

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 2022



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Objectives of NSM Roadshows 2.0

Social Media postings

Virtual events

NSM Virtual Parent-Child Cooking Competition

NSM Nutrition Poster Contest

NSM Virtual Fun Run/Walk



NSM 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.

Mission:
To Improve Nutritional Wellbeing of Malaysians

MANAGEMENT TEAM 2022



Dr Tee E Siong
Advisor



Dr Roseline Yap Wai Kuan
Team Leader



Dr Tan Sue Yee
Team Member



Dr Satvinder Kaur
Team Member

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



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Working Group Members

Working Group 1 *Nutrition Education Materials*



Dr Satvinder Kaur
Team Leader



Khoi Zi Yee
January-June 2022



Dr Ng Choon Ming
July 2022-present



Sarina Sariman



**Dr. Nurliyana
Binti Abdul Razak**

Working Group 2 *Healthy Recipes*



Dr Tan Sue Yee
Team Leader



Dr Siti Raihanah Shafie



Thirukkanesh Sanvashivam

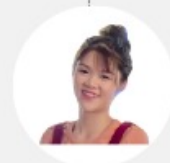
Working Group 3 *Events & Interactive Activities*



Dr Roseline Yap
Team Leader



Tee Jia Ying



Chung Ya Ching

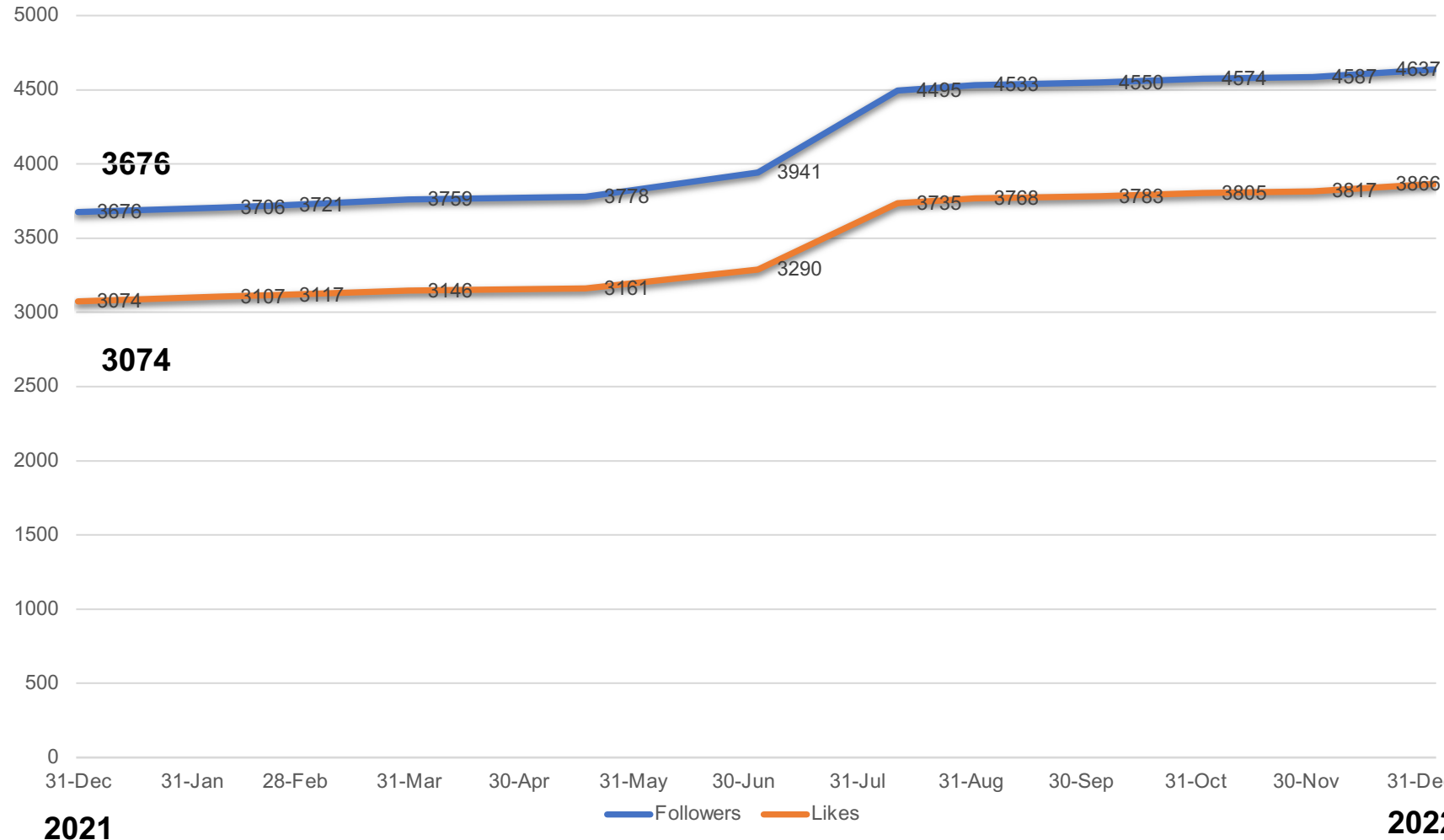


**Rosma Ilyana
Zakira Che Ladin**





Number of Likes and Followers: Facebook



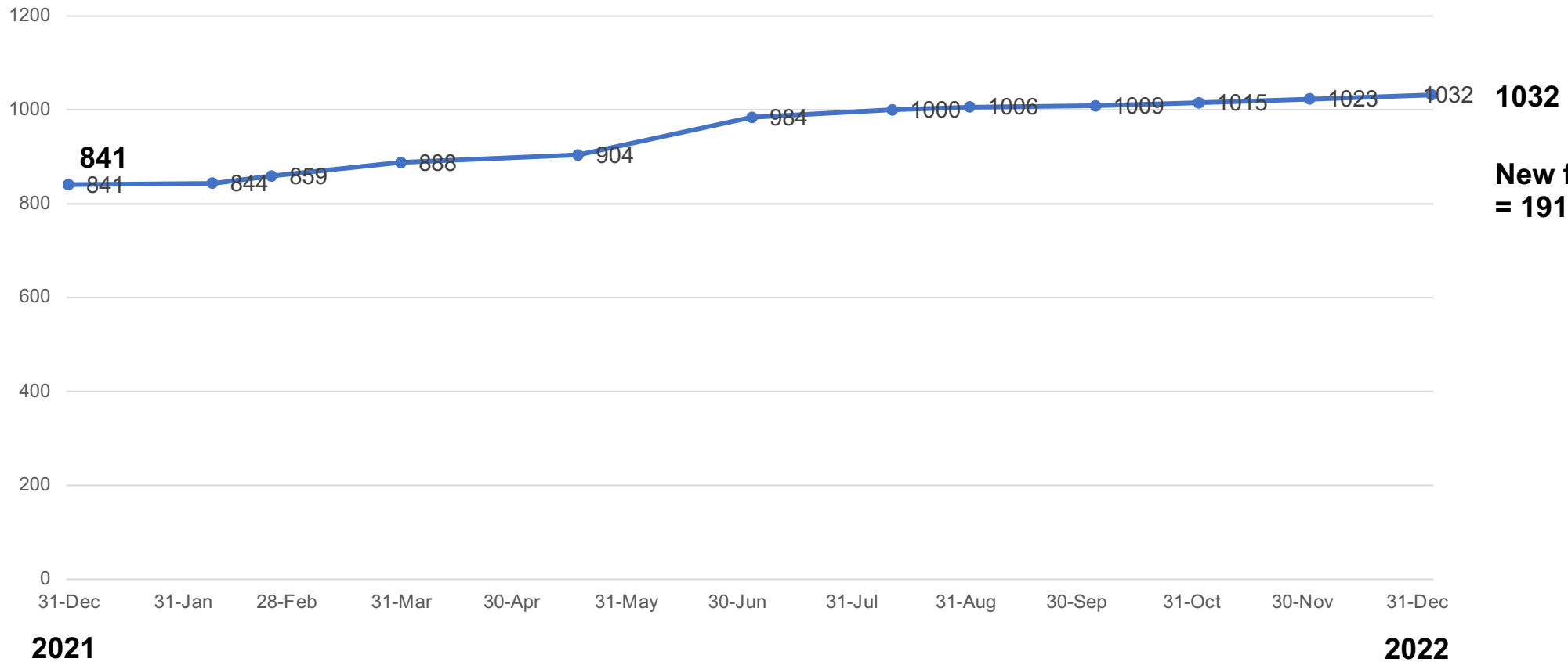
4637 New followers in 2022 = 961 (Increase by 26%)

3866 New Likes in 2022 = 792 (Increase by 26%)





Followers: Instagram



**New followers in 2022
= 191 (Increase by 23%)**



Festive/Greeting Cards with Nutrition Message



Nutrition Educational Posters/Video for Festivals

HEALTHY EATING TIPS FOR CHINESE NEW YEAR

8 TIPS TO A HEALTHY CNY CELEBRATION

- Choose healthier cooking methods that use less sugar, salt and oil
- Serve a mixture of lean meats, fish and plant protein foods (legumes, beans, soya based)
- Consume snacks in small portions during CNY visits
- Serve fresh fruits as snacks or desserts
- Include whole grains in food preparation and meals
- Include more fresh vegetables and fruits in yee sang preparation instead of preserved items
- Drink more plain water and limit the intake of sugar-sweetened beverages
- Continue to be physically active during CNY

SHARE WITH US HOW ARE YOU USING THESE CNY HEALTHY EATING TIPS ON FACEBOOK OR INSTAGRAM!
#EATRIGHTDURINGCNY

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Petua Makan Secara Sihat Ketika Sahur

- Makan makanan yang tinggi serat seperti gandum dan roti gandum untuk membekalkan tenaga dalam jangka masa yang lama.
- Tambahkan sayur-sayuran, buah-buahan dan makanan berprotein seperti ayam, ikan, telur, daging, dan kekacang ke dalam sajian.
- Sediakan makanan yang baru dimasak.
- Minum air kosong secukupnya dan elakkan minuman berkafein.
- Kurangkan makanan bergoreng.

Healthy Eating Tips During Suhoor

- Eat meals that contain high fibre such as oats and wholemeal breads to supply energy for longer period.
- Add vegetables, fruits, and protein foods such as chicken, fish, eggs, meat, and legumes into the meals.
- Prepare freshly cooked food.
- Drink enough of plain water and avoid caffeine.
- Avoid fried foods.

Petua Makan Secara Sihat Ketika Berbuka

- Berbuka puasa dengan makanan yang ringkas serta buah-buahan dan kurma untuk melancarkan proses pencernaan.
- Makan secara sederhana. Elakkan makan berlebihan ketika berbuka kerana boleh menyebabkan keletihan badan.
- Minum lebih banyak air kosong pada waktu tidak berbuka.
- Tingkatkan pengambilan makanan yang mengandungi air seperti sup, bubur atau puding.

Healthy Eating Tips During Iftar

- Break the fast with light foods such as fruits and dates to improve digestion.
- Eat in moderation. Avoid over-eating during iftar as this can cause fatigue.
- Drink more plain water during non-fasting hours.
- Include more foods containing fluid such as soups, porridge, or pudding.

Ramadan Mubarak 1443 H

Kekal Terhidrat Semasa Berpuasa

Cara-cara untuk minum sekurang-kurangnya 8 gelas air kosong setiap hari sepanjang bulan Ramadan:-

- Setelah bangun untuk bersahur
- Selepas bersahur
- Semasa berbuka
- Setelah solat Maghrib
- Setelah makan malam
- Setelah solat Isha'
- Setelah solat Tarawih
- Sebelum tidur

Ramadan Mubarak 1443 H

Stay Hydrated during Ramadhan

Here's how to achieve at least 8 glasses of plain water daily during Ramadhan:-

- When you wake up for sahoor
- After finishing eating your sahoor
- During iftar
- After performing Maghrib prayer
- After eating your meal
- After performing Isha' prayer
- After performing Tarawih prayer
- Before sleep

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Reels · Oct 24

TIPS TO PREPARE HEALTHY MEALS DURING DEEPAVALI

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新年健康饮食小贴士

8个小贴士让您过一个健康年

- 选择少糖、盐和油的健康烹饪方法
- 在食物制备和膳食中加入全谷类食物
- 选择各种瘦肉、鱼类和植物蛋白食品(豆类)
- 选择新鲜蔬果为膳食的食材,而非腌制食品
- 拜年时,少吃炸饼和零食
- 多喝白开水和限制含糖饮料的摄入
- 以新鲜水果作为小吃或甜点
- 新年期间也要继续保持活跃

通过面子书或IG分享您如何运用这些新年健康饮食小贴士
#吃出健康过好年!

