



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](#)



NSM Roadshows 2.0: Nutrition Promotion Programme

(Initiated in 2020)

Activity Report 2021

Outline

- **Overview of NSM Roadshows**
 - Brief history
 - Introduction of NSM Roadshows 2.0
- **Online of activities during 2021**
 - Disseminate nutrition information
 - Share healthy recipes
 - Organise online workshops and events
- **Milestones achieved in 2021**
 - Performance of social media platforms
 - Capacity building and partnership

Overview of NSM Roadshows

Brief history
Introduction of NSM Roadshows 2.0

Birth of NSM Roadshows 1.0

- In line with the objective of the Society to “**inform and acquaint the public with matters related to food and nutrition**”, NSM embarked on a series of “Nutrition Road Shows” for various groups of communities.
- Through these roadshows, NSM hopes to contribute towards inculcating a culture of healthy eating among Malaysians.

(Pg 18-19, Berita NSM Nos 1&2, 1997)



When did NSM Roadshows 1.0 start?

SRK Convent Sentul Satu,
Kuala Lumpur
on 21 June 1997.



5



NSM Roadshows 1.0 ...

From then on, the NSM Roadshows reached out to various target groups, in collaboration with various organisations, in various settings over the years.



Introduction of NSM Roadshows 2.0

- Why **2.0**
 - The need to continue to reach out to the community to promote healthy eating and active living is urgent
 - In view of the continued high prevalence of NCDs and their risk factors
 - NSM continued to receive invitations to conduct nutrition education programmes by various organisations
 - Physical roadshows – targeted to the local communities
- In order to continue with its objective to “inform and acquaint the public with matters related to food and nutrition”, **NSM Roadshows 2.0** was initiated in May 2020!





Project Management Team 2021



**Advisor:
Dr Tee E Siong**



**Team Leader:
Assoc. Prof.
Dr Chin Yit Siew**



**Team Member*:
Dr Tan Sue Yee**



**Team Member:
Dr Roseline Yap
Wai Kuan**

**Nutrition Education
Materials Working Group**



**Eow Shiang
Yen**



Sarina Sariman



Khoi Zi Yee

**Healthy Recipes
Working Group**



**Dr Siti Raihanah
Shafie**



**Thirukkanesh
Sanvashivam**

**Events & Interactive Activities
Working Group**



Tee Jia Ying



**Rosma Ilyana Zakira Binti
Che Ladin**



Chung Ya Ching

**Note: Dr Wong Jyh Eiin was one of the management team members in 2020; while Dr Tan Sue Yee enrolls as one of the management team members in 2021*



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Mission:
**To Improve Nutritional Wellbeing
of Malaysians**



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OBJECTIVES:

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

APPROACH (1):



