muat turun templat BINGO yang diarak di IG dan FB kami.
- 2 Dengan menggunakan templat BINGO tersebut, jemput ahli keluarga dan/atau rakan anda untuk menyertai Siri ini bersama-sama.
- 3 Tandakan matlamat yang telah anda amalkan dan lukis sekurang-kurangnya 5 garisan BINGO di atas matlamat yang telah anda lengkapkan di dalam templat BINGO untuk mendapatkan mata ganjaran.
- 4 Kongsi templat BINGO yang telah dianda dan foto/video dengan kami tentang cara anda MENGANALAN amalan-amalan ini yang dimulakan 9-22 Oktober 2023. Anda boleh memilih mana-mana cara berikut:
 - Kongsi templat dan foto/video anda menggunakan Amalan Pemakanan Sihat di media sosial (cerita, suapan/ajaran) anda dengan menetapkan profil anda sebagai umum (sepanjang tempoh aktiviti) dan tag @nsmnutritionroadshows2.
 - DM/FB mesej templat dan foto/video anda kepada kami.
 - 10 peserta pertama yang melengkapkan 5 baris BINGO atau lebih dan menyerahkan bukti paling cepat akan mendapat lebih banyak mata daripada ganjaran berbanding yang lain.
- 5 Jangan lupa hashtag #myhealthynutritionpracticeswithNSM

Mata ganjaran NSM Roadshows 2.0 akan dikumpul pada setiap Siri dan digunakan dalam penebusan hadiah menjelang akhir aktiviti ini.

Dengan menyertai aktiviti ini, anda berkecuali untuk menerbitkan/mengumumkan nama, gambar dan butiran anda dalam media/penerbitan Peranan Pemakanan Malaysia (NSM).

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Healthy Nutrition Goals Achievement Levels
(Tahap Pencapaian Matlamat Pemakanan Sihat)

To achieve.. (untuk mencapai..)	You have to collect at least.. (Anda perlu mengumpul sekurang-kurangnya..)
Beginner (Pemula)	50 points (50 mata ganjaran)
Intermediate (Pertengahan)	75 points (75 mata ganjaran)
Advanced (Lanjutan)	100 points (100 mata ganjaran)

E-cert of achievement will be provided (E-sijil pencapaian akan disediakan)

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Menyertakan bijirin penuh dalam makanan harian saya	Minum 7-8 gelas air kosong setiap hari	Menyediakan masakan rumah dengan cara memasak yang lebih sihat seperti kukus/rebus/bakar/panggang
Melakukan aktiviti yang menguatkan otot sekurang-kurangnya 2 hari dalam seminggu seperti angkat berat/mencangkung/tekan tubi/sit-up	Mengamalkan Pinggan Sihat Malaysia: Suku-Suku Separuh untuk hidangan utama saya	Pilih pilihan makanan yang lebih sihat semasa makan di luar
Makan sarapan pagi (yang lebih sihat) setiap hari	Makan buah-buahan & sayur-sayuran yang berwarna-warni setiap hari	Melakukan sekurang-kurangnya 30 minit aktiviti fizikal aerobik berintensiti sederhana seperti berlari/berjalan/berenang/berbasikal

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Healthy Nutrition Practices (Amalan Pemakanan Sihat) Leaderboard - All Series

@L.JAREN.L

@roseypawk 1 @vsosy 2 3

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Healthy Nutrition Practices (Amalan Pemakanan Sihat) Leaderboard - Series 2

@L.JAREN.L

@roseypawk 1 @vsosy 2 3

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Virtual Events in 2023

1) NSM Healthy Cooking TikTok Competition

Theme: One Minute Young Chef

2) NSM Nutrition Poster Contest

Theme: Designing a Brighter Malaysia: Good Nutrition for Healthy Kids

3) NSM Virtual Fun Run/Walk

Theme: Keep Moving, Live Healthily with NSM





NSM Healthy Cooking TikTok Competition 2023: *One Minute Young Chef*

5 June – 8 July 2023

Mission:

To provide a platform to promote healthy eating among youths through TikTok Healthy Cooking competition

Objectives:

- a) To increase the awareness of healthy eating.
- b) To promote that healthy meal preparation can be quick and easy.





Organising Team

Chairperson	Dr Roseline Yap Wai Kuan
Event Team	Nur Ameera Farhana binti Mohamed Sabri, Sasveni A/P Subramaniam, Chong Wan Yi, Chung Ya Ching, Rosma Ilyana Zakira Che Ladin, Brandee Yau Yan Ying, Cheong Yi En, Lavanya A/P Valayutham
Secretary	Dr Tan Sue Yee, Dr Roseline Yap Wai Kuan
Judging Committee	Dr Tan Sue Yee, Dr Siti Raihanah Shafie, Thirukkanesh Sanvashivam Panel of Judges: Catarina Lynn, Elgin Chew, Sasveni A/L Subramaniam
Nutrition Educational Activities	Assoc Prof Dr Satvinder Kaur, Dr Ng Choon Ming, Dr Nurliyana Abdul Razak, Sarina Sariman



NSM NUTRITION ROADSHOWS 2.0

HOW TO PARTICIPATE?

- 1 Download the TikTok app from Google Play Store or Apple App Store
- 2 Scan this QR code for a tutorial or use this link: <https://bit.ly/3BWYrv9>
- 3 Mengisi Barang Penyeritaan setelah mengiarkan video
- 4 Muat naik video memasak anda di TikTok, 5 Jun - 23 Jun 2023

LANGKAH-LANGKAH UNTUK MENYERTA!

- 1 Muat turun aplikasi TikTok melalui aplikasi Google Play Store atau Apple App Store
- 2 Menyediakan video memasak mengikut brentiliti masing-masing berdasarkan Kriteria Penyeritaan
- 3 Muat naik video memasak anda di TikTok, 5 Jun - 23 Jun 2023
- 4 Mengisi Barang Penyeritaan setelah mengiarkan video

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#nsmnutritionroadshows2

PRIZES

Grand Prize	Second Prize
Category A Digital Air Fryer	Category A Cookware 4-pcs Set
Category B All-in-one Cooker	Category B Cookware 4-pcs Set

HADIAH-HADIAH

Hadiah Utama	Hadiah Kedua	Hadiah Ketiga
Kategori A Pengoreng Udara Digital	Kategori A Set Memasak	Kategori A Pengoreng Pelbagai Fungsi 3-Zon
Kategori B Peruk Pelbagai Guna	Kategori B Set Memasak	Kategori B Peruk Pelbagai Guna 1-Zon
Saguhati		
Kategori A Peruk Pelbagai Guna 1-Zon	Kategori B Peruk Pelbagai Guna 1-Zon	Kategori B Peruk Pelbagai Guna 1-Zon

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NSM NUTRITION ROADSHOWS 2.0 IS BACK WITH AN EXCITING COMPETITION THIS YEAR!

NSM Nutrition Roadshows 2.0 kembali dengan satu pertandingan yang menarik tahun ini!

Calling all Young Chefs aged 13-24 years old!

Memanggil semua Chef Muda berumur 13-24 tahun!

NSM HEALTHY COOKING TIKTOK COMPETITION 2023

Pertandingan TikTok Masak Secara Sehat NSM 2023

Theme: One Minute Young Chef
Tema: Chef Muda Seminit

5 June - 8 July 2023

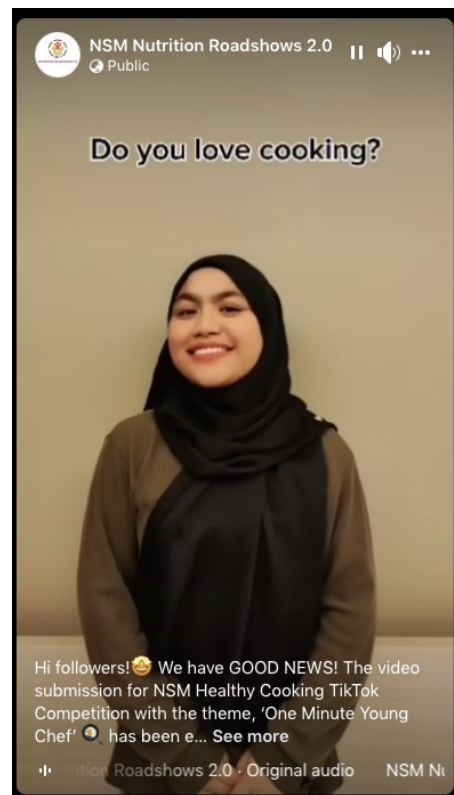
Supported by:

HOW TO PARTICIPATE?

CARA-CARA UNTUK MENYERTA!