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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
- KURANGKAN PENGGUNAAN SANTAN**
- Kurangkan penggunaan santan dengan menggoreng

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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 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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NutriQuote by Nutritionist - Healthy Nutrition Reminders

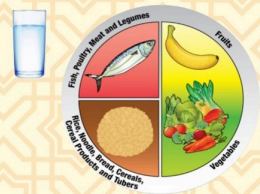
"Be mindful of your food choices during festive season to maintain a healthy body weight"



Assoc. Prof. Dr. Chin Yit Siew
Honorary Secretary and Fellow,
Nutrition Society of Malaysia

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"Let's aim for healthier food practices this Ramadhan by adopting the Malaysian Healthy Plate concept"



Sarina Sariman
Nutritionist and Life Member,
Nutrition Society of Malaysia

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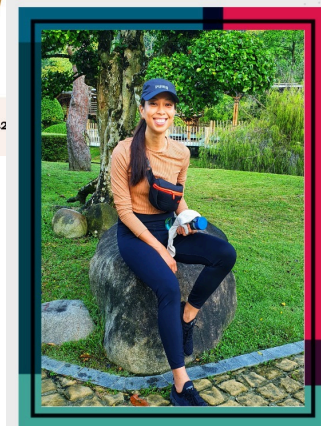


"Give babies the best food in the world - support breastfeeding. Every father can do it"

Mr. Ng Chee Kai
Nutritionist,
Selangor State Health Department,
Ministry of Health, Malaysia
Life Member, Nutrition Society of Malaysia

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Ms. Catarina Lynn
Nutritionist and Life Member,
Nutrition Society of Malaysia



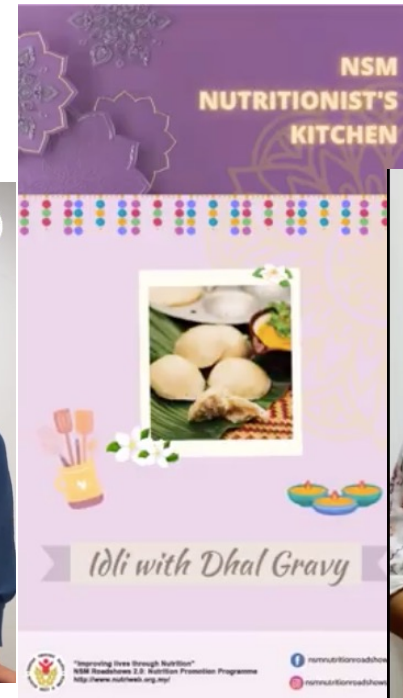
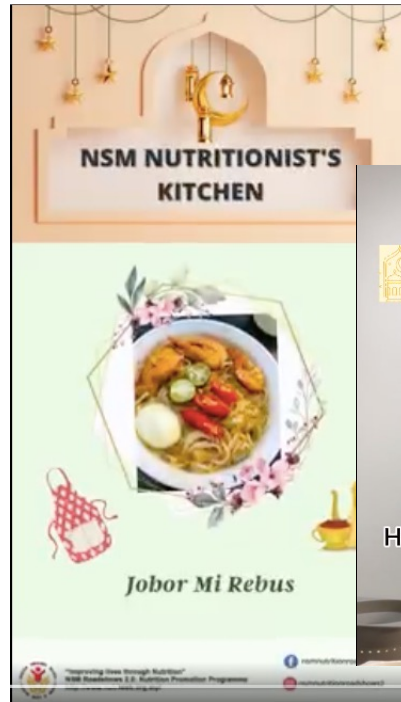
"Take the first step now!
Get moving and be active"

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Cooking Demonstration - NSM Nutritionist's Kitchen



NutriFun Quiz with Nutrition Tips for Festivals

NutriFun Quiz - CNY Edition
WHAT FOOD IS THIS?

The name of the fruit is pronounced as "gum" in Cantonese, which has the same pronunciation as gold. Hence, exchange of this fruit is a must during Chinese New Year as it symbolises wealth and prosperity.




Low in calories, 1 whole is 40kcal.

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NutriFun Quiz - CNY Edition
WHAT FOOD IS THIS?

New Year cake, made from glutinous rice flour and sugar. Often cooked by cutting into slices and then steamed or deep fried. Translated literally, it means "higher year" or "better year!"



Consume this in small amounts. As it is high in sugar and fat, 1 piece of fried version (50g) has 200 kcal! Opt for a steamed version if possible.

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NUTRIFUN QUIZ UNTUK HARI RAYA AIDILFITRI

Apakah makanan ini?
Makanan manis melekit yang diperbuat daripada perahan susu dari buah kelapa tua, jageri (gula batu merah) yang diperbuat daripada ekstrak tebu atau gula Melaka) serta tepung beras atau tepung pulut.



D _ D _ L

Hadkan pengamiran.

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NUTRIFUN QUIZ UNTUK HARI RAYA AIDILFITRI

Apakah makanan ini?
Makanan ini mirip dengan ketupat, merupakan nasi kukus yang dibalut dengan daun pisang tetapi biasanya dihidangkan dengan masakan berasaskan kuah kacang.



L _ N _ NG

Makan dengan sihat dan seimbang.

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NutriFun Quiz - 农历新年版本
这是什么食物?

这种水果的名字在粤语中读作“桔”，与黄金的读音相同。因此，在农历新年期间交换这种水果是必须的，寓意财富和繁荣。



卡路里低，1颗大约40大卡。

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NutriFun Quiz - 农历新年版本
这是什么食物?

新年的糕点，由糯米粉和糖制成。通常将它切成薄片，然后蒸或油炸。字面上的意思是，“年年高升”或“新的一年更好！”



少量食用，因为它的糖和油含量很高。1片油炸的（50克）含有200大卡。建议选择蒸的，因为它的含糖量较少。

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NUTRIFUN QUIZ FOR HARI RAYA AIDILFITRI

What food is this?
A sticky sweet food made from extraction of milk from old coconuts, jagery (brown rock sugar made from sugarcane extract or Gula Melaka), as well as rice flour or glutinous rice flour.




D _ D _ L

Nutrition tip
Limit the intake as it is high in sugar and fat.

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NUTRIFUN QUIZ FOR HARI RAYA AIDILFITRI

What food is this?
This food is similar to ketupat i.e. steamed rice wrapped in banana leaves but usually served with peanut sauce-based dishes.



L _ N _ NG

Nutrition tip
Eat in moderation because it is high in fat. Replace thick coconut milk with low-fat milk for the preparation of gravy.

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NUTRIFUN QUIZ FOR KAAMATAN FESTIVAL

WHAT FOOD IS THIS?
A traditional dish of the Kadazan-Dusun people of Sabah, served during the Kaamatan Harvest festival and special occasions such as weddings. It is a healthy raw fish salad made by marinating raw macheri slices with a mix of lime juice, bird's eye chilli, shallots, and ginger.



_ I _ N _ V _

NUTRITION TIP
Preferably consume once it is served because it has a very short shelf life.

NUTRIFUN QUIZ UNTUK PESTA KAAMATAN

APAKAH MAKANAN INI?
Makanan tradisi kaum Kadazan-Dusun Sabah yang sentiasa dihidangkan sempena Pesta Kaamatan dan majlis khas seperti majlis perkahwinan. Ia merupakan salad ikan mentah yang disediakan dengan memerah isi ikan tenggiri mentah dengan jus limau nipis, cili padi, bawang merah dan halia.



_ I _ N _ V _

PETUA PEMAKANAN
Seelok-eloaknya makan sebahai sahaja ia dihidangkan kerana jangka hayatnya yang sangat singkat.

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NUTRIFUN QUIZ FOR KAAMATAN FESTIVAL

WHAT FOOD IS THIS?
This food is a pickled dish made of seasonal wild mango in Borneo. It is made by mixing the wild mango flesh and its finely grated seeds with salt. This food is typically served as a side dish that goes well with rice, sambal belacan, and other main courses.



N _ _ N _ O _
B _ M _ _ N _ G _ N

NUTRIFUN QUIZ UNTUK PESTA KAAMATAN

APAKAH MAKANAN INI?
Jeruk yang diperbuat daripada buah mangga liar bermusim di Borneo, ia disediakan dengan mencampur isi buah mangga dan bijinya yang telah diparut dengan garam. Ia biasanya dijadikan sebagai satu hidangan sampingan yang dimakan dengan nasi, sambal belacan, dan hidangan utama yang lain.




N _ _ N _ O _
B _ M _ _ N _ G _ N

PETUA PEMAKANAN
Makan secara sederhana kerana ia mengandungi sodium yang tinggi. Sebaiknya, makan lebih banyak buah-buahan dan sayur-sayuran segar.

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NUTRIFUN QUIZ FOR GAWAI DAYAK FESTIVAL

WHAT FOOD IS THIS?
A famous kuih in Sarawak. It is also known as 'kuih UFO' because of its shape. This kuih is deep-fried and often eaten with a special dipping sauce.



K _ I _ H _ P _ E _ Y _ R _ M

NUTRITION TIP
Do not overeat, as it is high in fat because it is deep-fried.

NUTRIFUN QUIZ UNTUK PERAYAAN GAWAI DAYAK

APAKAH MAKANAN INI?
Kuih yang terkenal di Sarawak. Juga dikenali sebagai 'kuih UFO' disebabkan bentuknya. Kuih ini digoreng dan sering dimakan bersama arak beras sempena perayaan Hari Gawai.



K _ I _ H _ P _ E _ Y _ R _ M

PETUA PEMAKANAN
Jangan makan secara berlebihan; ia mengandungi kalori dan lemak yang tinggi kerana digoreng.

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NUTRIFUN QUIZ FOR GAWAI DAYAK FESTIVAL

WHAT IS THIS?
An alcoholic beverage resulting from the fermentation of a mixture of glutinous rice, sugar, and yeast. It is usually served as a welcome drink when guests visit the longhouses during this festival.



T _ _ K

NUTRITION TIP
Drink it in moderation b contains up to 20% of alcohol considered high

NUTRIFUN QUIZ UNTUK PERAYAAN GAWAI DAYAK

APAKAH INI?
Minuman beralkohol yang diperbuat daripada beras pulut, gula dan yis yang telah ditapai. Ia biasanya dihidangkan sebagai minuman alu-aluan apabila tetamu berkunjung ke rumah panjang semasa perayaan ini.




T _ _ K

PETUA PEMAKANAN
Jangan minum berlebihan kerana ia mengandungi sehingga 20% alkohol, yang dianggap tinggi.

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NUTRIFUN QUIZ DEEPAVALI SPECIAL


Common breakfast item on Deepavali made by first soaking uncooked rice together with whole white lentils and various spices before overnight fermentation.



d _ i

NUTRIFUN QUIZ DEEPAVALI SPECIAL

Common breakfast item on Deepavali made by first soaking uncooked rice together with whole white lentils and various spices before overnight fermentation and steaming.



d _ i

NUTRITION TIP
It is usually served with dhal gravy, curry or coconut chutney which are high in calories, so eat in moderation.

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NUTRIFUN QUIZ DEEPAVALI SPECIAL

A round-shaped, soft and tasty sweetmeat made mainly with gram flour, sugar, and spices. It is a famous festive treat.



_ a _ o _

NUTRITION TIP
Prepared via deep frying and then mixed with sugar syrup so don't overeat it as 1 piece (40g) is 180 kcal.

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NUTRIFUN QUIZ EDISI DEEPAVALI

Manisan berbentuk bulat, lembut dan lazat yang dibuat dengan tepung gram, gula dan rempah ratus. Ini adalah hidangan perayaan yang terkenal.



_ a _ o _

PETUA MAKANAN
Disediakan melalui gorengan dan kemudian dicampur dengan sirap gula. Oleh itu, jangan makan terlalu banyak kerana 1 biji (40g) bersamaan 180 kkal!

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Volunteer Appreciation Posters – Thank You



Healthy Nutrition Goals and Practices Activity

Healthy Nutrition Practices Activity 2022 Series 1

LET'S ADOPT

Healthy Nutrition Practices!

JOM IKUTI

AMALAN PEMAKANAN SIHAT

7 March - 20 March 2022 (2 weeks)

Collect NSM Roadshows 2.0 Points & win attractive prizes!

7 Mac - 20 Mac 2022 (2 minggu)

Kumpulkan Mata Gajaran NSM Roadshows 2.0 & menangi hadiah menarik!

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HOW TO EARN

NSM Roadshows 2.0 Points

When you...

- Practise 1 goal and share the proof
- Practise all the goals and share the proof
- Tag 3 family members/friends to participate in this activity

BONUS TIME! *ONLY APPLICABLE DURING...

What to do...