BEFORE COVID-19 pandemic: **Community Outreach Roadshows**

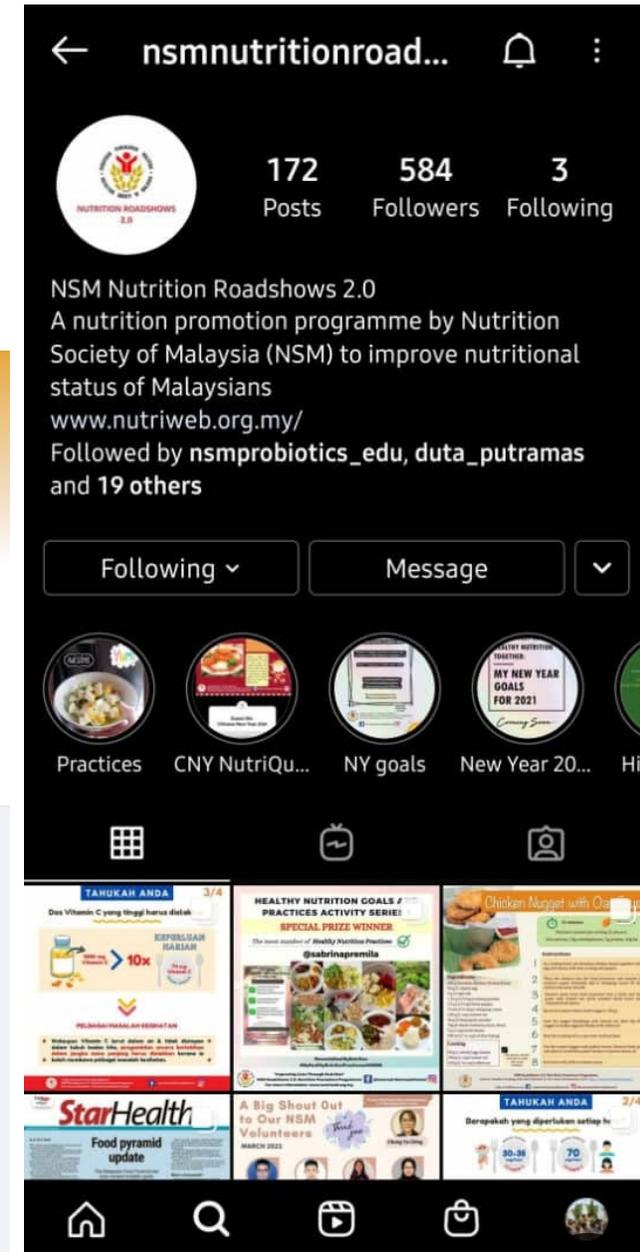
- Nutrition screening, nutrition consultation, cooking demonstration
- Partnership with KEMAS, Rotary Club, InBody
- Volunteers' involvement: freelance nutritionists, PSPs, postgraduate nutrition students



APPROACH (2):

DURING COVID-19 pandemic: **Online Nutrition Promotion**

- a platform to share nutrition information to public to practise healthy eating and active living
- combat health threats, including COVID-19 and chronic diseases such as heart disease, diabetes and cancers.



Online Nutrition Promotion Activities 2021

- Disseminate nutrition information
 - Share healthy recipes
- Organise online workshops and events

NSM Roadshows 2.0: Online Nutrition Promotion Activities (1)

- Disseminate nutrition information

1. NutriQuotes by Nutritionists (8 posts)

Nutrition experts and nutritionists were invited in the series of NutriQuote to share their quotes related to health and nutrition to the public. The quotes shared complemented the activities organised by NSM Roadshows 2.0.



NutriQuotes	Nutrition Experts/ Nutritionists
You are what you eat-Choose your food wisely!	Madam Rokiah Don, Nutritionist and Fellow, Nutrition Society of Malaysia
Healthier Foods, Healthier Family!- Cook Nutritious Meals at Home!	Madam Zalma Abd Razak, Director of Nutrition Division, Ministry of Health (MOH) and Fellow, Nutrition Society of Malaysia
Practise the true spirit of Ramadhan by eating moderately as it helps in ensuring good health	Prof Hamid Jan Jan Mohamed, Nutritionist and Fellow, Nutrition Society of Malaysia
Eat well, Feel Good with quarter-quarter half. Fill your plate with a quarter of grains, a quarter of meat/fish, and half of fruits & vegetables	Madam Zaiton Daud, Depty Director, Nutrition Division, Ministry of Health (MOH) and life member, Nutrition Society of Malaysia
Regularly prepare simple and healthy meals quickly at home with the clever mix of fresh and pre-packaged foods	Dr Tan Sue Yee, Nutritionist and Fellow of Nutrition Society of Malaysia.
Understanding nutrition labels: Road to combat chronic diseases	Ms. Maizatul Azlina Chee Din, Principal Assistant Director, Non-Communicable Disease Section, Disease Control Division (MOH), NSM life Member
Regular exercise, like good nutrition, strengtens our immunity. Why not embrance both!	Dr Wong Jyh Eiin, Nutritionist/ Asst. Hon. Secretary Nutrition Society of Malaysia
Every movement matters: Be active for a Healthy body and mind.	Dr Roseline Yap Wai Kuan, Nutritionist, Hon Treasurer and Fellow Nutrition Society of Malaysia

NSM Roadshows 2.0: Online Nutrition Promotion Activities (1)

- Disseminate nutrition information

2. Nutrition Educational Posts (29 posts)

Nutrition educational posts provide awareness and knowledge to the public to live a healthy and active life. The posts were designed to fit into the latest nutrition issues in Malaysia and personalized to different local celebrations to remain relevant at all time.