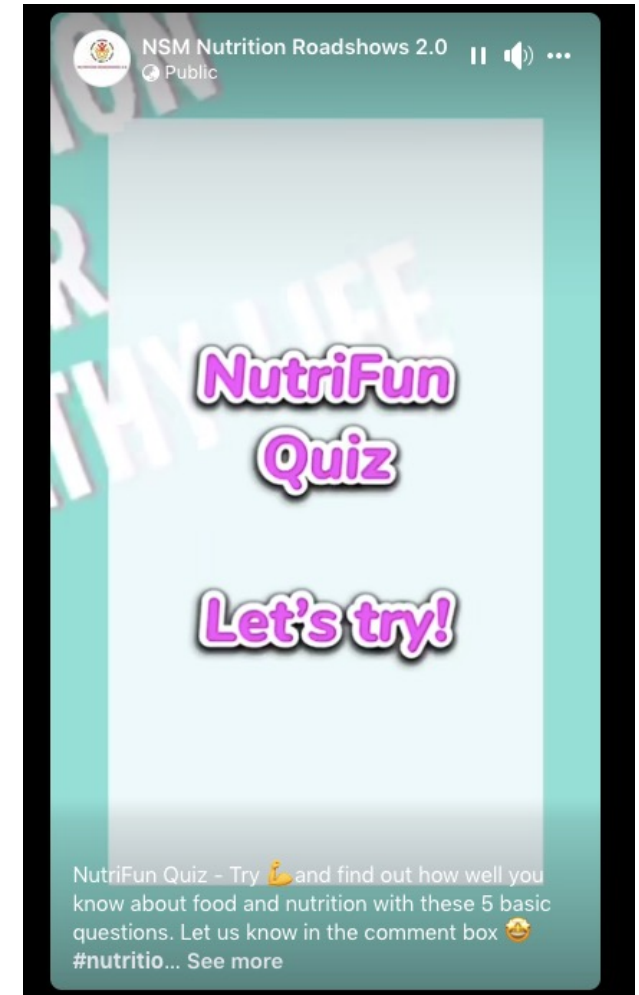
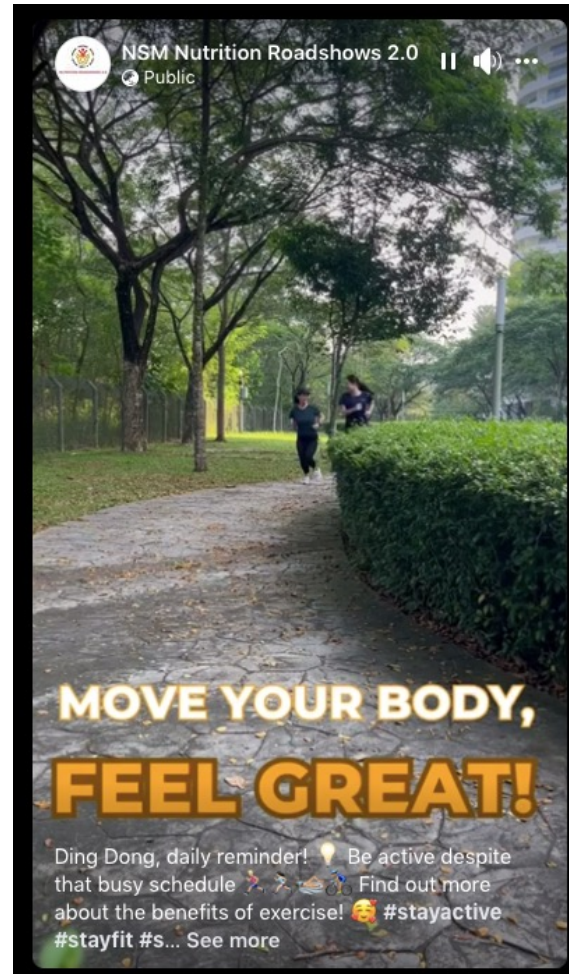
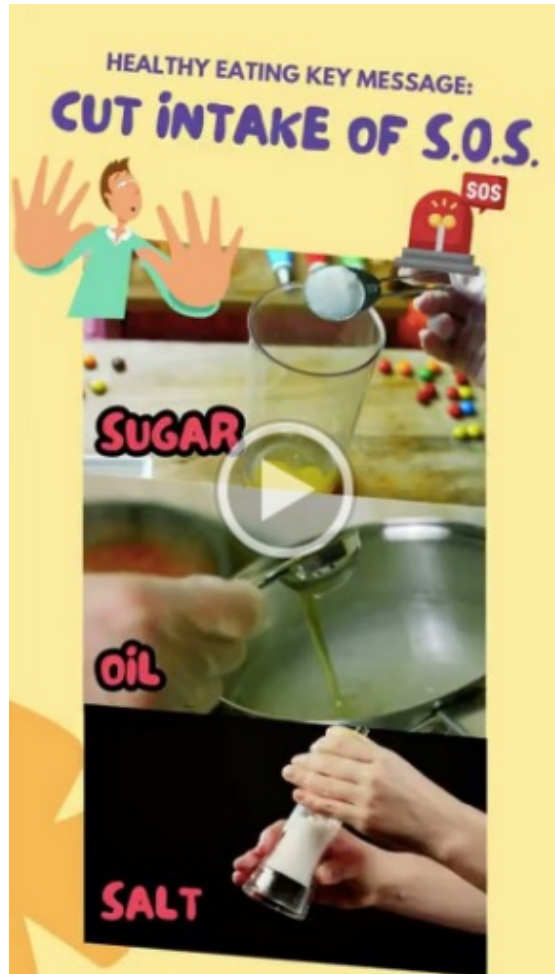
VARIOUS EXCITING PRIZES AWAIT YOU!

PELBAGAI HADIAH MENARIK MENANTI ANDA!





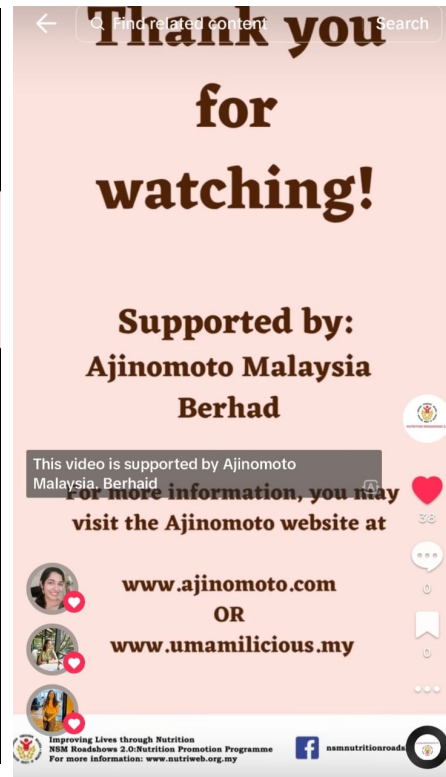
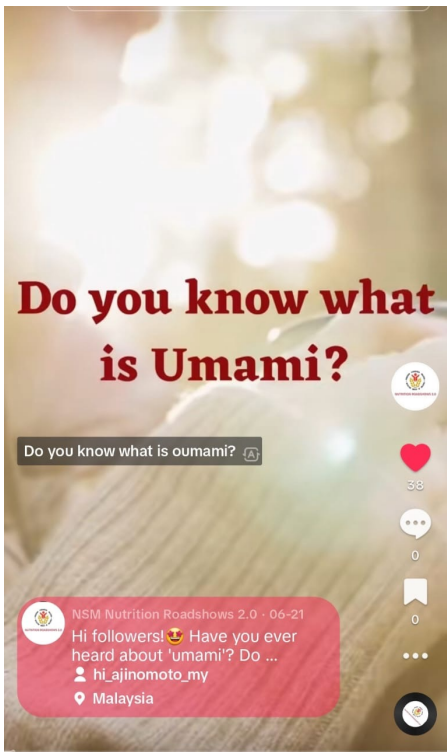
Nutrition Educational Videos





Sponsor's activity:

Eat Well, Live Well.





NSM NUTRITION ROADSHOWS 2.0

First Prize Winner

Congratulations
NSM Healthy Cooking TikTok Competition

CATEGORY B - 1ST PRIZE
KATEGORI B - HADIAH UTAMA



Cheese Pasta
Pasta Berkeju

LU KAI XIN
@kaxinlu1004

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Second Prize Winners

Congratulations
NSM Healthy Cooking TikTok Competition

CATEGORY A - 2ND PRIZE
KATEGORI A - HADIAH KEDUA



Sesame Cooked
Chicken
Ayam Masak Bijan

REESANDHYA SARAVANAN
@dr.kani_diet

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Congratulations
NSM Healthy Cooking TikTok Competition

CATEGORY B - 2ND PRIZE
KATEGORI B - HADIAH KEDUA



Seafood Fried Rice
with Oat
Nasi Goreng Makanan
Laut dengan Oat

NUR ZAWANA BINTI ABD RAZAK
@nznana01_

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Third Prize Winners

Congratulations
NSM Healthy Cooking TikTok Competition

CATEGORY B - 3RD PRIZE
KATEGORI B - HADIAH KETIGA



Air Fried Salmon
Salmon Panggang

ALICIA RAVEENA A/P ANANTHEN
@alicia_raveena

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Congratulations
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CATEGORY B - 3RD PRIZE
KATEGORI B - HADIAH KETIGA



Penang Asam Laksa
Laksa Asam Pulau
Pinang

RABIATUL ADAWIYAH BINTI AHMAD ZAIDI
@rabiadaa

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Consolation Prize Winners

Congratulations
NSM Healthy Cooking TikTok Competition

CATEGORY B - CONSOLATION PRIZE
KATEGORI B - SAGUHATI



Red Cooked Meat
Daging Masak
Merah

NIK SYARAFINA AKMAL BINTI KAMALRULZAMAN
@nksyrfna

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Congratulations
NSM Healthy Cooking TikTok Competition

CATEGORY B - CONSOLATION PRIZE
KATEGORI B - SAGUHATI



Fried Macaroni
Makaroni Goreng

NURUL AZRINA BINTI AZAMAN
@azrzt

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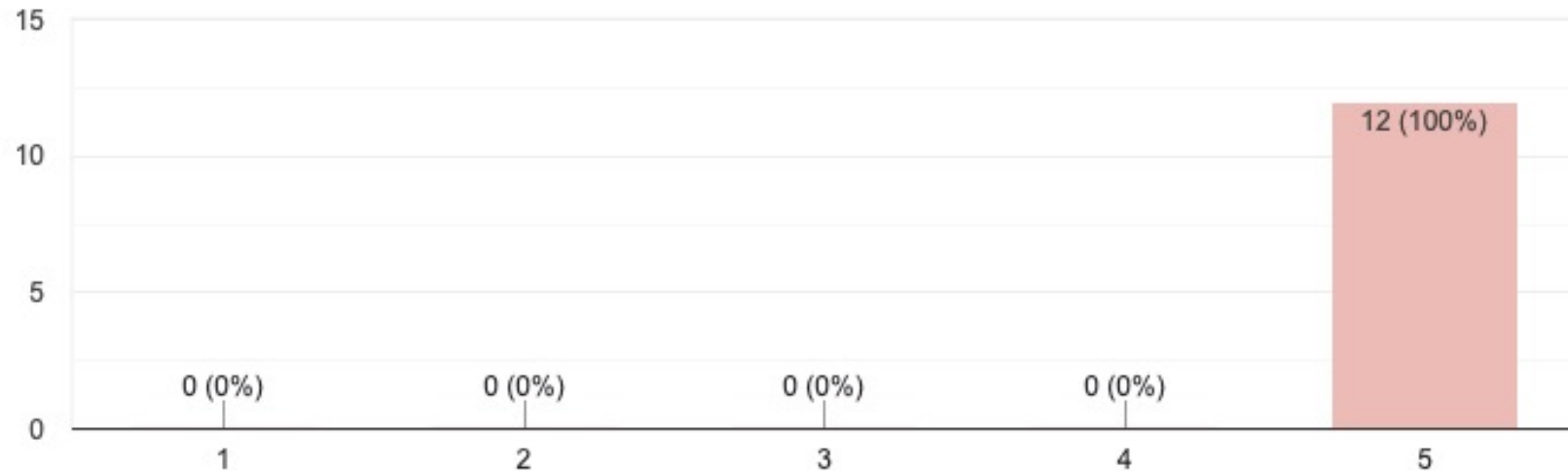


Feedback from participants: Overall event (1)

How likely are you to recommend NSM Healthy Cooking TikTok Competition 2023 event to your family and friends?