- Like/Share/Comment our posters/videos posted in 2022
- Tag 3 family members/friends in a post (posted in 2022 only)
- Try any NSM Roadshows 2.0 recipe cards and share it on your social media

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BAGAIMANA MENGUMPUL

Mata Gajaran NSM Roadshows 2.0

Apabila anda...	Anda akan dapat...
Amalkan 1 matlamat dan kongsi buktinya	1 mata ganjaran
Amalkan kesemua matlamat dan kongsi bukti-buktinya	1 tambahan 5 mata ganjaran!!
Tag 3 ahli keluarga/kawan untuk menyertai aktiviti ini	2 mata ganjaran

MASA BONUS! *HANYA BERKENAAN DALAM TEMPOH AKTIVITI

Apa yang perlu anda buat...	Anda akan dapat...
Suka/Kongsi/Komen siaran kami (diisarkan pada tahun 2022)	1 mata ganjaran
Tag 3 ahli keluarga/kawan dalam siaran kami (diisarkan pada tahun 2022)	2 mata ganjaran
Cuba kad resepi NSM Roadshows 2.0 dan kongsi dalam media sosial anda	5 mata ganjaran

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Healthy Nutrition Practices Achievement Levels (Tahap Pencapaian Amalan Pemakanan Sihat)

To achieve... (untuk mencapai...)	You have to collect at least... (Anda perlu mengumpul sekurang-kurangnya...)
Beginner (Pemula)	10 points (10 mata ganjaran)
Intermediate (Pertengahan)	25 points (25 mata ganjaran)
Advanced (Lanjutan)	50 points (50 mata ganjaran)

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

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HOW TO REDEEM YOUR

NSM Roadshows 2.0 Points

BAGAIMANA MENEMBUS

Mata NSM Roadshows 2.0

Item	Points Required
HEALTHY COOKING with Oats Recipe Book - Special Edition (40 points)	40 points
NSM Kids Apron (60 points)	60 points
NSM Tumbler (80 points)	80 points
NSM Adult Apron (80 points)	80 points
Buku Resepi - Edisi Istimewa (40 mata)	40 mata
Apron Kanak-kanak NSM (60 mata)	60 mata
Tumbler NSM (80 mata)	80 mata
Apron Dewasa NSM (80 mata)	80 mata
Pinggan Suku-suku Saparoh (70 mata)	70 mata
Tawaran Istimewa untuk Para Peniaga: NSM Visual Fun Fun/Week (70 mata)	70 mata

*Shipping fee is not covered

*Fee penghantaran tidak dhanggung

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Let's Adopt HEALTHY NUTRITION PRACTICES Checklist

- Consume main meal using the Malaysia Healthy Plate concept
- Eat fruits and vegetables of a variety of colours daily
- Perform at least 30 minutes of moderate-intensity physical activity everyday

Jom Ikuti AMALAN PEMAKANAN SIHAT Senarai Semak

- Mengamalkan prinsip Pinggan Sihat Malaysia untuk hidangan utama saya
- Makan buah-buahan dan sayur-sayuran yang berwarna-warni setiap hari
- Lakukan sekurang-kurangnya 30 minit aktiviti fizikal aerobik berintensiti sederhana setiap hari

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Let's Adopt HEALTHY NUTRITION PRACTICES Checklist

- Prepare dishes using healthier cooking method(s)
- Include whole grains in my daily diet
- Perform 3 simple exercises as featured in NSM Nutrition Roadshows 2.0 prolonged hours sitting

Jom Ikuti AMALAN PEMAKANAN SIHAT Senarai Semak

- Sediakan masakan dengan cara memasak yang lebih sihat
- Sertakan bijirin penuh dalam makanan harian saya
- Lakukan 3 senaman ringkas seperti yang ditunjukkan dalam NSM Nutrition Roadshows 2.0 selepas duduk selama beberapa jam

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

Let's Adopt HEALTHY NUTRITION PRACTICES Checklist

- Consume plain water
- Perform strength training at least once a week
- Use nutrition information labels when buying food

Jom Ikuti AMALAN PEMAKANAN SIHAT Senarai Semak

- Minum 7-8 gelas air kosong setiap hari
- Lakukan aktiviti yang menguatkan otot sekurang-kurangnya 2 hari dalam seminggu
- Gunakan label makanan ketika membuat pilihan makanan

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

Healthy Nutrition Practices (Amalan Pemakanan Sihat) Series 1

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

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

Healthy Nutrition Practices (Amalan Pemakanan Sihat) Series 2

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

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

Healthy Nutrition Practices (Amalan Pemakanan Sihat) Leaderboard - Series 3

2 @k.s.y_00
1 @choopaula
3 @brandee_

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

Healthy Nutrition Practices (Amalan Pemakanan Sihat) Leaderboard - Series 1

1 @shaohui1229 (162 points)
2 @k.s.y_00 (141 points)
3 @Ate Jenn (81 points)

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

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

1 @roseypawk
2 @kievinchan
3 @pipilapipilapapapalatala

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

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

1 @shaohui1229 (162 points)
2 @k.s.y_00 (154 points)
3 @roseypawk (85 points)

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



Virtual Events in 2022

1) NSM Virtual Parent-Child Cooking Competition

Theme: Kids Prepare Healthy Family Meals

2) NSM Nutrition Poster Contest

Theme: Designing a Healthier Lifestyle for a Better Malaysia

3) NSM Virtual Fun Run/Walk

Theme: Get Active and Healthy with NSM





NSM Virtual Parent-Child Cooking Competition 2022: Kids Prepare Healthy Family Meals

4 June – 6 August 2022

Mission:

To provide a platform to promote healthy eating, with an emphasis on vegetables and fruits intake, among Malaysian families through a parent-child cooking competition.

Objectives:

- a) To increase nutrition awareness and knowledge.
- b) To improve parent-child bonding through cooking (food preparation) in the kitchen.
- c) To encourage families to prepare healthier meals at home more frequently.

NSM VIRTUAL PARENT-CHILD COOKING COMPETITION 2022
THEME: KIDS PREPARE HEALTHY FAMILY MEALS
4 JUNE - 6 AUGUST 2022

CATEGORIES

- Category A: Lower primary, 7-9 years old
- Category B: Upper primary, 10-12 years old

REGISTRATION

- RM30.00 per pair (limited to 100 pairs only)
- Payment to be made through online transfer or cash deposit only
- Includes starter kit, e-certificate & online nutrition educational activities for all participants.

Scan this QR Code →
 Or use this Link
 ↓
<https://forms.gle/dJzPPspX8LYp9X5Tg>

PRIZES

<p>FIRST PRIZE: LIMITED EDITION MAYER DISNEY 20L DIGITAL AIR OVEN</p> <p>SECOND PRIZE: LIMITED EDITION MAYER DISNEY 3.5L MINI STAND MIXER</p>	<p>THIRD PRIZE: LIMITED EDITION MAYER DISNEY 3.5L AIR FRYER</p> <p>CONSOLATION PRIZE: LIMITED EDITION WINNIE THE POOH DISNEY WAFFLE & SANDWICH MAKER</p>
---	--

HOW TO PARTICIPATE?

1. Register for the competition.
2. Attend an Online Interactive Nutrition Education Workshop.
3. Select a healthy recipe from NSM recipe book.
4. Submit a 2-minute cooking video; which includes nutrition tips.
5. For more detailed steps, visit <https://bit.ly/NutriWebPublic>.

SELECTION OF WINNERS

- In round 1, all the submitted videos will be evaluated by the public via the "like" collection on Facebook and by a nutrition expert judging team.
- A total of 5 pairs of participants with the highest score will be shortlisted for each category to proceed into the finals.
- Finalists are then required to submit a new healthy recipe cooking video; and will be evaluated the same way as in Round 1.

STARTER KIT [WORTH RM 60]

NSM APRON FOR PARENT & CHILD

RECIPE BOOK

E- HANDBOOK

HE-AL MAGAZINE

HEALTHY PLATE ACTIVITY BOOK

Improving Lives Through Nutrition
 NSM Roadshows 2.0 Nutrition Promotion Programme
 For more information: www.nutriweb.org.my
 f | [nsmnutritionroadshows2](https://www.instagram.com/nsmnutritionroadshows2)

Supported by:

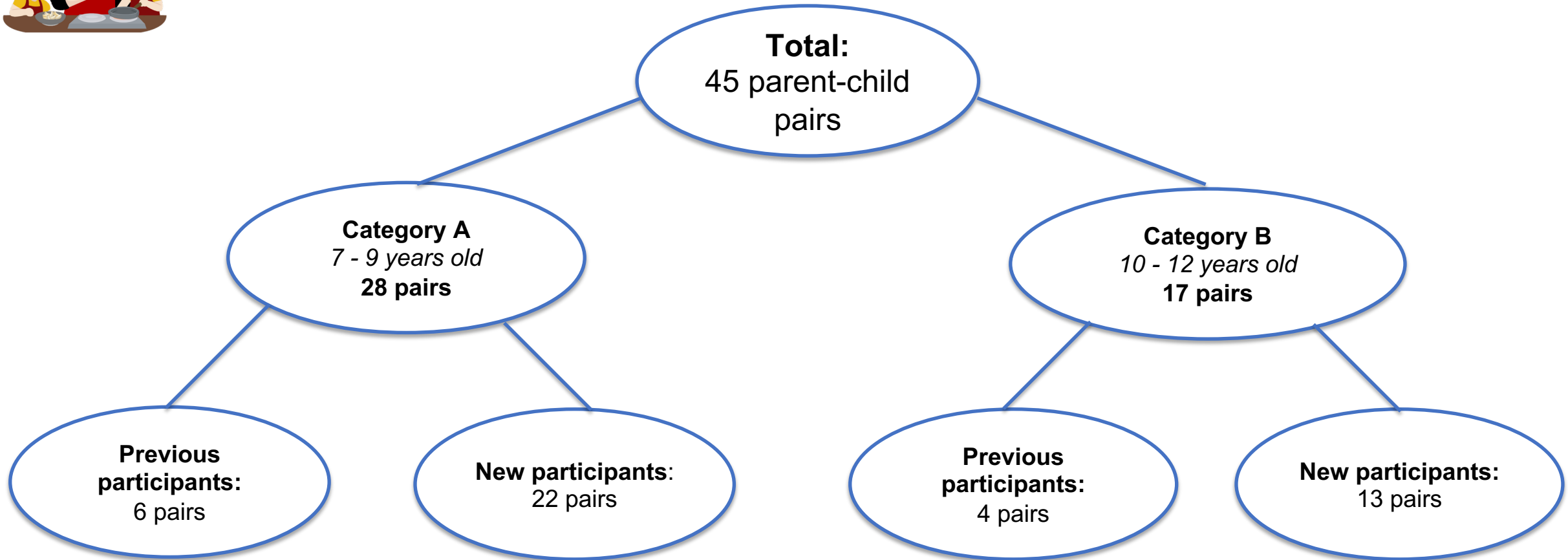


Organising Team

Advisor	Dr Tee E Siong
Chairperson	Dr Tan Sue Yee
Treasurer	Dr Roseline Yap Wai Kuan
Secretary and Publicity	Dr Tan Sue Yee (Leader), Assoc Prof Dr Gan Wan Ying Dr Siti Raihanah Shafie , Thirukkanesh Sanvashivam
Panel of Judges	Dr Tee E Siong (Chairman), Catarina Lynn, Thirukkanesh Sanvashivam
Logistic and Technical	Eow Shiang Yen (Leader), Brandee Yau Yan Ying , Cheong Yi En, Lavanya A/P Valayutham
Nutrition Educational Activities and Materials	Assoc Prof Dr Satvinder Kaur AP Nachatar Singh (Leader), Khoi Zi Yee (Co-leader), Cheong Yi En, Gillian Allie, Kok Ee Yin , Dr Ng Choon Ming, Putri Junita Santalia, Syahirah Marshidi
Recipe cards and cooking demonstration videos	Dr Tan Sue Yee (Leader), Assoc Prof Dr Gan Wan Ying Dr Siti Raihanah Shafie , Thirukkanesh Sanvashivam , Cheong Yi En
Virtual Nutrition Activities	Dr Roseline Yap Wai Kuan (Leader), Cheong Yi En, Chong Wan Yi, Chung Ya Ching, Lavanya A/P Valayutham, Rosma Ilyana Zakira Che Ladin, Tee Jia Ying



Registration





Online Nutrition Educational Workshop

25 June 2022

Mission 1

- Kitchen Safety Checklist

Mission 2(a)

- Healthy Eating Part I (My Pyramid)

Mission 2(b)

- Healthy Eating Part II (NutriFun with Fruits and Veggies)

Mission 3

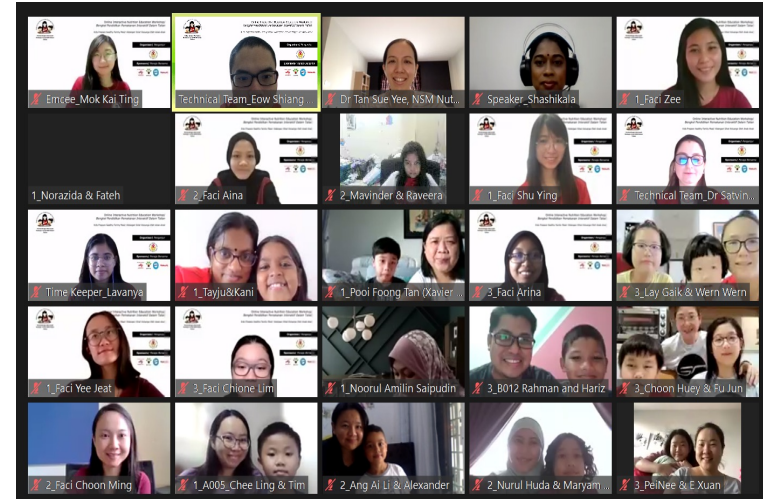
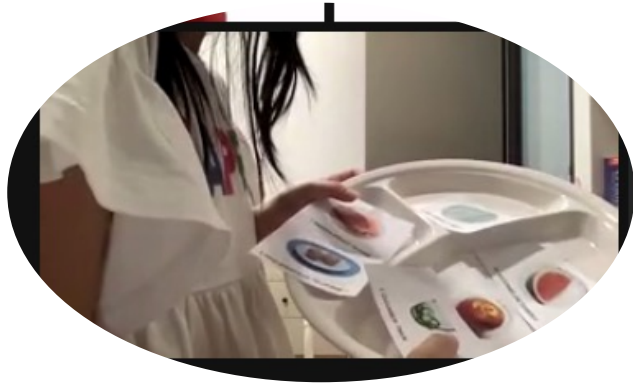
- Malaysian Healthy Plate

Mission 4

- Cooking Methods



Online Nutrition Educational Workshop



MATCH THE PICTURES

1 Grilled food 2 Palm oil 3 Red palm oil 4 Steamed buns

1 Deep-fryer 2 Eye health 3 Steamer 4 Griller

"Improving Lives through Nutrition" NSM Roadshows 2.0: Nutrition Promotion Programme

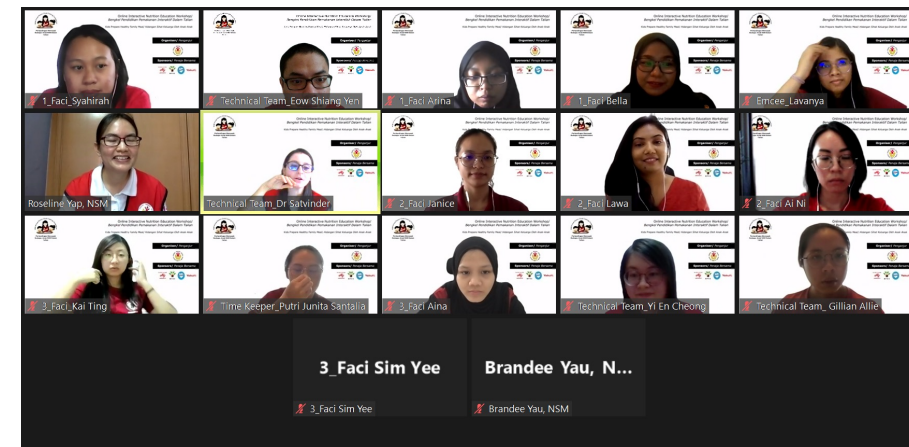
Hi, I am carrot. I am rich in _____

A Vitamin E B Vitamin A

C Iron D Zinc

Eye health Maintain immune system

"Improving Lives through Nutrition" NSM Roadshows 2.0: Nutrition Promotion Programme





Online Interactive Nutrition Educational Workshop: Feedback from participants (n=11)

Item	Poor	Neither poor or good	Good
1. Registration for workshop	0 (0%)	0 (0%)	11 (100%)
2. Reminder to attend workshop	0 (0%)	0 (0%)	11 (100%)
3. Content and education materials of workshop	0 (0%)	0 (0%)	11 (100%)
4. Duration of workshop	0 (0%)	0 (0%)	11 (100%)
5. Presentation of information by facilitators	0 (0%)	0 (0%)	11 (100%)
6. Usefulness of the workshop	0 (0%)	0 (0%)	11 (100%)



NSM NUTRITION ROADSHOWS 2.0



Sponsor's activities



Eat Well, Live Well.