Posters

Nutrition education on Vitamin C



Nutrition education on food safety and hygiene



Eat right during Chinese New Year



Healthy lifestyle during Ramadan



NSM Roadshows 2.0: Online Nutrition Promotion Activities (1)

- Disseminate nutrition information

2. Nutrition Educational Posts (29 posts) [cont.]

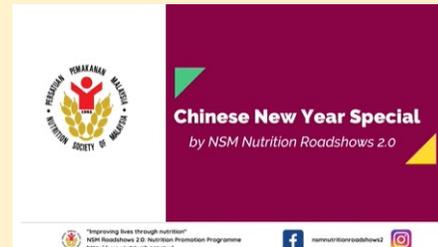
Nutrition educational posts provide awareness and knowledge to the public to live a healthy and active life. The posts were designed to fit into the latest nutrition issues in Malaysia and personalized to different local celebration to remain relevant at all time.

Posters

Nutrition education on healthy eating



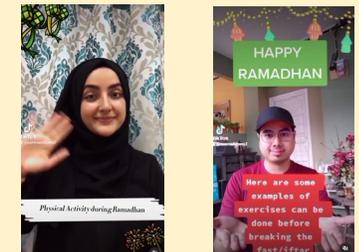
Nutrition messages for Chinese New Year



Nutrition messages for Hari Raya Aidilfitri



Staying active during Ramadan



Updates of Malaysian Food Pyramid 2020



Tips for staying active



NSM Roadshows 2.0: Online Nutrition Promotion Activities (1)

- Disseminate nutrition information

3. Ask A Nutritionist (16 posts)

Besides increasing the visibility of nutrition experts in Malaysia and enhance their understanding on the roles of nutritionists/ nutrition professions, “Ask A Nutritionist” served as a platform for the social media users to interact with them online. The nutrition experts from NSM addressed burning questions related to nutrition and health from the public in the form of posters, recorded videos and live videos.

Q&A Posters

Physical activity series

Ask A Nutritionist EXPERT Q&A

Working adults - Too busy to exercise

Question 1
How to convince working adults who claim that they have no time to exercise to start staying active during COVID-19 pandemic?

TOPIC 1

PART 1
Good question! No time is a common excuse. But this can be managed. We really need to put a strict plan and follow diligently. My simple advice for initiating physical activity is walking. Start walking more than what you have been doing, just add 10 minutes only.

Assoc Prof. Dr. Mahendran Appakutty
Vice President
Nutrition Society of Malaysia

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

Ask A Nutritionist EXPERT Q&A

Motivation for Physical Activity

Question
How to increase motivation to perform physical activities during COVID-19 pandemic?

TOPIC 3

PART 1
Don't just look at pandemic per se, look at your **health and family** at large. When you start performing physical activities regularly, your lifestyle behaviour will change gradually. Getting your **peers and family members** involved in physical activities will definitely help too.

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Ask A Nutritionist EXPERT Q&A

Diet vs Exercise

Question
Which is more important, diet or exercise?

TOPIC 5

Both have significant role to play in our daily life. **Food** is required for living while **exercise/physical activity** is required for maintaining healthy living. Exercise does not mean you have to play sports or run around, **simple movements** like stretching/yoga or walking extra 10 minutes of your usual practice will do the best of it.

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Ask A Nutritionist EXPERT Q&A

Exercise for Older adults

Question
Any exercise recommendations for older adults?

TOPIC 8

For older adults, I always recommend **walking** and make sure they have **companionship** when they are exercising. **Stretching** and yoga will be great but with the help of a qualified instructor/trainer.

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Ask A Nutritionist Question 1

Topic: **Fats and Oils**

QUESTION
Do we need fats and oils in our daily diet?

ANSWER
Yes, we do need fats and oils because their main function is to **provide energy to the body**. They are also important to provide **essential fatty acids (EFA)** and for the absorption of **fat-soluble vitamins A, D, E and K**, which are required for **physiological functions, growth, and development**. **Stretching** and yoga will be great but with the help of a qualified instructor/trainer.