Apakah kemungkinan anda akan mengesyorkan acara 'NSM Healthy Cooking TikTok Competition 2023' kepada keluarga dan rakan-rakan anda?

12 responses





Feedback from participants: Overall event (2)

- *A great platform to showcase culinary skill, creativity and talent of young Malaysians. Viewers can learn new recipes, healthy cooking tips and gain insight to the world of nutrition.*
- *Good exposure.*
- *As a dietetic student, I believe its a great idea to promote healthy food preparation. It's another way of increasing public awareness on healthy food preparation.*
- *Can promote healthier eating and inspire people to cook nutritious dishes. Besides, people can enhance food and nutrition knowledge in their meal preparation to practice healthy lifestyle.*
- *I think it is a great initiative to promote healthy eating among young people. Nowadays, youngsters like to eat fast food. This competition can raise the awareness among the youngsters that healthy meal can be a easier and tastier choice!*





Feedback from participants: Overall event (3)

- It is a great opportunity for people to enhance their talent in making creative videos.*
- Could be publicised better, maybe ads?*
- Promotion of the competition could be better, ads maybe*
- It is a great opportunity for people to enhance their talent in making creative videos.*
- Pada pendapat saya , saya berasa gembira kerana dapat masuk pertandingan ini*
- Menarik.*
- Pertandingan yang sangat bagus kerana video yang dihasilkan oleh peserta boleh dihebahkan kepada masyarakat mengenai cara memasak yang lebih sihat dan gaya hidup yang lebih sihat. Tambahan pula, pemilihan tik tok sebagai platform utama adalah idea yang sangat bernas kerana masyarakat kini lebih terdedah kepada platform tik tok berbanding platform yang lain. Harapnya masyarakat kita dapat mengubah gaya hidup mereka ke arah yang lebih baik dan sihat.*





NSM Nutrition Poster Contest 2023 (in conjunction with Merdeka and Malaysia Day): *Designing a Brighter Malaysia: Good Nutrition for Healthy Kids*

1 August – 16 September 2023

Mission:

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

Objectives:

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





Organising Team

Chairperson	Dr Roseline Yap Wai Kuan
Event Team	Working Group 3: Chung Ya Ching, Rosma Ilyana Zakira Che Ladin, Tee Jia Ying Brandee Yau Yan Ying, Cheong Yi En, Nur Ameera Farhana binti Mohamed Sabri
Secretary	Working Group 2: Dr Tan Sue Yee, Dr Siti Raihanah Shafie, Thirukkanesh Sanvashivam
Judging Committee	Management Team of NSM Nutrition Roadshows 2.0 Guest Judge: Dr Teoh Ai Ni
Nutrition Educational Materials	Assoc Prof Dr Satvinder Kaur, Dr Ng Choon Ming, Dr Nurliyana Abdul Razak



NSM NUTRITION ROADSHOWS 2.0

HOW TO PARTICIPATE

- REGISTRATION**
(1 - 10 August 2023)
- DESIGN**
poster according to the theme & required components for your age category.
Category A: Age 7 to 9 years old
- WINNERS ANNOUNCEMENT**
(16 September 2023)

LANGKAH PENYERTAAN

- PENDAFTARAN**
(1 - 10 Ogos 2023)
- REKA BENTUK**
poster mengikut tema & komponen yang diperlukan untuk kategori umur anda.
Kategori A: Umur 7 hingga 9 tahun
Kategori B: Umur 10 hingga 12 tahun
- PENGUMUMAN PEMENANG**
(16 September 2023)
- PENYERAHAN KARYA SENI**
(20 Ogos - 9 September 2023)

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@nsmnutritionroadshows2

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POSTER REQUIREMENTS

THEME
The poster should depict the theme of 'Designing a Brighter Malaysia: Good Nutrition for Healthy Kids'

DRAWING PAPER SIZE
All posters submitted must be in A3 size.

COLOURING TOOLS
Any tools such as crayon, oil or watercolour can be used.

ORIENTATION
Posters submitted can be horizontal or vertical.

POSTER IDENTIFICATION
All submissions must include and registration ID on the corner of the poster.

TEMA
Poster hendaklah menggambarkan Membentuk Malaysia yang Lebih Cerah: Pemakanan yang Baik untuk Kanak-kanak yang Sihat.

SAIZ KERTAS LUKISAN
Semua poster yang dihantar mestilah direka menggunakan kertas lukisan saiz A3.

ALAT MEWARNA
Sebarang alat seperti krayon, pensel warna atau cat air boleh digunakan.

ORIENTASI
Poster yang dihantar boleh dalam bentuk mendatar atau menegak.

IDENTIFIKASI POSTER
Semua penyertaan mesti menyatakan kategori dan ID pendaftaran di sudut kanan atas poster.

REQUIRED COMPONENTS
The following components MUST be included in the posters. Participants can decide how they want to incorporate these components into their designs.

CATEGORY A (7 TO 9 YEARS OLD):
• Malaysian Healthy Plate and/or Malaysian Food Pyramid 2020

KOMPONEN YANG DIPERLUKAN
Komponen berikut WAJIB disertakan dalam poster. Peserta boleh menentukan cara untuk memasukkan komponen-komponen ini ke dalam reka bentuk mereka.

KATEGORI A (7 HINGGA 9 TAHUN):
• Piringan Sihat Malaysia dan/atau Piramid Makanan Malaysia 2020
• Senaman
• Mesej Pemakanan Sihat, contoh: Makan buah-buahan dan sayur-sayuran setiap hari
• Bendera Malaysia

KATEGORI B (10 HINGGA 12 TAHUN):
• Pemakanan sihat yang menyampaikan mesej "Keseimbangan, Kesederhanaan dan Kepelbagaian"
• Gaya Hidup AKTIF
• Mesej Pemakanan Sihat, contoh: Makan buah-buahan dan sayur-sayuran setiap hari
• Bendera Malaysia dan/atau Sambutan Kemerdekaan dan Hari Malaysia

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SUBMISSION OF ARTWORK

SUBMISSION PERIOD:
20 AUGUST - 9 SEPTEMBER 2023 (21 DAYS)

Submission Details
1. Submit your poster via online.
2. Participants must attach two files in (JPG, JPEG, or PNG format):
• Photo of poster
• Photo of poster with QR code

PENYERAHAN KARYA SENI
TEMPOH PENYERAHAN:
20 OGOS - 9 SEPTEMBER 2023 (21 HARI)

Butiran Penyerahan
1. Hantar poster anda secara dalam talian.
2. Peserta mesti melampirkan dua fail (dalam format JPG, JPEG atau PNG):
• Gambar atau salinan imbasan poster anda
• Gambar anda memegang poster anda

Imbas Kod QR
Atau guna pautan ini untuk hantar
<https://bit.ly/NSMSubmissionPosterContest190323Sub>

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IMPORTANT DATES

REGISTRATION PERIOD
1 - 10 August

RECEIVING OF WORKSHEETS (VIA EMAIL)
11 - 16 August

SUBMISSION OF ARTWORK
20 August - 9 September

WINNERS ANNOUNCEMENT
16 September

TARIKH-TARIKH PENTING

TEMPOH PENDAFTARAN
1 - 10 Ogos 2023

LEMBARAN AKTIVITI (MELALUI EMEL)
11 - 16 Ogos 2023

PENYERAHAN KARYA SENI
20 Ogos - 9 September 2023

PENGUMUMAN PEMENANG
16 September 2023

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PRIZES (WORTH RM1,500)

1ST PRIZE
• RM 200 Cash
• LEGO Creator Birdhouse Building Toy Set

2ND PRIZE
• RM 100 Cash
• Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (36pcs)

3RD PRIZE
• RM 50 Cash
• Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (24pcs)

CONSOLATION PRIZES (x2)
• Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (12pcs)

ALL WINNERS
• Nutrition Month Malaysia HE-AL Magazine
• Limited Edition NSM drawing bag

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HADIAH (BERNILAI RM1,500)

HADIAH PERTAMA
• Wang Tunai RM 200
• Set Mainan Bangunan Rumah Burung Pencipta LEGO

HADIAH KEDUA
• Wang Tunai RM 100
• Pensek Warna Air Aqua Faber-Castell GoldFaber Creative Studio (36pcs)

HADIAH KETIGA
• Wang Tunai RM 50
• Pensek Warna Air Aqua Faber-Castell GoldFaber Creative Studio (24pcs)

HADIAH SAGUHATI (x2)
• Pensek Warna Air Aqua Faber-Castell GoldFaber Creative Studio (12pcs)

SEMUA PEMENANG
• Buku Lukisan Cat Air Dengan Cat dan Berus
• Majalah HE-AL
• Beg bertulis NSM Edisi Terhad

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PRIZES (WORTH RM1,500)

1ST PRIZE
• RM 200 Cash
• LEGO Creator Downtown Noodle Shop Toy Set

2ND PRIZE
• RM 100 Cash
• Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (36pcs)

3RD PRIZE
• RM 50 Cash
• Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (24pcs)

CONSOLATION PRIZES (x2)
• Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (12pcs)

ALL WINNERS
• DIY Handmade 3D Moon Lamp
• Nutrition Month Malaysia HE-AL Magazine
• Limited Edition NSM drawing bag

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HADIAH (BERNILAI RM1,500)

HADIAH PERTAMA
• Wang Tunai RM 200
• Set Mainan Kodex Mee Downtown Pencipta LEGO

HADIAH KEDUA
• Wang Tunai RM 100
• Pensek Warna Air Aqua Faber-Castell GoldFaber Creative Studio (36pcs)

HADIAH KETIGA
• Wang Tunai RM 50
• Pensek Warna Air Aqua Faber-Castell GoldFaber Creative Studio (24pcs)

HADIAH SAGUHATI (x2)
• Pensek Warna Air Aqua Faber-Castell GoldFaber Creative Studio (12pcs)

SEMUA PEMENANG
• Lampu Bulan 3D Lukisan Tangan DIY
• Majalah HE-AL
• Beg bertulis NSM Edisi Terhad