ASK A NUTRITIONIST
TANYA NUTRITIONIST

TOPIC: LET'S KNOW MORE ABOUT MALAYSIAN PALM OIL
TOPIK: MARI KETAHUI LEBIH LANJUT MENGENAI MINYAK SAWIT MALAYSIA

MODERATOR

MS VICKY CHIA
Nutritionist,
Malaysian Palm Oil Council (MPOC)

SPEAKER

ASSOC. PROF. DR. LOH SU PENG
Nutritionist,
Fellow, Nutrition Society of Malaysia

LIVE
SATURDAY / SABTU
18 JUNE / JUN 2022
3.00 PM

We're giving away 10 prizes!
Kami akan memberikan 10 hadiah!

Watch to find out how you can win!
Tonton dan ketahui cara untuk menang!

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

Supported by:

First 50 registered participants will receive sponsor gift!

WEBINAR ON
PREVENTION OF MICRONUTRIENT DEFICIENCIES IN CHILDREN
(PENCEGAHAN KEKURANGAN MIKRONUTRIEN DI KALANGAN KANAK-KANAK)

Moderator:

Dr Sharifah Intan Zainun Sharif Ishak
Nutritionist and Life Member
Nutrition Society of Malaysia

Speaker:

Dr Serene Tung En Hui
Nutritionist and Life Member
Nutrition Society of Malaysia

Saturday/ Sabtu
2 July/ Julai 2022
3.00 PM

REGISTER NOW
DAFTAR SEKARANG

Exclusive quiz prizes also up for grabs!
Hadiah kuiz eksklusif juga disediakan untuk dimenangi!

<https://bit.ly/3zvAxXA>

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

Supported by:

Let's learn about
Gut Microbiota & Probiotics
Mari belajar tentang Mikrobiota Usus & Probiotik

Saturday, 16 July 2022, 3 pm
Sabtu, 16 Julai 2022, 3pm

Register here
Daftar disini
<https://bit.ly/3Aefx0G>

Speakers/ Penceramah - Penceramah

Assoc Prof Dr Mahenderan Appukutty
Vice President,
Nutrition Society of Malaysia
Timbalan Presiden,
Persatuan Pemakanan Malaysia

Ms Liew Qing
Public Relations & Science Supervisor,
Yakult (Malaysia)
Perhubungan Awam & Penyelaja Sains,
Yakult (Malaysia)

Exclusive quiz prizes up for grabs!
Hadiah kuiz eksklusif untuk dimenangi!

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

ASK A NUTRITIONIST
TANYA NUTRITIONIST

TOPIC: FOODS CAN BE DELICIOUS TOO WITH LESS SALT!
TOPIK: MAKANAN BOLEH MENJADI LAZAT DENGAN KURANG GARAM!

ASK A QUESTION ABOUT UMAMI SEASONING (MSG) IN THE COMMENT BOX AND WIN A PRIZE
TANYA SOALAN TENTANG PERENCAH UMAMI (MSG) DI KOTAK KOMEN DAN MENANGI HADIAH

LIVE
SATURDAY / SABTU
23 JULY / JULAI 2022
3.00 PM

FEATURING / BERSAMA

DR WONG JYH EIIN,
NUTRITIONIST AND FELLOW,
NUTRITION SOCIETY OF MALAYSIA

We're giving away 10 prizes!
Kami akan memberikan 10 hadiah!

Watch to find out how you can win!
Tonton dan ketahui cara untuk menang!

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

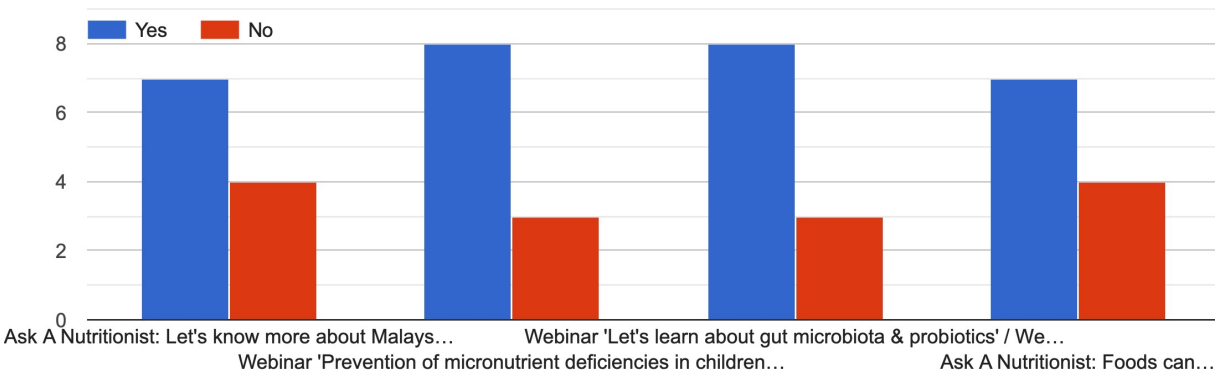
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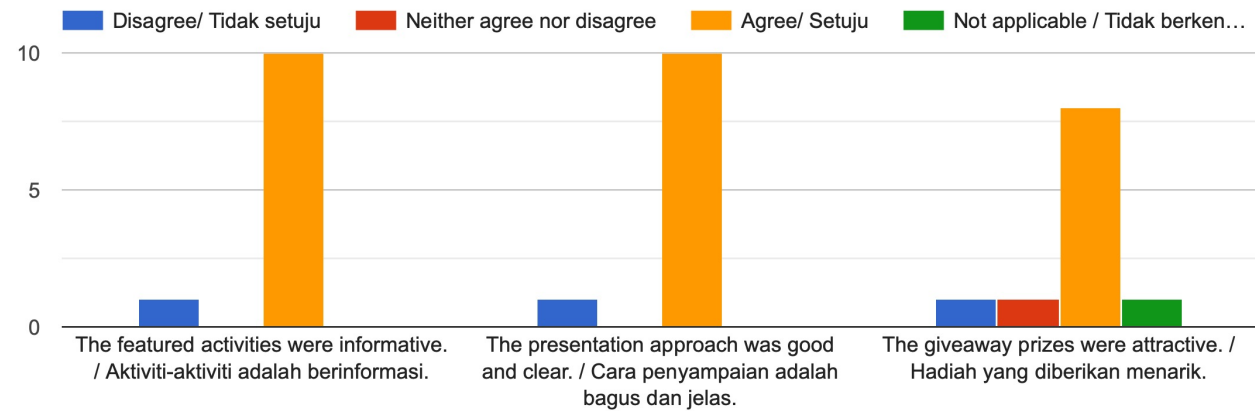


Sponsor's activities: Feedback

Please indicate your participation (e.g. viewed video, made a comment, shared etc.) in the following activities / Sila nyatakan penyertaan anda...men, berkongsi dll) dalam aktiviti-aktiviti berikut:

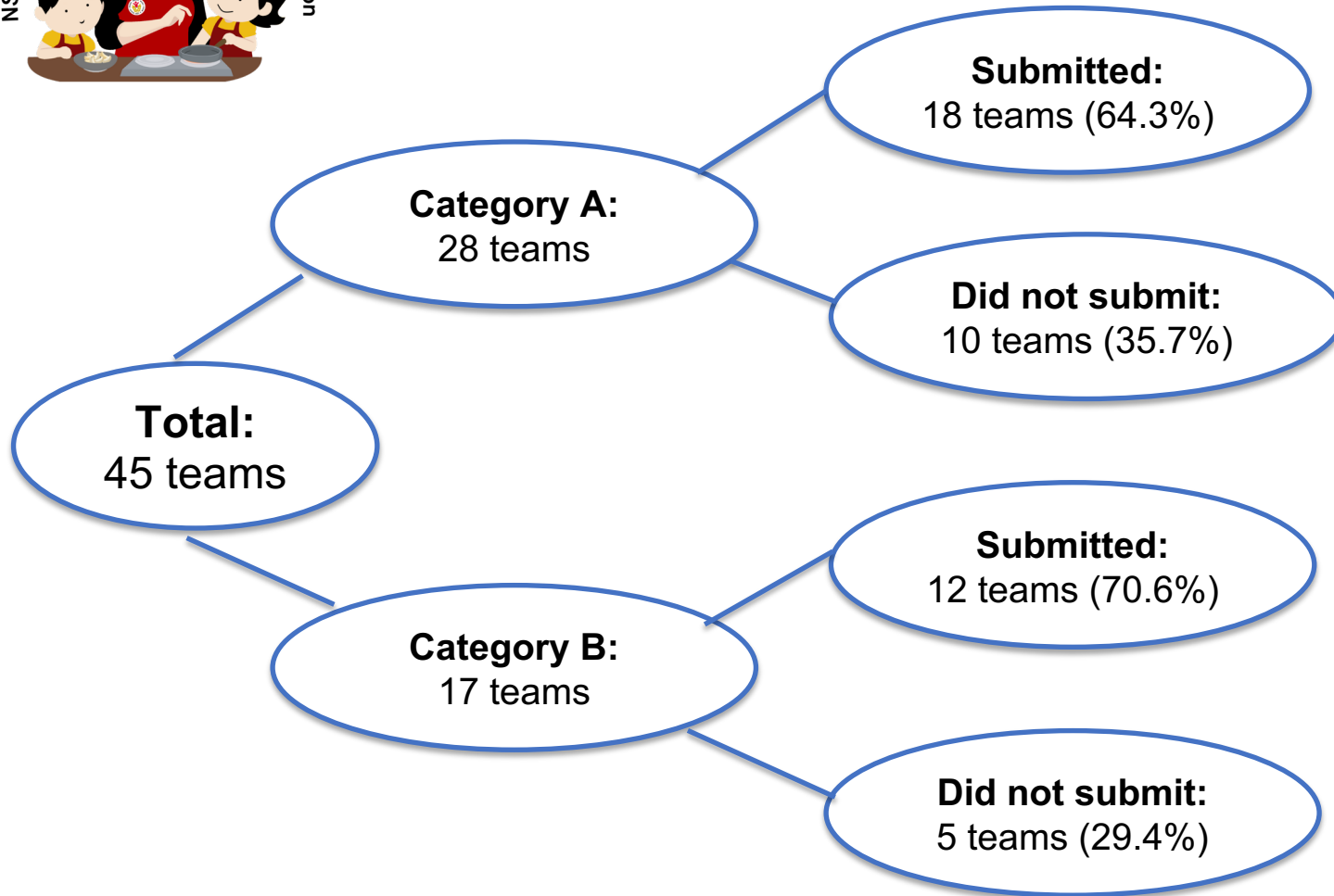


Kindly rate the following / Sila beri penilaian bagi yang berikut: *Please click 'Not applicable' if you did not attend any of the sponsor's activities / Sil...a anda tidak menyertai mana-mana aktiviti penaja.







Submission




Category B/ Kategori B · 12 [See All](#)



B007
23 weeks ago · 498 views
You and 27 others




B008
23 weeks ago · 646 views
You and 120 others




B011
23 weeks ago · 842 views
You and 88 others


Category A/ Kategori A · 18 [See All](#)



A001
23 weeks ago · 123 views
You and 15 others



A002
23 weeks ago · 156 views
You and 18 others



A003
23 weeks ago · 201 views
You and 22 others

Overall submission rate: 67%





NSM NUTRITION ROADSHOWS 2.0



Winners!
Pemenang - pemenang!

CATEGORY A: LOWER PRIMARY, 7-9 YEARS OLD
KATEGORI A: SEKOLAH RENDAH TAHAP I, 7-9 TAHUN

1ST PRIZE

A020 Tan Poh Yen (Parent) & Wong Kean Hao (Child)



2ND PRIZE

A019 Lam Lee Yein (Parent) & Tan Shin Hans (Child)



3RD PRIZE

A002 Cheong Jun Ling (Parent) & Jonas Tie Hong Yuan (Child)



CONSOLATION PRIZE

A003 Quek Sue Lyn (Parent) & Elliot Quek Lojiu (Child)
A011 Fong Su Sian (Parent) & Chai Kye Chen (Child)



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

Supported by:



Winners!
Pemenang - pemenang!

CATEGORY B: UPPER PRIMARY, 10-12 YEARS OLD
KATEGORI B: SEKOLAH RENDAH TAHAP II, 10-12 TAHUN

1ST PRIZE

B001 James Tie Lok Kin (Parent) & Janelle Tie Wen Qi (Child)



2ND PRIZE

B009 James Tie Lok Kin (Parent) & Jovan Tie Hong Ern (Child)



3RD PRIZE

B008 Buanesvari A/P Kanar (Parent) & Rishigesh A/L Somanathan (Child)



CONSOLATION PRIZE

B010 Lai Choon Mei (Parent) & Chung Moon Ling (Child)
B012 Abdul Rahman (Parent) & Adam Hariz Bin Abdul Rahman (Child)



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



Special Effort Prize!
Hadiah Usaha Khas!

CATEGORY A: LOWER PRIMARY, 7-9 YEARS OLD
KATEGORI A: SEKOLAH RENDAH TAHAP I, 7-9 TAHUN

A018 Caesar Wong Tiong Hieng (Parent) & Giselle Wong Yan Xi (Child)



CATEGORY B: UPPER PRIMARY, 10-12 YEARS OLD
KATEGORI B: SEKOLAH RENDAH TAHAP II, 10-12 TAHUN

B002 Ooi Lay Gaik (Parent) & Loh Wern Wern (Child)



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For more information: www.nutriweb.org.my
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Supported by:

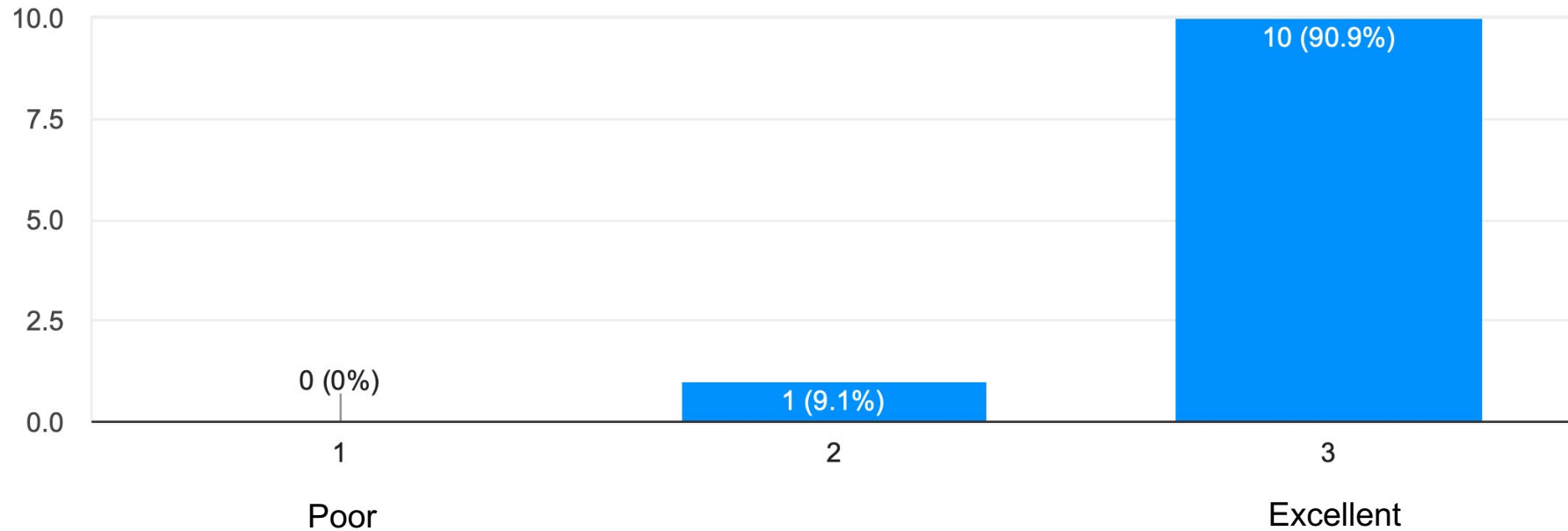




Feedback from participants: Overall event (1)

Please rate your overall experience with this competition / Sila nilai pengalaman keseluruhan anda berkenaan pertandingan ini.

11 responses

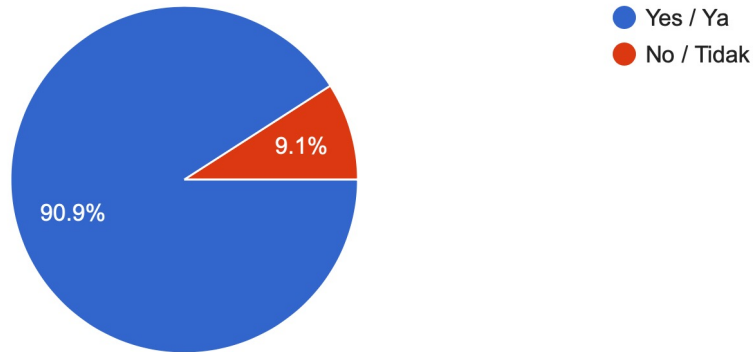




Feedback from participants: Overall event (2)

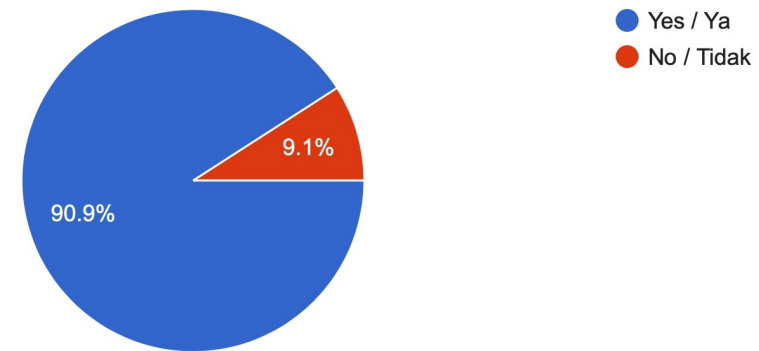
Will you and your child join this competition again if NSM was to organise it next year / Adakah anda dan anak anda akan menyertai pertandingan...gi sekiranya NSM menganjurkannya tahun depan?

11 responses



Would you be interested to participate in other nutrition-related activities organised by NSM / Adakah anda berminat untuk menyertai aktiviti-aktiviti berkaitan pemakanan anjuran NSM yang lain?

11 responses





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

Mission:

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

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

NSM NUTRITION POSTER CONTEST 2022
IN CONJUNCTION WITH MERDEKA & MALAYSIA DAY
THEME: DESIGNING A HEALTHIER LIFESTYLE FOR A BETTER MALAYSIA
10 AUGUST - 25 SEPTEMBER 2022

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

REGISTRATION (10 - 17 August 2022)

- Normal Price: RM20 per entry
- Discounted price for NSM Parent-Child Cooking Competition 2021 & 2022 participants: RM15 per entry
- Payment to be made through online transfer only.
- Includes starter kit, e-certificate & Online Interactive Nutrition Educational Workshop for all participants.

Scan this QR Code Or use this link
↓
<https://bit.ly/NSM-Nutrition-Poster-Contest-2022-Registration>

STARTER KIT (WORTH RM 50)

HE-AL MAGAZINE ACTIVITY BOOK A3 SKETCHBOOK STATIONERY SET COLOUR PENCILS

HOW TO PARTICIPATE?

- 1 Register for the contest & pay the required registration fee.
- 2 Attend an Online Interactive Nutrition Educational Workshop, 27 - 28 August 2022.
- 3 Design a poster according to the theme and required nutrition components for your age category.
- 4 Submit your artwork via online between 27 August - 14 September 2022.
- 5 Winners will be announced within two weeks after the submission deadline.
- 6 For more detailed steps, visit <https://bit.ly/NutriWebPublic>.

PRIZES

- Attractive prizes worth RM 1000 for winners of each category!

FIRST PRIZE:

- RM 200 Cash
- Faber-Castell GoldFaber Aqua Watercolour Pencil Gift Set (58pcs)
- NSM drawstring bag

THIRD PRIZE:

- RM 50 Cash
- Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (24pcs)
- NSM drawstring bag

SECOND PRIZE:

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

CONSOLATION PRIZE:

- DIY paint by number canvas
- NSM drawstring bag

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

Supported by:
Aji, NPOC, Yekult



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 and 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	Assoc Prof Dr Satvinder Kaur AP Nachatar Singh (Leader), Gillian Allie, Kok Ee Yin , Dr Ng Choon Ming, Putri Junita Santalia



NSM NUTRITION ROADSHOWS 2.0

NSM NUTRITION POSTER CONTEST 2022 IN CONJUNCTION WITH MERDEKA & MALAYSIA DAY THEME: DESIGNING A HEALTHIER LIFESTYLE FOR A BETTER MALAYSIA 10 AUGUST - 25 SEPTEMBER 2022



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

REGISTRATION (10 - 17 August 2022)

- Normal Price: RM20 per entry
- Discounted price for NSM Parent-Child Cooking Competition 2022 & 2022 participants: RM15 per entry
- Payment to be made through online transfer only
- Includes starter kit, e-certificate & Online Interactive Nutrition Educational Workshop for all participants.

Scan this QR Code Or use this Link

<https://7sb.ly/NSM-Nutrition-Poster-Contest-2022-Registration>

STARTER KIT (WORTH RM 50)



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

HOW TO PARTICIPATE?

1. Register for the contest & pay the required registration fee.
2. Attend an Online Interactive Nutrition Educational Workshop.

PERADUAN POSTER PEMAKANAN NSM 2022 SEMENA HARI KEMERDEKAAN & HARI MALAYSIA TEMA: MERDEKA GAYA HIDUP YANG LEBIH SIHAT UNTUK MALAYSIA YANG LEBIH SEJAHTERA 10 OGOS - 25 SEPTEMBER 2022

1. Kategori A: Umur 7-9 tahun
2. Kategori B: Umur 10-12 tahun
3. Kategori C: Umur 13-15 tahun

PRIZES

- 1. Hadiah: 1 set alat tulis & 1 set alat mewarna
- 2. Hadiah: 1 set alat tulis & 1 set alat mewarna
- 3. Hadiah: 1 set alat tulis & 1 set alat mewarna

KIT PEMULA (BERNILAI RM 50)



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

HOW TO PARTICIPATE?

- 1 Registration**
10 - 17 August 2022
- 2 Sesi Bengkel Pendidikan Pemakanan Interaktif Dalam Talian melalui Zoom**
27 & 28 Ogos 2022
- 3 Penyerahan Karya Seni**
27 Ogos - 14 September 2022
- 4 Announcement of Winners**
25 September 2022

LANGKAH-LANGKAH UNTUK MENYERTAI

- 1 Pendaftaran
10 - 17 Ogos 2022
- 2 Sesi Bengkel Pendidikan Pemakanan Interaktif Dalam Talian melalui Zoom
27 & 28 Ogos 2022
- 3 Penyerahan Karya Seni
27 Ogos - 14 September 2022
- 4 Pengumuman Pememenang
25 September 2022

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

STARTER KIT (WORTH RM 50)

KIT PEMULA (BERNILAI RM 50)

HE-AL MAGAZINE | ACTIVITY BOOK | MAJALAH HE-AL | BUKU AKTIVITI | BUKU LUKISAN A3 | SET ALAT TULIS | PENSEL WARNA

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

PRIZES (WORTH RM 1000)

HADIAH (BERNILAI RM 1000)

FIRST PRIZE:
• RM 200 Cash
• Faber-Castell GoldFaber Aqua Watercolour Pencil Gift Set (18pcs)
• NSM drawing bag

SECOND PRIZE:
• RM 100 Cash
• Faber-Castell GoldFaber Creative Studio (12 batang)
• NSM drawing bag

HADIAH PERTAMA:
• Wang Tunai RM 200
• Set Hadiah Pencil Warna Air Faber-Castell GoldFaber (12 batang)
• Beg Cerut NSM

HADIAH KEDUA:
• Wang Tunai RM 100
• Pencil Warna Air Faber-Castell GoldFaber Creative Studio (12 batang)
• Beg Cerut NSM

HADIAH KETIGA:
• Wang Tunai RM 50
• Pencil Warna Air Faber-Castell GoldFaber Creative Studio (12 batang)
• Beg Cerut NSM

DUA HADIAH SAKSIKAT:
• Kamus Mawar
• Sierember DIY
• Beg Cerut NSM

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

ONLINE INTERACTIVE NUTRITION EDUCATIONAL WORKSHOP

SESSION 1: 27 AUGUST 2022
SESSION 2: 28 AUGUST 2022

Note: This Educational Workshop is for all participants.

Register for Session 1
<https://tinyurl.com/mxk9p1>

Check your email for further information on Nutrition Roadshows 2.0.

SESI BENGKEL PENDIDIKAN PEMAKANAN INTERAKTIF DALAM TALIAN

SESI 1: 27 OGOS 2022, SABTU, 10:00-11:00AM ATAU
SESI 2: 28 OGOS 2022, AHAD, 2:00-3:00PM
ZOOM

Note: Bengkel Pendidikan ini adalah PERCUMA untuk semua peserta yang mendaftar.

Daftar untuk Sesi 1
<https://tinyurl.com/mxk9p1>

Daftar untuk Sesi 2
<https://tinyurl.com/mxk9p2>

Semua e-mel anda untuk butiran lanjut mengenai Sesi Bengkel Pendidikan Pemakanan Interaktif dalam Talian

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

IMPORTANT DATES!