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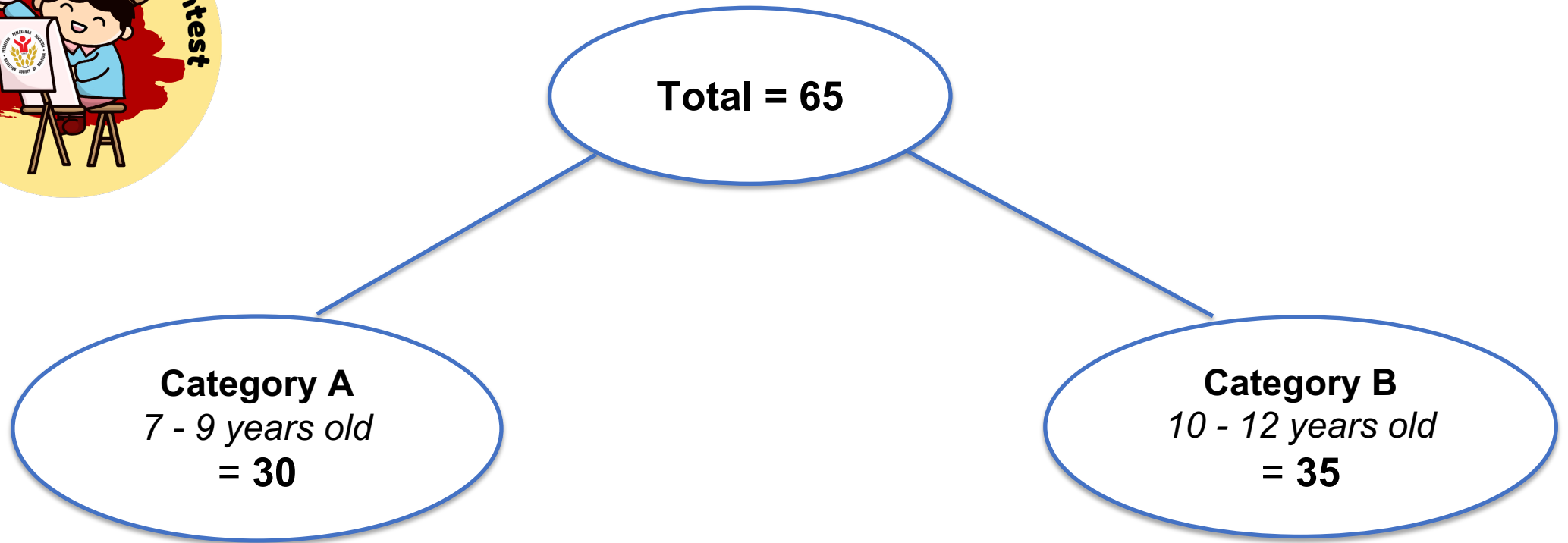
Eat Well, Live Well.

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Registration

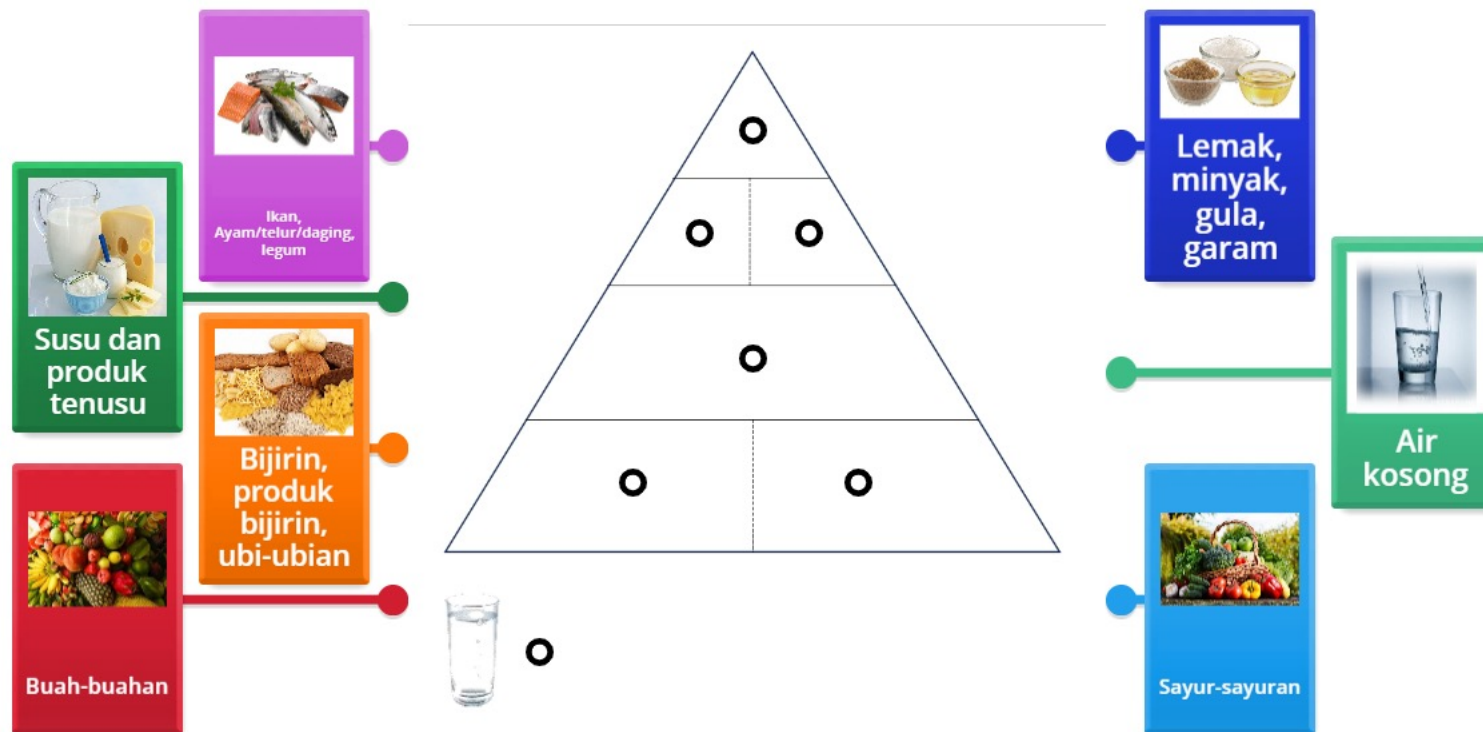




Nutrition Educational Activities

Activity 1

- Malaysian Food Pyramid



Activity conducted via Wordwall:
<https://wordwall.net/resource/59248147>



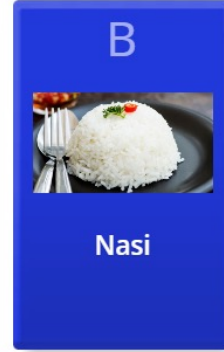
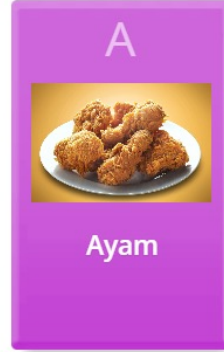
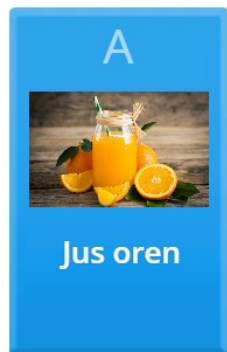
Nutrition Educational Activities

Activity 2

- Quiz - Malaysian Healthy Plate

Minuman yang manakah dapat menguatkan gigi dan tulang?

Makanan yang manakah merupakan sumber tenaga utama?



◀ 1 of 10 ▶

◀ 2 of 10 ▶

Activity conducted via
Wordwall:
<https://wordwall.net/resource/59229893>







Nutrition Educational Activities

Activity 3

- Quiz - Malaysian Physical Activity Pyramid

Lompat tali dapat menguatkan _____

A  Jantung	B  Otot	C  Penglihatan	D  Pernafasan
---	--	---	---

◀ 7 of 10 ▶

Kanak-kanak perlu melakukan aktiviti fizikal _____

A Setiap hari	B 1-2 hari dalam seminggu	C 2-3 hari dalam seminggu	D 4-5 hari dalam seminggu
-------------------------	-------------------------------------	-------------------------------------	-------------------------------------

Activity conducted via Wordwall:
<https://wordwall.net/resource/59229893>



Submission

Total = 32 /65

Overall
submission rate:
49%

Category A
7 - 9 years old
= 14

Submission rate:
47%

Category B
10 - 12 years old
= 18

Submission rate:
51%





NSM NUTRITION ROADSHOWS 2.0

First Prize Winners

Second Prize Winners

Third Prize Winners

CATEGORY A KATEGORI A

WINNERS PEMENANG-PEMENANG

IST PRIZE HADIAH PERTAMA

A17 OOI YU XIN RM 200 Cash Prize

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY B KATEGORI B

WINNERS PEMENANG-PEMENANG

IST PRIZE HADIAH PERTAMA

B13 KU YU TONG RM 200 Cash Prize

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY A KATEGORI A

WINNERS PEMENANG-PEMENANG

2ND PRIZE HADIAH KEDUA

A19 TAN YONG HUI RM 100 Cash Prize

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY B KATEGORI B

WINNERS PEMENANG-PEMENANG

2ND PRIZE HADIAH KEDUA

B01 SITI NUR ZULAIKHA RM 100 Cash Prize

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY A KATEGORI A

WINNERS PEMENANG-PEMENANG

3RD PRIZE HADIAH KETIGA

A30 TIEW YU XIN RM 50 Cash Prize

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY B KATEGORI B

WINNERS PEMENANG-PEMENANG

3RD PRIZE HADIAH KETIGA

B31 IZZ NATHIFA MOHD FAIZAL RM 50 Cash Prize

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

Consolation Prize Winners

Special Effort Prize Winners

CATEGORY A KATEGORI A

WINNERS PEMENANG-PEMENANG

CONSOLATION PRIZE HADIAH SAGUHATI

A27 NG KEAN HIN

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY B KATEGORI B

WINNERS PEMENANG-PEMENANG

CONSOLATION PRIZE HADIAH SAGUHATI

B16 WONG YAN YU

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY A KATEGORI A

WINNERS PEMENANG-PEMENANG

SPECIAL EFFORT PRIZE HADIAH USAHA KHAS

A02 TAN HUEV LYNN

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NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY A KATEGORI A

WINNERS PEMENANG-PEMENANG

SPECIAL EFFORT PRIZE HADIAH USAHA KHAS

A20 WONG JIE SHENG

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY B KATEGORI B

WINNERS PEMENANG-PEMENANG

SPECIAL EFFORT PRIZE HADIAH USAHA KHAS

B07 EMILIA TIE TZE RONG

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:

CATEGORY B KATEGORI B

WINNERS PEMENANG-PEMENANG

SPECIAL EFFORT PRIZE HADIAH USAHA KHAS

B30 MUHAMMAD GAIREEN NAUFAL B MOHAMMAD NAZMI

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:





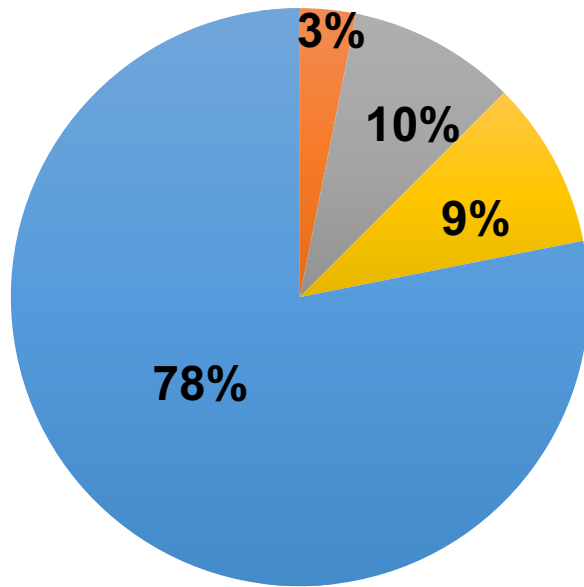
Overall event : Feedback from participants (n=32)

Item	Poor	Neither poor or good	Good
1. Ease of registration	0 (0%)	5 (16%)	27 (84%)
2. Clarity of email communication	1 (3%)	4 (13%)	27 (84%)
3. Announcements on social media	0 (0%)	5 (16%)	27 (84%)
4. Timeliness of reminder email or WA	0 (0%)	5 (16%)	27 (84%)
5. Responsiveness towards enquiries	0 (0%)	5 (16%)	27 (84%)
6. Usefulness of worksheet given before contest	0 (0%)	5 (16%)	27 (84%)
7. Overall Experience with NSM Nutrition Poster Contest	0 (0%)	4 (12%)	28 (88%)



Overall event : *Feedback from participants (n=32)*

How likely are you to recommend this event to your family and friends?



■ Very unlikely ■ Unlikely ■ Neither ■ Likely ■ Very Likely

Comments

- *More worksheet for kids.*
- *Keep up the promotion of healthy eating among Malaysian children.*
- *Hope all kids will get some participation souvenirs.*
- *Thank you very much, it is fun.*
- *Thank you for making this.*
- *Well done.*
- *Thank you!*



NSM Virtual Fun Run / Walk 2023: Keep Moving, Live Healthily with NSM

6 November – 17 December 2023

Objectives:

- To encourage Malaysians to stay healthy by being physically active at all times
- To motivate physically inactive Malaysians to start a more active and healthy lifestyle

Categories/Challenges:

- a) Category A: Individual – 15km for Beginner
- b) Category B: Individual – 25km for Intermediate
- c) Category C: Team (2-4 pax) – 50km for Beginner
- d) Category D: Team (2-4 pax) – 80km for Intermediate

Keep Moving, Live Healthily with NSM

FREE PERCUMA

Registration/Pendaftaran:
6 - 25 November 2023

Full Details
Maklumat Lanjut

Challenge Period/ Tempoh Cabaran:
13 November - 17 December 2023

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

[f](#) [i](#) [t](#) @nsmnutritionroadshows2





Organising Team

Chairperson	Dr Roseline Yap Wai Kuan
Event Team	Su Pei Wen, Chung Ya Ching, Rosma Ilyana Zakira Che Ladin, Tee Jia Ying, Chong Wan Yi
Secretary & Healthy Recipes	Dr Tan Sue Yee, Dr Siti Raihanah Shafie, Thirukkanesh Sanvashivam
Nutrition Educational Activities	Assoc Prof Dr Satvinder Kaur, Kok Ee Yin, Dr Ng Choon Ming



NSM NUTRITION ROADSHOWS 2.0

NSM Virtual Fun Run / Walk 2023

THEME: KEEP MOVING, LIVE HEALTHILY WITH NSM
13 November – 17 December 2023



CATEGORIES

Individual Challenge

- Category A (Beginner, 15km)
- Category B (Intermediate, 25km)

Team Challenge (2-4 pax)

- Category C (Beginner, 50km)
- Category D (Intermediate, 80km)

NSM Virtual Fun Run / Walk 2023

THEME: KEEP MOVING, LIVE HEALTHILY WITH NSM
13 November – 17 December 2023



KATEGORI

Cabaran Individu

- Kategori A (Permulaan, 15km)
- Kategori B (Pertengahan, 25km)

Cabaran Pasukan (2-4 pax)

- Kategori C (Permulaan, 50km)
- Kategori D (Pertengahan, 80km)

LANGKAH-LANGKAH UNTUK MENYERTA

1. 'Like' dan 'Follow' akaun media sosial NSM Nutrition Roadshows 2.0, dan kongsi storan acara untuk tontonan umum di FB / IG.
2. Mendaftar melalui <https://bit.ly/NSMVirtualFunRunWalk2023>
3. Selesaikan aktiviti larian/berjalan kaki dalam SATU (1) minggu bermula dari 13 November - 17 Disember 2023.
4. Hantar bukti penyelesaian cabaran anda melalui borang yang disediakan (<https://bit.ly/NSMVirtualFunRunWalk2023Submission>)

Untuk maklumat lanjut, imbasan Kod QR atau gunakan link ini!



'ENTITLEMENTS'



SENARAI SEMAK SENAMAN (SALINAN LEMBUAT) | RESIPI SNEK (SALINAN LEMBUAT) | AKTIVITI PENDIDIKAN PEMAKANAN MELALUI EMEL | PEMBERITAAN BULAN PEMAKANAN MALAYSIA (SALINAN LEMBUAT) | MUAT NAIK & MENANG | E-SIJIL

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2

HOW TO PARTICIPATE

LANGKAH-LANGKAH UNTUK MENYERTA

- 1 Register for the event**

<https://bit.ly/NSMVirtualFunRunWalk2023>
- 2 Complete the activity**

<https://bit.ly/NSMVirtualFunRunWalk2023>
- 3 Submit your entry**

<https://bit.ly/NSMVirtualFunRunWalk2023Submission>

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2

'ENTITLEMENTS'

- EXERCISE CHECKLIST (SOFT COPY)
- SENARAI SEMAK SENAMAN (SALINAN LEMBUAT)
- RESIPI SNEK (SALINAN LEMBUAT)
- AKTIVITI PENDIDIKAN PEMAKANAN MELALUI EMEL
- PUBLICATION: NUTRITION MONTHLY (SOFT COPY)
- PEMBERITAAN BULAN PEMAKANAN MALAYSIA (SALINAN LEMBUAT)
- MUAT NAIK & MENANG
- E-SIJIL

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2

IMPORTANT DATES! TARIKH-TARIKH PENTING!

Post & Win Challenge / Muat Naik & Menang:
13 November - 17 December 2023

Submission Period / Tempoh Penyerahan:
20 November - 17 December 2023

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2

SUBMISSION DETAILS

Submission Period:
20 November - 17 December 2023

1. Submit your results
2. Participants must submit:
 - picture(s) of individual achievements re: pedometer or mobile app
 - picture(s) of the group doing physical activity

BUTIRAN PENYERAHAN

Tempoh penyerahan:
20 November - 17 Disember 2023

1. Hantar bukti penyelesaian cabaran anda dalam talian.
2. Anda perlu muatnaik:
 - gambar yang menunjukkan pencapaian cabaran individu/pasukan yang dicatat melalui pedometer atau aplikasi telefon bimbit
 - gambar individu/pasukan melakukan cabaran bersama sebagai bukti

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2

POST & WIN CHALLENGE

13 November - 17 December 2023

MUAT NAIK & MENANG

13 November - 17 Disember 2023

BAGAIMANA CARA UNTUK MENYERTA CABUTAN BERTUAH?

1. 'Like' atau 'Follow' @nsmnutritionroadshows2 di FB/IG
2. Ambil gambar/ rakam video diri anda semasa melakukan aktiviti fizikal, gunakan kreativiti anda!
 - Gambar - 1 penyertaan
 - Video - 2 penyertaan
3. Tag kami dan 'share' ke story/post anda or sertakan ID Peserta anda dan hashtag berikut dalam kapsyen
 #NSMFunRunWalkChallenge
 #KeepMovingLiveHealthilyWithNSM

UNTUK PESERTA YANG TELAH MENDAFTAR NSM VIRTUAL FUN RUN / WALK 2023 SAHAJA

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2

POST & WIN CHALLENGE

13 November - 17 December 2023

PRIZES

ONLY FOR REGISTERED PARTICIPANTS

MUAT NAIK & MENANG

13 November - 17 Disember 2023

HADIAH-HADIAH

SETIAP HADIAH BERNILAI RM100

Lebih daripada satu penyertaan dibenarkan. Lebih banyak penyertaan, lebih tinggi peluang untuk menang!

*Hanya SATU (1) post/story akan dikira setiap hari bagi setiap akaun

UNTUK PESERTA YANG TELAH MENDAFTAR NSM VIRTUAL FUN RUN / WALK 2023 SAHAJA

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2

POST & WIN CHALLENGE

13 November - 17 December 2023

WINNERS ANNOUNCEMENT

PENGUMUMAN PEMENANG-PEMENANG

Bo15 @helmiyk | Bo25 @Zaitun Yassin

Bo10 @Myzrs Ross | Bo23 @Lovely Anis | Bo79 @cikk_enul

Improving Lives Through Nutrition NSM Roadshows 2.0: Nutrition Promotion Programme For more information: www.nutriweb.org.my @nsmnutritionroadshows2





Registration

**Total = 224,
237 participants**

Category A

Individual - Beginner, 15km
= 112

Category B

Individual – Intermediate, 25km
= 102

Category D

Team (2-4 pax), 80km
= 3 teams

Category C

Team (2-4 pax) - 50km
= 7 teams





New Recipe Card

Banana-Mango Smoothie

10 minutes 1 serving

Nutrient content for each serving:
300 calories, 55 g carbohydrate, 8 g protein, 5 g fat



Ingredients

125 ml (½ cup) milk
½ medium mango, diced or sliced
1 medium banana, diced or sliced
2 tbsps oat muesli (or any muesli of your choice)
Sugar or honey to taste (optional)

Preparation methods

- 1 Pour milk into a blender and add mango, banana and muesli. Blend until mixture is smooth.
- 2 Add sugar or honey to taste, if needed. Serve chill or with crushed ice.

Prepare different coloured smoothie by using fruits like dragonfruit, kiwi or frozen berries.

Banana and muesli are good food sources for energy before or after exercise. The sweetness and fragrance of mango makes this smoothie a delicious beverage.