Online Registration

TARIKH-TARIKH PENTING!

Pendaftaran (Telah ditutup):
10 - 17 Ogos 2022

Sesi Bengkel Pendidikan Pemakanan Interaktif Dalam Talian melalui Zoom:
27 Ogos 2022 @ 10:00-11:00AM ATAU
28 Ogos 2022 @ 2:00-3:00PM

Penyerahan Karya Seni (19 hari):
27 Ogos - 14 September 2022

Pengumuman Pememenang:
25 September 2022

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POSTER REQUIREMENTS

THEME: The poster should depict a Healthier Lifestyle for a Better Malaysia

REQUIRED COMPONENTS: The following components MUST be included

KEPERLUAN POSTER

TEMA
Poster hendaklah menggambarkan Gaya Hidup yang Lebih Sihat untuk Malaysia yang Lebih Sejahtera.

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 DAN B (7 HINGGA 12 TAHUN):
• Piringan Sihat Malaysia dan/atau Piramid Makanan Malaysia
• Senaman
• Mesaj Pemakanan Sihat, contoh: Makan buah-buahan dan sayur-sayuran setiap hari
• Bendera Malaysia

KATEGORI C (13 HINGGA 15 TAHUN):
• Pemakanan sihat yang menyampaikan mesej "Keseimbangan, Kesederhanaan dan Kepelabagaan"
• Gaya Hidup Aktif
• Mesaj Pemakanan Sihat, contoh: Makan buah-buahan dan sayur-sayuran setiap hari
• Bendera Malaysia
• Bendera Malaysia dan/atau Sambutan Merdeka dan Hari Malaysia

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.

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SUBMISSION OF ARTWORK

SUBMISSION PERIOD (19 DAYS): 27 AUGUST - 14 SEPTEMBER 2022

Submission Details

1. Submit your poster via online
2. Participants must attach two PNG format:
• Photo or scanned copy of your poster
• Photo of you holding your poster

Scan this QR Code Or use this link to submit
<https://7sb.ly/NSM-Nutrition-Poster-Contest-2022-Submission>

PENYERAHAN KARYA SENI

TEMPOH PENYERAHAN (19 HARI): 27 OGOS - 14 SEPTEMBER 2022

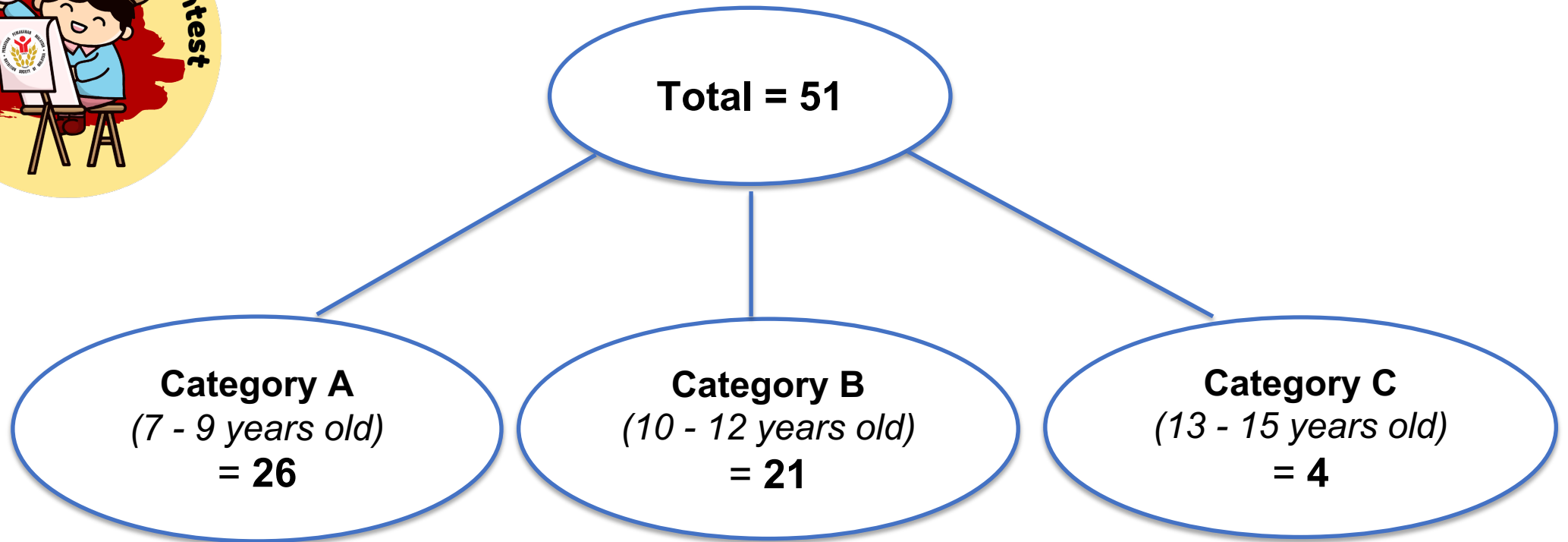
Bulatan Penyerahan
1. Hantar poster anda secara dalam talian.
2. Peserta mesti melampirkan dua fail (dalam format JPG, JPEG atau PNG):
• Gambar atau skrin imbasan poster anda
• Gambar anda memegang poster anda

Imbas kod QR atau guna pautan ini untuk hantar
<https://7sb.ly/NSM-Nutrition-Poster-Contest-2022-Submission>

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Registration





Online Nutrition Educational Workshop

Activity 1

- Malaysian Food Pyramid

Activity 2

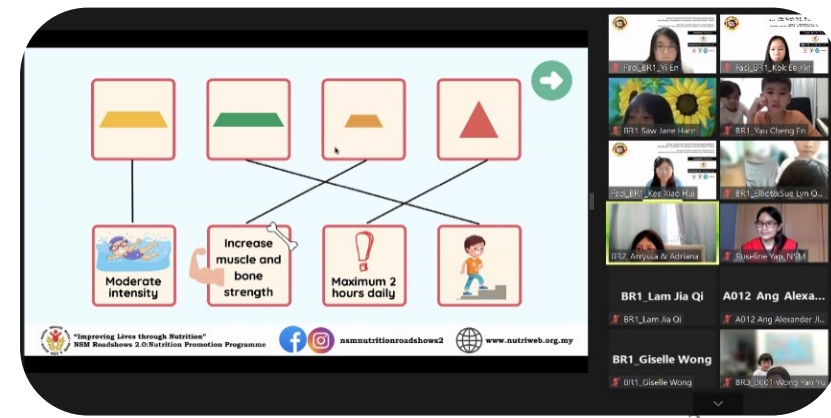
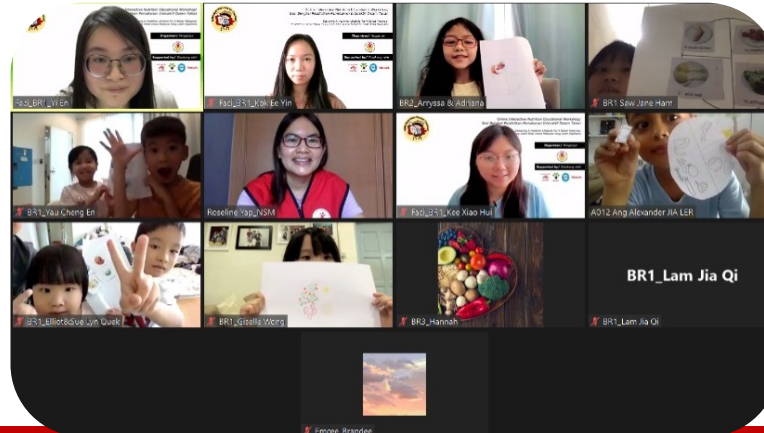
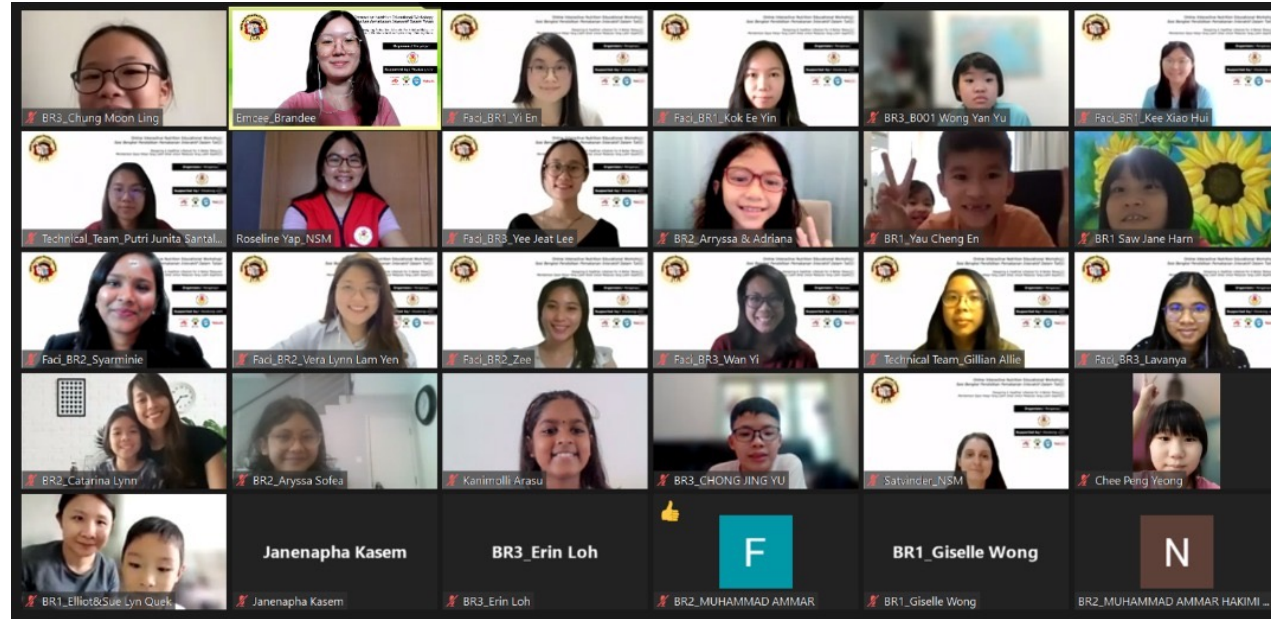
- Malaysian Healthy Plate

Activity 3

- Malaysian Physical Activity Pyramid



Online Nutrition Educational Workshop



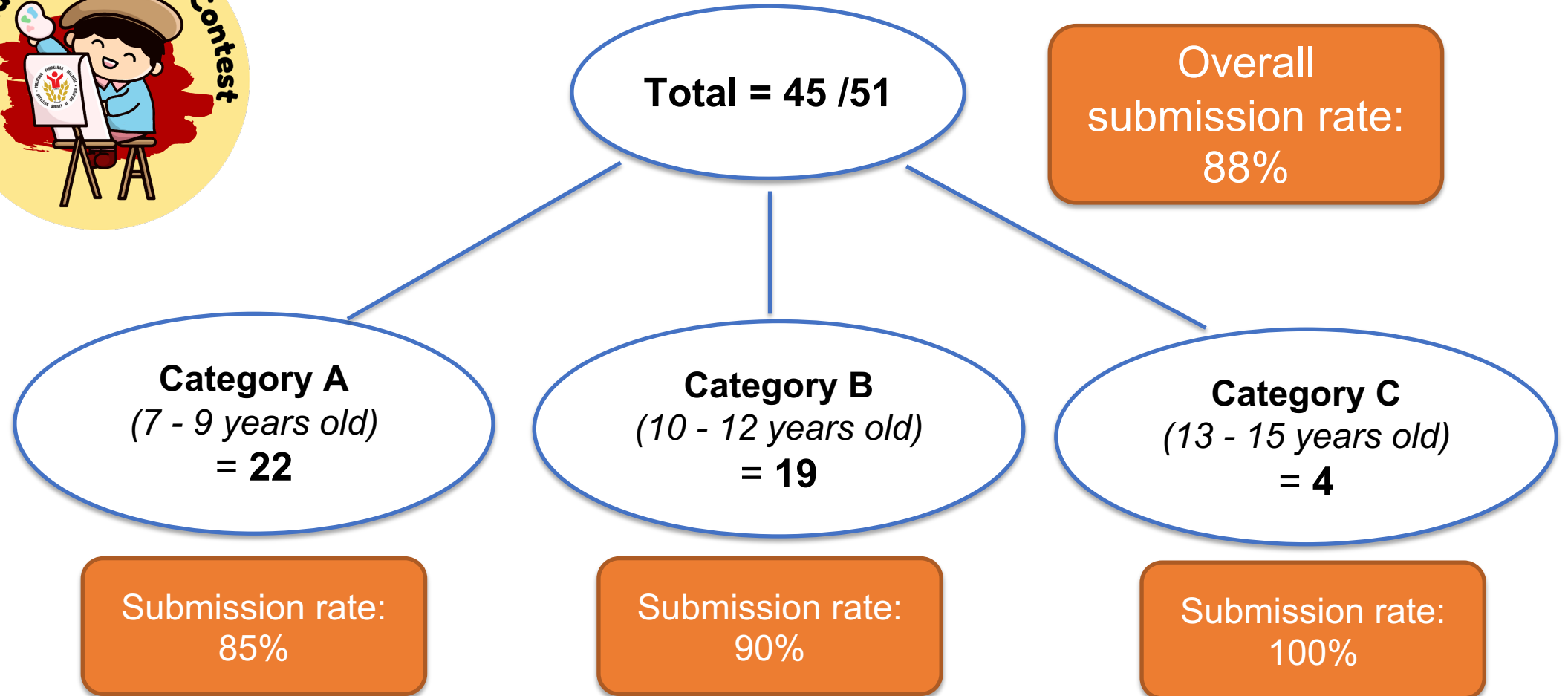


Online Interactive Nutrition Educational Workshop: Feedback from participants (n=39)