NSM Roadshows 2.0: Nutrition Promotion Programme.
Source: Wonders of Whole Grains.

For more information, visit: <http://www.nutriweb.org.my/>
Like or follow us on [nsmnutritionroadshows2](https://www.facebook.com/nsmnutritionroadshows2) [@nsmnutritionroadshows2](https://www.instagram.com/nsmnutritionroadshows2)

Smoothie Pisang-Mangga

10 minute 1 hidangan

Kandungan nutrien untuk setiap hidangan:
300 kalori, 55 g karbohidrat, 8 g protein, 5 g lemak



Bahan-bahan

125 ml (½ cawan) susu
½ buah mangga sederhana, dipotong dadu atau dihiris
1 pisang sederhana, dipotong dadu atau dihiris
2 sudu besar muesli oat (atau mana-mana muesli pilihan anda)
Gula atau madu secukup rasa (jika perlu)

Cara penyediaan

- 1 Tuangkan susu ke dalam pengisar dan masukkan buah mangga, pisang dan muesli. Kisar sehingga sebatih.
- 2 Tambah gula atau madu secukup rasa, jika perlu. Hidangkan sejuk atau dengan ais perlu.

Sediakan smoothie bertlainan warna dengan menggunakan buah-buahan seperti buah naga, kiwi atau beri beku.

Pisang dan muesli adalah sumber makanan yang baik untuk tenaga sebelum atau selepas bersenam. Kemanisan dan keharuman buah mangga menjadikan smoothie ini minuman yang lazat.



NSM Roadshows 2.0: Nutrition Promotion Programme.
Sumber: Wonders of Whole Grains.

Untuk maklumat lanjut, sila kunjungi: <http://www.nutriweb.org.my/>
Like or follow us on [nsmnutritionroadshows2](https://www.facebook.com/nsmnutritionroadshows2) [@nsmnutritionroadshows2](https://www.instagram.com/nsmnutritionroadshows2)



Nutrition Education – Wordwall Interactive Activity

0:07 Tap the matching tile ♥♥♥✓0

Sejenis senaman pemanasan badan yang perlu kita lakukan sebelum berlari/jalan.

tenaga regangan topi keledar Moving berkebutan
Air kosong selesa empat protein sedentari

0:01

Boxing	Jogging	Badminton	Watching TV	Walking up the stairs	Playing video games
Yoga	Jungle trekking	Carrying heavy groceries	Moving pots and plants	Sweeping the floor	Work in front of computer

Limit physical inactivity and sedentary habits

2-3 TIMES A WEEK: Increase flexibility, strength, and endurance of muscle

5-6 TIMES A WEEK: 30 minutes a day of moderate intensity physical activity

Everyday: Be active everyday in as many ways as you can

Submit Answers

Limit physical inactivity and sedentary habits

2-3 times a week : Increase flexibility, strength, and endurance of muscle

5-6 times a week: 30 minutes a day of moderate intensity physical activity

Everyday: Be active everyday in as many ways as you can

Playing video games ✓ Watching TV ✓ Work in front of computer ✓
Yoga ✓ Carrying heavy groceries ✓ Boxing ✓
Jogging ✓ Badminton ✓ Jungle trekking ✓
Sweeping the floor ✓ Walking up the stairs ✓ Moving pots and plants ✓





Submission



Total = 85/224
(5 incomplete)

Overall
submission rate:
38%

Category A

Individual - Beginner, 15km
= 34 (30% submission)

Category B

Individual – Intermediate, 25km
= 43 (42% submission)

Category D

Team (2-4 pax) - 80km
= 0 (0% submission)

Category C

Team (2-4 pax) - 50km
= 3 (43% submission)

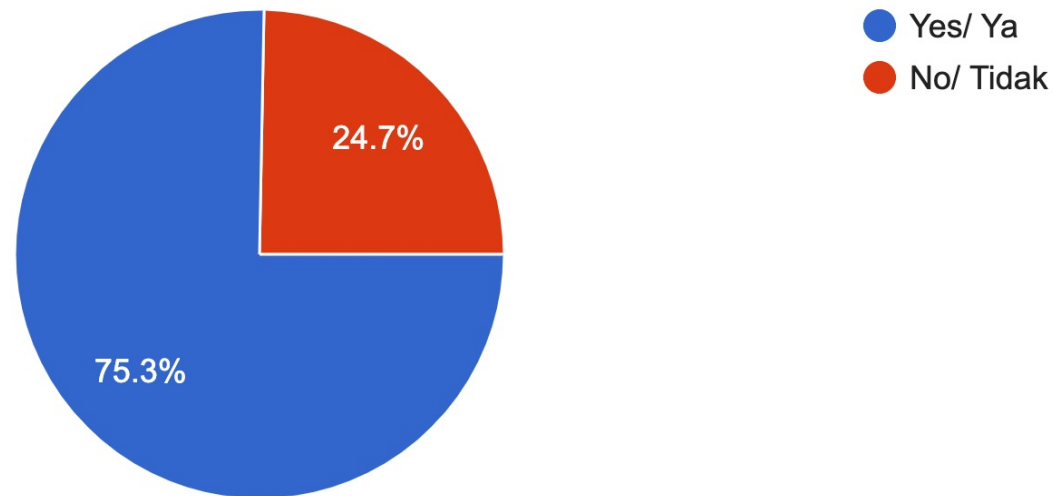




Interactive Nutrition Education Activities (n=85)

Did you complete the interactive nutrition education activities via email? (Adakah anda menyelesaikan aktiviti pendidikan pemakanan interaktif melalui emel?)

85 responses

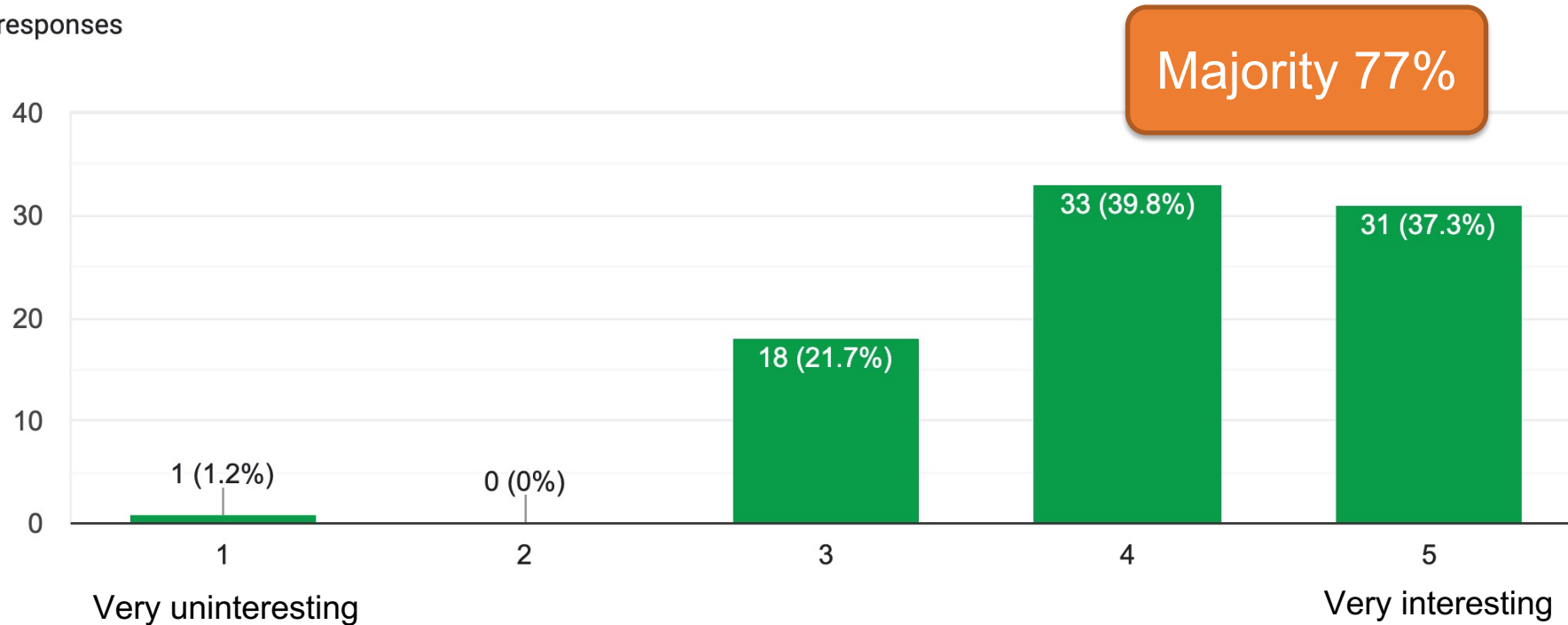




Interactive Nutrition Education Activities (n=83)

How interesting did you find the interactive nutrition education activities via email? (Adakah anda rasa aktiviti pendidikan pemakanan interaktif melalui emel menarik?)

83 responses

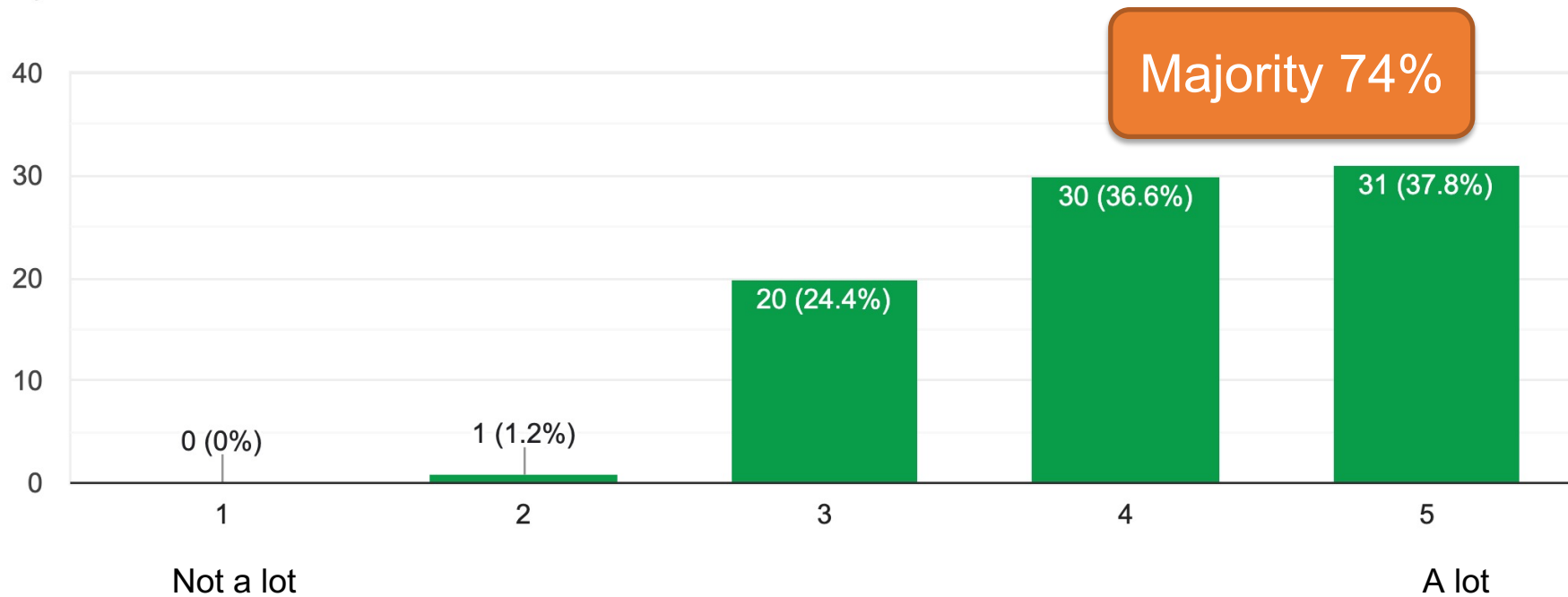




Interactive Nutrition Education Activities (n=82)