Item	Poor	Neither poor or good	Good
1. Registration for workshop	0 (0%)	2 (5%)	37 (95%)
2. Reminder to attend workshop	0 (0%)	2 (5%)	37 (95%)
3. Content and education materials of workshop	0 (0%)	2 (5%)	37 (95%)
4. Duration of workshop	0 (0%)	0 (0%)	39 (100%)
5. Presentation of information by facilitators	0 (0%)	3 (8%)	36 (92%)
6. Usefulness of the workshop	0 (0%)	3 (8%)	36 (92%)



Submission





NSM NUTRITION ROADSHOWS 2.0

First Prize Winners

Second Prize Winners

Third Prize Winners



Consolation Prize Winners





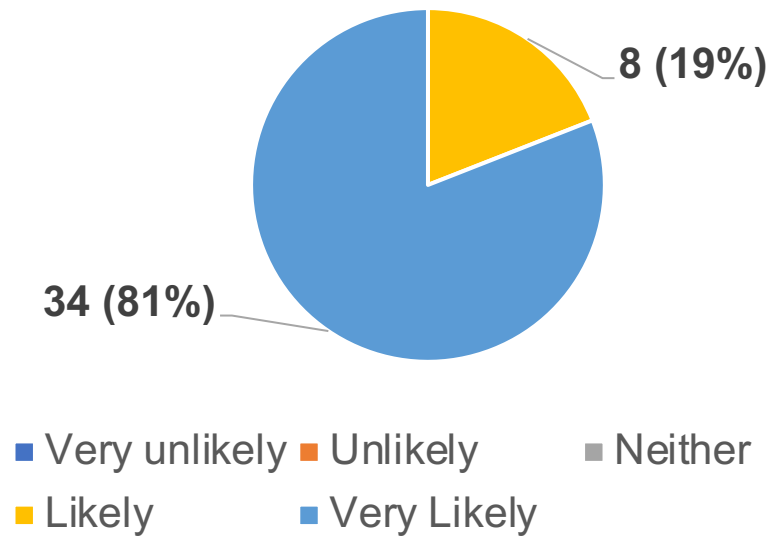
Overall event : Feedback from participants (n=42)

Item	Poor	Neither poor or good	Good
1. Ease of registration	0 (0%)	1 (2%)	41 (98%)
2. Clarity of email communication	0 (0%)	1 (2%)	41 (98%)
3. Announcements on social media	0 (0%)	1 (2%)	41 (98%)
4. Timeliness of reminder email or WA	0 (0%)	1 (2%)	41 (98%)
5. Responsiveness towards enquiries	0 (0%)	0 (0%)	42 (100%)
6. Usefulness of starter kit (eg. Sketchbook, colour pencils HEAL magazine, etc)	0 (0%)	1 (2%)	41 (98%)
7. Overall Experience with NSM Nutrition Poster Contest	0 (0%)	1 (2%)	41 (98%)



Overall event : *Feedback from participants (n=42)*

How likely are you to recommend NSM Nutrition Poster Contest event to you family and friends?



Comments

- *Keep up the good efforts. Appreciate all efforts and helps during the activity, thank you very much!*
- *Would be good to share the PowerPoint slides to participants after the workshop.*
- *Event is well organised.*
- *The workshop was very fun and informative.*



NSM Virtual Fun Run / Walk 2022: Get Active and Healthy with NSM

1 November – 18 December 2022

Objective:

To encourage Malaysians to stay healthy by being physically active at all times

Categories/Challenges:

- a) Individual – 15km for Beginner
- b) Individual – 25km for Intermediate
- c) Team, Family of Two – 25km
- d) Team, Family of Three – 30km

NSM Virtual Fun Run / Walk 2022
THEME: GET ACTIVE AND HEALTHY WITH NSM
1 November – 18 December 2022

CATEGORIES

- Package A (Individual, Beginner)
- Package B (Individual, Intermediate)
- Package C (Family, 2 pax)
- Package D (Family, 3 pax)

REGISTRATION (28 Oct - 11 Nov 2022)

- Package A / Package B: RM 20 per entry
- Package C: RM 30 / RM 25* per team
- Package D: RM 40 / RM 35* per team

*Only NSM Virtual Parent-Child Cooking Competition 2021-2022 and NSM Virtual Family Fun Run/Walk 2021 participants are eligible for discount.

HOW TO PARTICIPATE ?

1. Like and share the event post in public view.
2. Pay the registration fee and fill in the registration form. (<https://bit.ly/NSMVirtualFunRunWalk2022>)
3. Complete your run/walk in ONE (1) week anytime from 1 November - 18 December 2022.
4. Submit your result via the submission form provided. (<https://bit.ly/NSMVirtualFunRunWalk2022Submission>)

Scan this QR Code or use this link: <https://bit.ly/NSMVirtualFunRunWalk2022>

For more details, scan this QR Code or use this link: <http://tiny.cc/gllkuz>

ENTITLEMENTS

- ONLINE NUTRITION EDUCATIONAL WORKSHOP
- HE-AL MAGAZINE
- EXERCISE CHECKLIST
- SNACK RECIPES
- NSM DRAWSTRING BAG
- MEDAL
- E-CERTIFICATE
- GIFTS FROM SPONSORS

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#nsmnutritionroadshows2

Supported by:





Organising Team

Advisor	Dr Tee E Siong
Chairperson/Treasurer	Dr Roseline Yap Wai Kuan
Event Team	Chung Ya Ching, Rosma Ilyana Zakira Che Ladin, Tee Jia Ying , Chong Wan Yi, Brandee Yau Yan Ying, Cheong Yi En, Lavanya A/P Valayutham
Secretary	Dr Tan Sue Yee
Post and Win Activity	Tee Jia Ying, Rosma Ilyana Zakira Che Ladin
Logistic and Technical	Eow Shiang Yen (Leader), Dr Ng Choon Ming
Online Interactive Nutrition Educational Workshop	Assoc Prof Dr Satvinder Kaur (Leader), Kok Ee Yin , Dr Ng Choon Ming, Chew Wai Mei



NSM NUTRITION ROADSHOWS 2.0

COMING SOON! AKAN DATANG!

1 November - 18 December 2022

Get Active and Healthy with NSM
Kekal Aktif dan Sihat dengan NSM

Registration/Pendaftaran:
28 October - 11 November 2022

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

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NSM Virtual Fun Run / Walk 2022

THEME: GET ACTIVE AND HEALTHY WITH NSM
1 November - 18 December 2022

CATEGORIES

- Package A (Individual, Beginner)
- Package B (Individual, Intermediate)
- Package C (Family, 2 adult)
- Package D (Family, 3 adult)

REGISTRATION (28 Oct - 11 Nov 2022)

- Package A / Package B: RM 20 per entry
- Package C: RM 30 / RM 25 per team
- Package D: RM 40 / RM 35 per team

ENTITLEMENT

ONLINE NUTRITION EDUCATIONAL WORKSHOP
HEALTHY MAGAZINE
EXERCISE CHECKLIST
SNACK RECIPES
DR

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

Supported by:

HOW TO PARTICIPATE?

- Registration**
28 October - 11 November 2022
- Submit your results**
1 November - 18 December 2022
- Pendaftaran**
28 Oktober - 11 November 2022
- Mengerahkan Keputusan**
1 November - 18 Disember 2022

LANGKAH-LANGKAH UNTUK MENYERTAII

- Pendaftaran**
28 Oktober - 11 November 2022
- Sesi Bengkel Pendidikan Pemakanan Interaktif Dalam Talian melalui Zoom**
26 November 2022
- Seleksi aktiviti larian/berjalan kaki dalam masa satu minggu**
1 November - 18 Disember 2022
- Mengerahkan Keputusan**
1 November - 18 Disember 2022

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ENTITLEMENTS

1 November - 18 December 2022

ONLINE NUTRITION EDUCATIONAL WORKSHOP
NSM DRAWSTRING BAG
HEALTHY MAGAZINE
MEDAL
BENGGEL PENDIDIKAN PEMAKANAN DALAM TALIAN
MAJALAH 'HE-AL'
SENARAI SENAM SENAMAN
RESPIRI SNEK
BEG CERUT NSM
PINGAT
E-SUJIL
HADIAN DARI PADA PENAJA

SCAN ME

For more details, scan this QR Code or use this link: <http://tiny.cc/5tkuz>

Untuk maklumat lanjut, imbasan Kod QR atau gunakan link ini: <http://tiny.cc/5tkuz>

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For more information: www.nutriweb.org.my

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IMPORTANT DATES! TARIKH-TARIKH PENTING!

Registration Period /
Tempoh Pendaftaran:
28 October - 11 November 2022

Online Interactive Nutrition Educational
Workshop /
Sesi Bengkel Pendidikan Pemakanan Interaktif
Dalam Talian:
26 November 2022, 3:00 - 4:15 PM

Submission Period /
Tempoh Penyerahan:
1 November - 18 December 2022

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For more information: www.nutriweb.org.my

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ONLINE INTERACTIVE NUTRITION EDUCATIONAL WORKSHOP

NSM Virtual Fun Run / Walk 2022
THEME: GET ACTIVE AND HEALTHY WITH NSM
1 November - 18 December 2022

26 November 2022
Saturday, 3:00-4:15 PM

ONLY FOR REGISTERED PARTICIPANTS OF NSM VIRTUAL FUN RUN / WALK 2022

26 November 2022,
Sabtu, 3:00-4:15pm

UNTUK PESERTA YANG BERDAFTAR NSM VIRTUAL FUN RUN / WALK 2022 SAHAJA

HADIAH KUIZ EKSLUSIF UNTUK DIMENANGI

SCAN ME

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

Supported by:

SUBMISSION DETAILS

Submission Period
1 November - 18 December 2022

- Submit your result online.
- Participants must upload:
 - picture(s) of individual or team's achievements recorded by a pedometer or mobile app
 - picture(s) of the individual or team doing physical activity as a proof

BUTIRAN PENYERAHAN

Tempoh penyerahan:
1 November - 18 Disember 2022

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

SCAN ME

Improving Lives Through Nutrition
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For more information: www.nutriweb.org.my

Supported by:

SPECIAL THANKS TERIMA KASIH TO OUR SPONSORS: KEPADA PENAJA-PENAJA KAMI:

East Well Live Well

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

Supported by:





Registration

Total = 82, 112 participants

Category A

(Individual - Beginner, 15km)
= 38

Category B

(Individual – Intermediate, 25km)
= 20

Category D

(Team - Family of Three, 30km)
= 6

Category C

(Team - Family of Two, 25km)
= 18





Online Nutrition Educational Workshop

26 November 2022

Activity 1

- Malaysian Physical Activity Pyramid and Recommendations

Activity 2

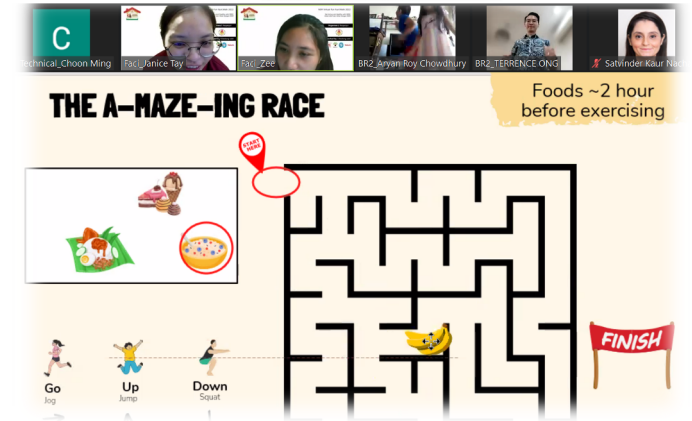
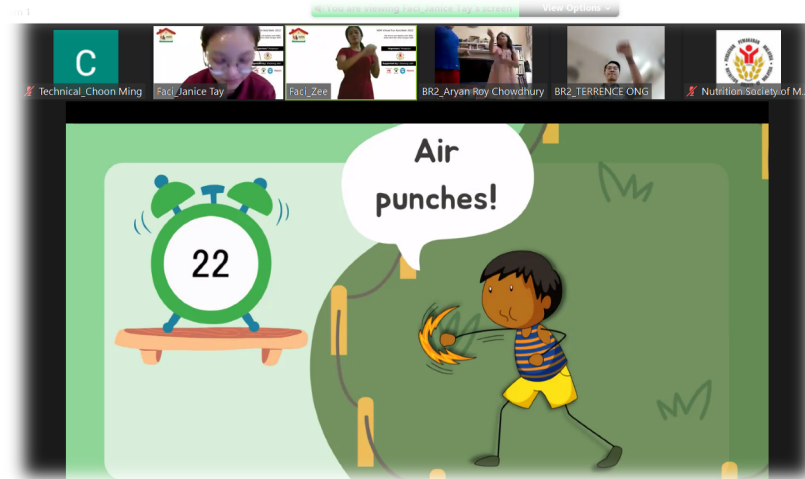
- What To Do Before, During, And After Exercise

Activity 3

- The A-Maze-Ing Race



Online Nutrition Educational Workshop





Submission

Total = 64/82

Overall submission rate:
78%

Category A
(Individual - Beginner, 15km)
= **26 (68% submission)**

Category B
(Individual – Intermediate, 25km)
= **17 (85% submission)**

Category C
(Team - Family of Two, 25km)
= **16 (89% submission)**

Category D
(Team - Family of Three, 30km)
= **5 (83% submission)**





NSM NUTRITION ROADSHOWS 2.0

NSM Virtual Fun Run / Walk 2022
THEME: GET ACTIVE AND HEALTHY WITH NSM
1 November – 18 December 2022

POST & WIN CHALLENGE
12 November - 18 December 2022

GET THE MOST LIKES AND WIN ATTRACTIVE PRIZES!

1. Include the hashtag **#NSMFunRunWalkChallenge** and tag us **@nsmnutritionroadshows2**
2. Show us the **photo(s)/video(s)** of you/your family team completing the challenge.
3. Include your **Participant ID** and **Shoutout from _____** in your caption. We would love to know where you are! Eg. **Shoutout from Rawang, Selangor!**

ONLY FOR REGISTERED PARTICIPANTS OF NSM VIRTUAL FUN RUN / WALK 2022

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For more information: www.nutriweb.org.my
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NSM Virtual Fun Run / Walk 2022
THEME: GET ACTIVE AND HEALTHY WITH NSM
1 November – 18 December 2022

POST & WIN CHALLENGE
12 November - 18 December 2022

PRIZES

1st Prize
Dumbbell set & Exercise mat

2nd Prize
Plates bar & Exercise mat

3rd Prize
Stretching band & Exercise mat

ONLY FOR REGISTERED PARTICIPANTS OF NSM VIRTUAL FUN RUN / WALK 2022

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NSM Virtual Fun Run / Walk 2022
THEME: GET ACTIVE AND HEALTHY WITH NSM
1 November – 18 December 2022

POST & WIN CHALLENGE
12 November - 18 December 2022

TERMS & CONDITIONS

1. Participants must **register** for NSM Virtual Family Fun Run/Walk 2022.
2. Participants must **follow** **@nsmnutritionroadshows2** on FB or IG.
3. Participants shall upload the photo(s)/video(s) of his/her doing the challenge on either FB or IG. Only **ONE(1)** entry from the social media platforms will be accepted.
4. The **post(s) with the most LIKES** will stand a chance to win attractive special prizes.
5. Participants shall set his/her profile as **public** from **12 November 2022 to 18 December 2022** to ease the organiser in noticing the post(s) for the challenge.
6. Any challenge posts posted **after 18 December 2022, 11:59PM (GMT +8)** are **not eligible** for the challenge entry.
7. All the photo(s)/video(s) posted for the challenge are permitted for use by NSM for the sole purpose of marketing assets on social media.
8. The organiser will not be responsible or held liable for any injury or death, damage or loss of property, whether personal or otherwise, suffered or caused, anything that arising from training for, during participation, or after the participation of the challenge.
9. The organiser reserves the right to amend the Terms & Conditions without prior notice.

ONLY FOR REGISTERED PARTICIPANTS OF NSM VIRTUAL FUN RUN / WALK 2022

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NSM Virtual Fun Run / Walk 2022
THEME: GET ACTIVE AND HEALTHY WITH NSM
1 November – 18 December 2022

POST & WIN CHALLENGE
12 November - 18 December 2022

WINNERS ANNOUNCEMENT

A14 @Brandee You
101 likes

A27 @k.s.y.00
95 likes

C17 @fs_396
70 likes

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For more information: www.nutriweb.org.my
f @nsmnutritionroadshows2

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NSM Virtual Fun Run / Walk 2022
TEMA: KEKAL AKTIF DAN SIHAT DENGAN NSM
1 November – 18 Disember 2022

MUAT NAIK & MENANG
12 November - 18 Disember 2022

DAPATKAN 'LIKE' YANG PALING BANYAK DAN MENANGI HADIAH YANG MENARIK

1. Sertakan hashtag **#NSMFunRunWalkChallenge** dan tag kami **@nsmnutritionroadshows2**
2. Tunjukkan **gambar/video** anda/pasukan keluarga anda yang sedang melengkap cabaran.
3. Sertakan **ID Peserta** dan **Seran dari _____** dalam kapsyen anda. Kami ingin tahu di mana anda berada! Contohnya **ID Peserta Seran dari Rawang, Selangor!**

UNTUK PESERTA YANG BERDAFTAR NSM VIRTUAL FUN RUN / WALK 2022 SAHAJA

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NSM Virtual Fun Run / Walk 2022
TEMA: KEKAL AKTIF DAN SIHAT DENGAN NSM
1 November – 18 Disember 2022

MUAT NAIK & MENANG
12 November - 18 Disember 2022

HADIAH-HADIAH

Hadiah Pertama
Set dumbbell & Tikar senaman

Hadiah Kedua
Bar Plates & Tikar senaman

Hadiah Ketiga
Jalur regangan & Tikar senaman

UNTUK PESERTA YANG BERDAFTAR NSM VIRTUAL FUN RUN / WALK 2022 SAHAJA

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NSM Virtual Fun Run / Walk 2022
TEMA: KEKAL AKTIF DAN SIHAT DENGAN NSM
1 November – 18 Disember 2022

MUAT NAIK & MENANG
12 November - 18 Disember 2022

TERMA & SYARAT

1. Peserta dikehendaki untuk **mendaftar** NSM Virtual Family Fun Run/Walk 2022.
2. Peserta dikehendaki untuk **ikuti** **@nsmnutritionroadshows2** di halaman FB atau IG.
3. Peserta dikehendaki **memuat naik gambar/video** yang menunjukkan bahawa peserta sedang menjalani cabarannya di halaman FB atau IG sahaja. Hanya **SATU(1)** penyertaan daripada platform media sosial akan diterima.
4. **Siaran dengan 'LIKE' yang paling banyak** berpeluang untuk memenangi hadiah yang menarik.
5. Peserta dikehendaki untuk menetapkan profil akaun sebagai **akaun umum** dari **12 November 2022 sehingga 18 Disember 2022** supaya pihak-pihak pengaju dapat mengemili siaran anda untuk aktiviti ini.
6. Sebarang siaran/aktiviti yang dimuatnaik **selepas 18 Disember 2022, 11:59PM (GMT +8)** adalah **tidak layak** untuk menyertai aktiviti ini.
7. Sebarang gambar/video yang dimuatnaik untuk aktiviti ini dibenarkan untuk digunakan sebagai aset pemasaran NSM di media sosial.
8. Pihak pengaju tidak akan bertanggungjawab sebarang kecederaan atau kematian, kerosakan atau kehilangan harta benda sama ada persendirian ataupun tidak, akibat daripada latihan untuk semasa, atau selepas penyertaan dalam aktiviti ini.
9. Pihak pengaju berhak untuk meminda Terma & Syarat ini tanpa notis.

UNTUK PESERTA YANG BERDAFTAR NSM VIRTUAL FUN RUN / WALK 2022 SAHAJA

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NSM Virtual Fun Run / Walk 2022
TEMA: KEKAL AKTIF DAN SIHAT DENGAN NSM
1 November – 18 Disember 2022

MUAT NAIK & MENANG
12 November - 18 Disember 2022

PENGUMUMAN PEMENANG-PEMENANG

A14 @Brandee You
101 suka

A27 @k.s.y.00
95 suka

C17 @fs_396
70 suka

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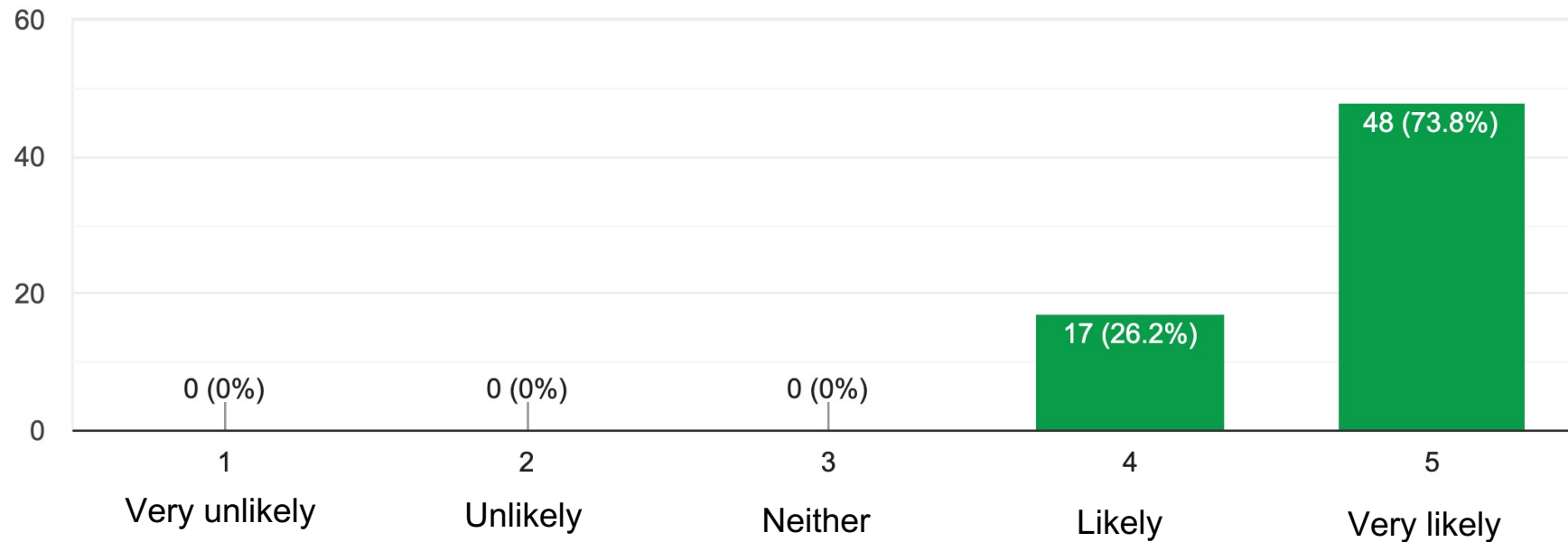




Overall event : Feedback from participants (n=65)

How likely are you to recommend NSM Virtual Fun Run/Walk 2022 event to your family and friends? (Apakah kemungkinan anda akan mengesy...k 2022' kepada keluarga dan rakan-rakan anda?)

65 responses





Overall event : Feedback from participants

- *Nice!*
- *Good initiative to get people moving individually or in teams. Challenges makes it more fun and good to start a habit. Should make it tougher for next version!*
- *The organiser could plan for thematic virtual run/walk in the future. For example, the run/walk could be at a mountains, parks, shopping malls, etc.*
- *A very good approach to encourage Malaysian to stay physically active.*
- *Even though the main goal is to achieve the target distance of walking or running, I enjoy walking as I get to be physically active everywhere that I go. I am very proud of myself because I have successfully completed the challenge and for sure I will continue walking for 15 km every week and slowly add up the distance. Hopefully, NSM can make many activities fun like this in the future.*
- *A excellent way to promote an active lifestyle*
- *Good effort to make people move.*



Overall event : Feedback from participants

- *Good initiative to encourage individual and family to be active.*
- *Excellent program to be continued next year. Please provide more exciting merchandises.*
- *Very fun! It encouraged me to explore more parks and be active :)*
- *It's a good initiative to motivate families to stay active together*
- *Fun activity to be doing with family while keeping healthy*
- *Saya sangat enjoy! Pertama kali sertai acara virtual run/walk dapat complete kan challenge bersama adik tersayang. Hope one day NSM akan buat fizikal fun run/walk. Mesti bertambah meriah.*
- *Such a meaningful event.*



Overall event : Feedback from participants

- *Great motivation to be active.*
- *Sangat baik untuk menggalakkan orang awam beraktiviti.*
- *Good initiative.*
- *Physical event will be better.*
- *Very fun and I've got to spend a beautiful memory with my little boy. Will participate on the future event. Thank you NSM.*
- *Superb! Just wanted to start walking & your program came at the right time!*
- *It is a good initiative to encourage people to walk more, and also the fact that walking is a good exercise especially if they are not very sporty. 15km per week can be achievable if they start walking 3000-5000 steps per day.*





Overall event : Feedback from participants

- *GOOD*
- *A good initiative to promote active living among the community!*
- *freedom, not too much people run together*
- *The period for activity is sufficient.*
- *A good family activity to be involved together in achieving a targeted goal of staying active.*
- *It acts as a reminder/push for me to be active on my legs, walking. Loved it! The entitlement nice!*
- *Fun, can encourage me to walk as much as possible.*
- *Good option to enable participants taking part at their own pace and time*
- *It really motivates me and partner to do the walking*



Overall event : Feedback from participants

- *Enjoyable and challenging! A very good motivation for me to consistently walk and run!*
- *Menarik sebab bila² masa boleh melakukan aktiviti ini tanpa terikat dengan masa.*
- *Good effort to increase activity.*
- *A great event to encourage and educate people to have a healthy lifestyle.*
- *Good platform to encourage public to exercises more.*
- *Memudahkan sebab boleh melakukan fun run /walk pada bila² masa sahaja*
- *Overall good.*
- *GOOD, FUN.*





Overall event : Feedback from participants

- *Simple, fun and achievable 😊 .*
- *A good initiative to encourage the public to move more.*
- *It was fun and good time to spent with family.*
- *Very fun.*
- *A very good initiative!*
- *Like the encouragement to continuously stay active!*
- *Well organised and a good motivation to stay active!*
- *Enjoyable =)*
- *Super like this event, join since 2021. Enjoyed exercise with children to achieve our target!*





Thank You!

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Contact us: nsmroadshows@gmail.com, nsmroadshows@nutriweb.org.my