Did you learn something new from the interactive nutrition education activities via email? (Adakah anda memperoleh pengetahuan baru melalui aktiviti pendidikan pemakanan interaktif melalui emel?)

82 responses

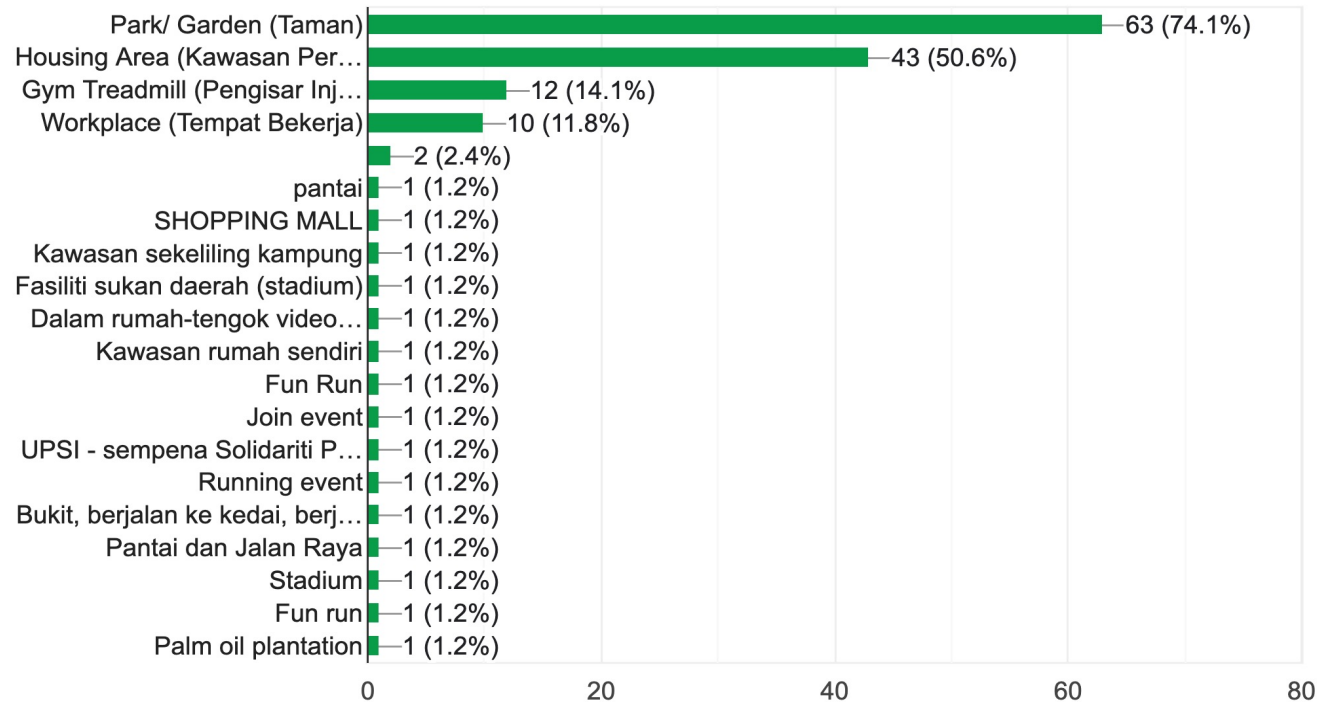




Overall event: Feedback from participants (n=85)

Where did you complete your run/ walk at? (Di manakah anda menyelesaikan larian/berjalan anda?)

85 responses



Majority at the park/garden and housing area

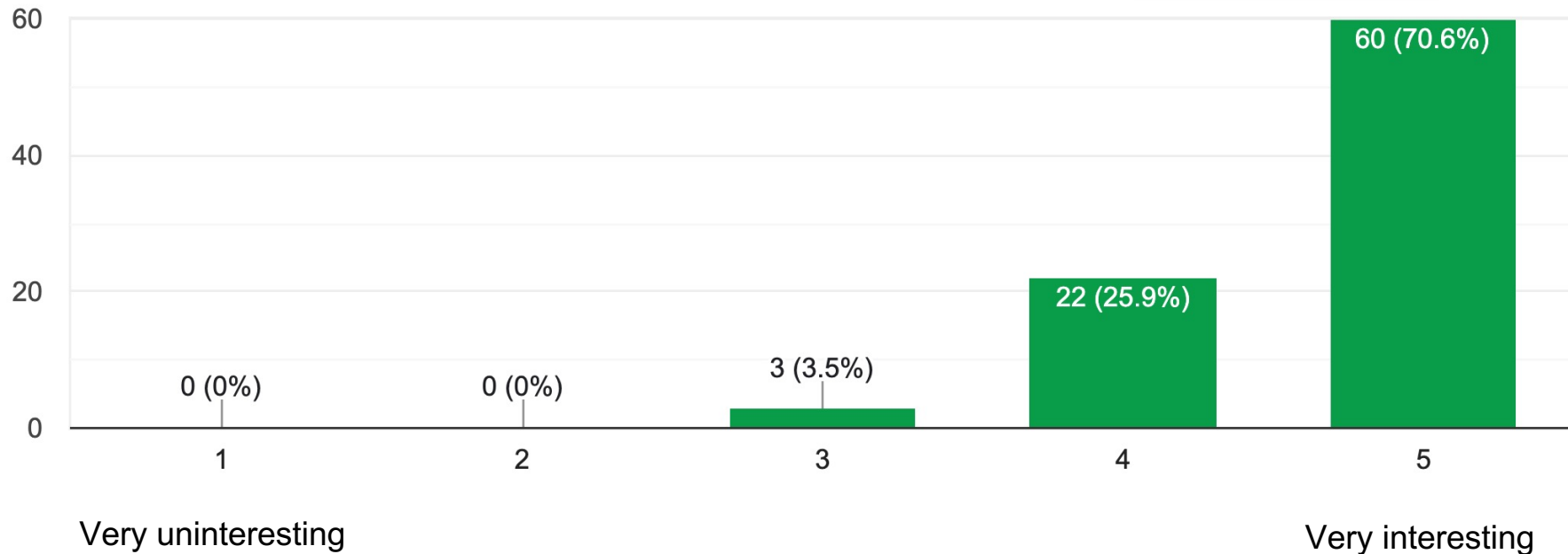


Overall event: Feedback from participants (n=85)

How interesting did you find the NSM Virtual Fun Run/Walk 2023 event? (Adakah anda rasa acara 'NSM Virtual Fun Run/Walk 2023' menarik?)

85 responses

Majority 97%





Overall event: Feedback from participants (n=85)

How likely are you to recommend NSM Virtual Fun Run/Walk 2023 event to your family and friends?
(Apakah kemungkinan anda akan mengesyorkan acara NSM Virtual Fun Run/Walk 2023 kepada keluarga dan rakan-rakan anda?)

85 responses





Overall event : *Feedback from participants*

- *Perbanyakkan lagi aktiviti pendidikan pemakanan yg sihat 🍌*
- *Bagus untuk dijadikan acaran bulanan*
- *Kerap adakan pertandingan gaya hidup sihat supaya kesihatan lebih cemerlang*
- *Keep it up! Teruskan usaha yang baik. Good.*
- *Maklumat mengenai kesihatan dan pemakanan melalui permainan isi tempat kosong (email) adalah kaedah terbaik dalam menyalurkan maklumat berkenaan kepada semua. Kaedah ini perlu diteruskan dengan menyelitkan soalan-soalan dan informasi yang jarang-jarang diketahui / dibaca. Melalui informasi ini, peserta dapat menambah ilmu pengetahuan selain dari mendapat manfaat dari aktiviti yang disertai.*
- *More information on types of shoes to wear during workouts.*
- *Setakat ni saya berpuas hati apa yang dianjurkan.*
- *Pendaftaran yang mudah, aktiviti yang sesuai untuk semua peringkat usia*
- *Jika aktiviti ini berbayar dapat tshirt dan goodies juga...saya pasti akan menyertainya.*



Overall event : Feedback from participants

- *Meningkatkan kesihatan diri dan keluarga. Rancang menu plan keluarga ke arah yg lebih sihat.*
- *Kempen yang sangat baik kerana menggalakkan rakyat Malaysia sentiasa bergerak aktif untuk kekal sihat. Harap pihak penganjur dapat memanjangkan lagi tempoh pertandingan sehingga hujung minggu kerana kebanyakan peserta mempunyai kekangan waktu seperti kempen ini yang hanya dijalankan pada hari bekerja sahaja.*
- *More activities. Free gift. More interactive activities like benefit of moving and etc*
- *Finisher medal to attract more participant*
- *It is my first time, so everything is quite fine for me.*
- *Kerapkan adakan virtual fun run/walk.*
- *Entitlement kepada para peserta serta more benefit to peserta*
- *Boleh diteruskan dengan pelbagai aktiviti lain. Increase the frequency of the educational activities.*





Overall event : Feedback from participants

- *All good and with very informative information. Maybe the pedometer can upload more photo for those people did use bookdoc due to they need screenshot in few separate pages.*
- *Sangat-sangat baik dan menarik serta dapat meningkatkan tahap kesihatan yang lebih baik. Aktiviti seperti ini dapat menarik minat semua golongan untuk terus mengekalkan cara hidup sihat.*
- *Lebihkan kuota peserta dan panjangkan lagi tempoh pendaftaran sebab program ni secara maya dan tiada 'entitlements' secara fizikal yang memerlukan pengeposan.*
- *Lagi best jika pihak penganjur menyediakan goodies seperti Baju or medal kepada mereka yang berjaya melengkapkan aktiviti.*
- *It's a very good event to ensure Malaysian are healthy.*
- *Jika ada medal pasti lebih menarik*
- *Can have event t-shirt and medal with goodies. T-shirt dan medal.*





Overall event : Feedback from participants

- *Boleh diteruskan setiap tahun. Aktiviti yang sangat bagus.*
- *Dari segi pendaftaran, mungkin boleh menggunakan whatsapp kerana tidak semua orang rajin/kerap melihat email.*
- *Medal for achievers*
- *Boleh di hebatkan lagi dari segi promosi agar lebih ramai boleh menyertainya dan mengamalkan gaya hidup sihat*
- *Rasanya boleh tambah lagi kategori km contoh 50km. More categories.*
- *VOUCHER AND T SHIRTS REWARDS TO PROMOTE HEALTHY LIFESTYLE.*
- *Aktiviti yang sangat bagus. Sangat menarik.*
- *Semua dah terbaik. Siap bagi recipe lagi..hehe.. mungkin lepas ni boleh buat fun run dengan jarak yang lebih pendek sedikit, contoh 5km sahaja.*
- *Mungkin boleh tambah lebih banyak permainan interaktif yang lebih mencabar, dan mungkin boleh mengadakan acara larian ini secara beramai-ramai untuk meningkatkan kesedaran masyarakat sekeliling lebih-lebih lagi di kawasan luar bandar.*





Overall event : Feedback from participants

- *Very motivating. Good. Awesome! Bagus dan patut diteruskan. Sangat menarik.*
- *Boleh diadakan medal dan baju event dengan kadar bayaran yang berpatutan*
- *Perlu diteruskan dengan menyediakan baju, medal dan hadiah bagi menaikkan lagi semangat*
- *Tiada penambahbaikan. Terima kasih mengadakan aktiviti seperti ini, dapat saya join serba sikit*
- *It's good for anyone who want to improve their health. The category can be improved by 5 km , 7km and 10km for individual.*
- *Pelbagaikan cabaran dan hadiah yang menarik sebagai token atau saguhati bagi menggalakkan lebih ramai lagi penyertaan.*
- *It's beneficial and interesting. Keep going with the healthy activities.*
- *More activities can be included for the kids especially when it involves their PAJSK points for the school.*
- *All nutrition education activities were informative and helped me refresh my nutrition knowledge. The information and guidelines are there to help me complete my virtual fun walk.*





Community Outreach Roadshows in 2023

1) SOLS Foundation

19 August 2023 and 25 November 2023

2) Apron Walk

24 September 2023





Community Outreach Roadshows at SOLS Foundation for Orang Asli/Asal and B40 community of SOLAR Academy

Purpose:

- *Conduct anthropometric and body composition measurements including dietary intake assessment of the community*
- *Create awareness on nutrition by providing tips on healthy eating and active lifestyle*

Outcomes:

- *Determine the nutritional risk of the community*
- *Provide nutrition and lifestyle related recommendations to improve the health of the community*





Community Outreach Roadshows at SOLS Foundation on 19 August 2023



Nutrition Screening



Diet checklist



Brief Nutrition Consultation



Nutrition Educational Activity on Salt, Sugar, Oil



Sponsor activity by Yakult



**NSM Roadshows 2.0:
Community Outreach Roadshow at SOLS Foundation for
Orang Asli community of Solar Academy**



**DATE: 19TH AUGUST 2023 (SATURDAY)
VENUE: SOLS FOUNDATION**

Improving Lives Through Nutrition
NSM Roadshows 2.0: Nutrition Promotion Programme
For more information: www.nutriweb.org.my

Supported by:
Yakult

NSM logo and social media icons (Facebook, Instagram, Twitter) with handle [nsmnutritionroadshows2](https://www.instagram.com/nsmnutritionroadshows2)

Poster published on 19 August 2023

https://www.instagram.com/p/CwLlqARhNsf/?igshid=MTc4MmM1Yml2Ng%3D%3D&img_index=1

**NSM Nutrition Roadshows 2.0
at**

**SOLS
24/7**

headquarters

Video/Reel published on 21 August 2023

https://www.instagram.com/reel/CwMr_MIO3St/?igshid=MTc4MmM1Yml2Ng%3D%3D

**IMPROVING LIVES
through NUTRITION**

Nutrition Society of Malaysia

Objectives & Activities 1:

- Promote, advance and disseminate scientific knowledge of food and nutrition
- Organise scientific conferences/seminars
- Publish Malaysian Journal of Nutrition/ Berita NSM
- Consultation with health, regulatory & scientific bodies
- Research on specific community groups

Objectives & Activities 2:

Promote healthy nutrition and active living amongst the community

- Conduct roadshows, exhibitions, talks & workshops for the public
- Implement community nutrition programmes, e.g. Nutrition Month Malaysia, Women@Heart
- Publish educational materials

For more information:
www.nutriweb.org.my
Email president@nutriweb.org.my



Community Outreach Roadshows at SOLS Foundation on 25 November 2023



Registration and Nutrition Screening



Diet checklist



Nutrition Educational Activity on Malaysian Healthy Plate



Brief Nutrition Consultation



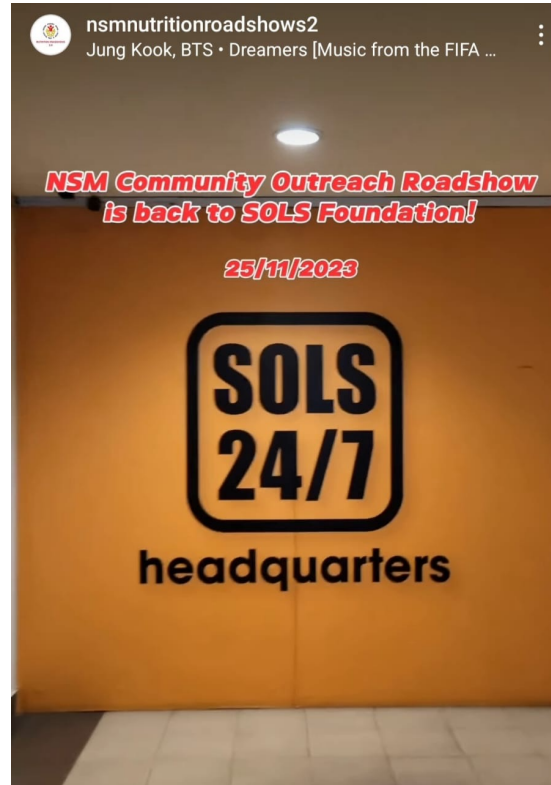
Nutrition Educational Materials and Healthy Snacks for participants





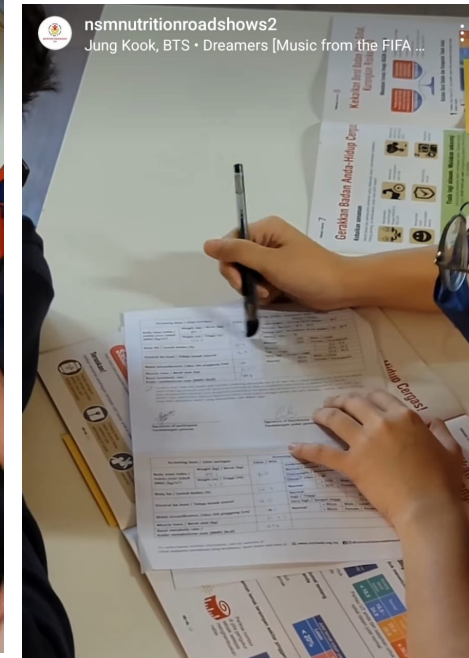
Poster published on 29 November 2023

https://www.instagram.com/p/C0NYUawJHoC/?igshid=ZjI0YTZmZTMwMg%3D%3D&img_index=1



Video/Reel published on 2 December 2023

<https://www.instagram.com/reel/C0VVfP3Jn24/?igshid=ZjI0YTZmZTMwMg%3D%3D>





Brief Summary

Participants:

- *Total = **35** on 19 August 2023 and **31** on 25 November 2023*
- *Majority (75%) are male Orang Asli/Asal with mean age of 21.*

Outcomes:

- *More than half (60%) are within the normal BMI range.*
- *Majority have normal waist circumference and body fat percentage.*
- *However, one third have high or very high visceral fat level.*
- *In terms of physical activity level, majority are moderately active.*
- *However, low consumption of fruit and milk/dairy products.*

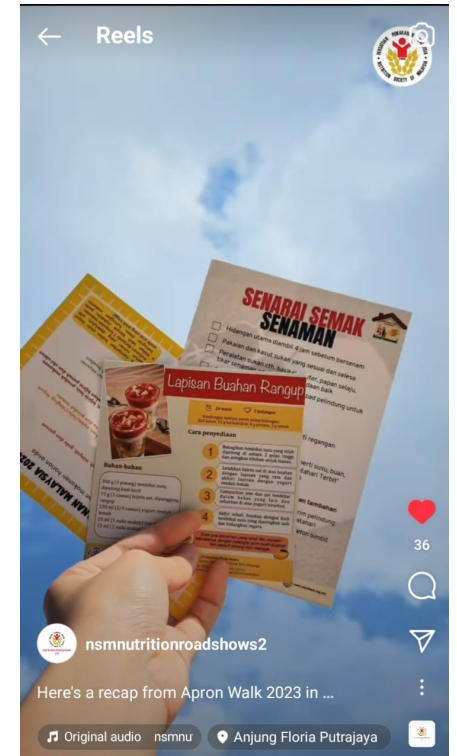


Apron Walk

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Anjung Floria Putrajaya



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Anjung Floria Putrajaya



Posters published on 25 Sept 2023

- Variety of activities include crossword puzzle for children, nutrition quiz, and photo-taking to redeem nutrition information materials such as Healthy Eating and Active Living (HE-AL) magazine, exercise checklist, recipe card, and postcard on Malaysian Food Pyramid 2020 and the Malaysian Healthy Plate.
- More than 130 participants engaged in interactive activities at the NSM booth.

Video/Reel published on 27 Sept 2023





Thank You!

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