Dr. Yasmin Ooi Beng Hou
Nutritionist
Fellow and Council Member,
Nutrition Society of Malaysia

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Ask A Nutritionist Question 2

Topic: **Fats and Oils**

QUESTION
How much dietary fat do we need daily?

ANSWER (PART 1)
We need **25-30% of total daily energy intake** from dietary fat. **Excessive intake** of fat will lead to **obesity**, which in turn will **increase the risk** of non-communicable diseases (NCDs).

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Ask A Nutritionist Question 3

Topic: **Fats and Oils**

QUESTION
Is there good or bad dietary fat?

ANSWER (PART 1)
There are saturated and unsaturated fats (monounsaturated (MUFA) and polyunsaturated fatty acids (PUFA)). **Excessive intake** of saturated fats from animal sources has been linked to increased risk of heart disease while **MUFA and PUFA**, which are rich in **vegetable oils, nuts and seeds** are linked to reduced risk of heart disease.

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Sugar series

Ask A Nutritionist EXPERT Q&A

Staying Active - Household chores

Question
How can we stay active and healthy other than virtual runs and a healthy diet?

TOPIC 2

PART 1
Don't think too much including on what to buy to keep yourself active. You can start with **something simple** such as **household chores** (sweeping, mopping, cleaning the bathroom, washing your car or motorbike, etc). Prepare a routine chart for these chores so that it would not be boring, too tiring or monotonous.

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Ask A Nutritionist EXPERT Q&A

Type of Physical Activity

Question
What kind of physical activity is important during COVID-19 pandemic?

TOPIC 4

My simple suggestion will be **walking or slow jogging**. You can also start with **simple stretching exercises**, yoga and exercises using a gym ball. You are also encouraged to engage in **strength exercises** using light weights.

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Ask A Nutritionist EXPERT Q&A

Home vs Outdoor Exercise

Question
How effective is exercising at home when compared to outdoor exercise?

TOPIC 7

PART 1
Regular exercise at home or outdoors will certainly keep your body active. Exercising outdoors can make you feel **happier** and there is a tendency to **increase** the duration and types of exercise. Indoor or home exercise can be boring at times due to a **fixed environment and monotonous** routine type of exercises.

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Ask A Nutritionist EXPERT Q&A

Exercise for Mental health

Question
How long do I need to exercise in order to improve my mental health?

TOPIC 9

PART 1
There is no **fixed formula** for this. However, I do recommend that you engage in **continuous exercise/physical activity** with family or friends (either physical or via online), which can help to **alleviate stress and increase your motivation**.

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Vice President
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Ask A Nutritionist Expert Q&A

Let's Talk About Sugar!

Question 1
Does sugar cause kids to be hyperactive?

Topic: Concerns About Sugar Among Children

There is no **substantial scientific evidence** that sugar causes hyperactivity in children.

Prof. Dr. Hamid Jan Jan Mohamed
Nutritionist and Fellow,
Nutrition Society of Malaysia

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Ask A Nutritionist Expert Q&A

Let's Talk About Sugar!

Question 1
Will refined sugar substitutes such as honey be better for dental health compared to white sugar?

Topic: Other Forms of Sugar

Honey has a **similar effect** with white sugar in terms of effect on our teeth.

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Ask A Nutritionist Expert Q&A

Let's Talk About Sugar!

Question 1
How much sugar is considered safe for our daily intake?

Topic: Sugar Intake

The World Health Organization (WHO) recommends an intake of **not more than 25 teaspoons (10g) of free sugar daily** for adults. However, that free sugar could be in the form of sugar added to **foods or beverages** by manufacturers, added during cooking, or by the consumer 'itself' as well as **sugars present naturally** in honey, syrup, and fruit juices. As a simple, practical guide to achieve this recommendation, WHO suggests consuming beverages sweetened with sugar, eg. cordials, soft drinks, full-sugar bubble tea, as well as snacks and desserts with high sugar content. **Consume more plain water** for hydration.

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Nutrition Society of Malaysia

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NSM Roadshows 2.0: Online Nutrition Promotion Activities (1)

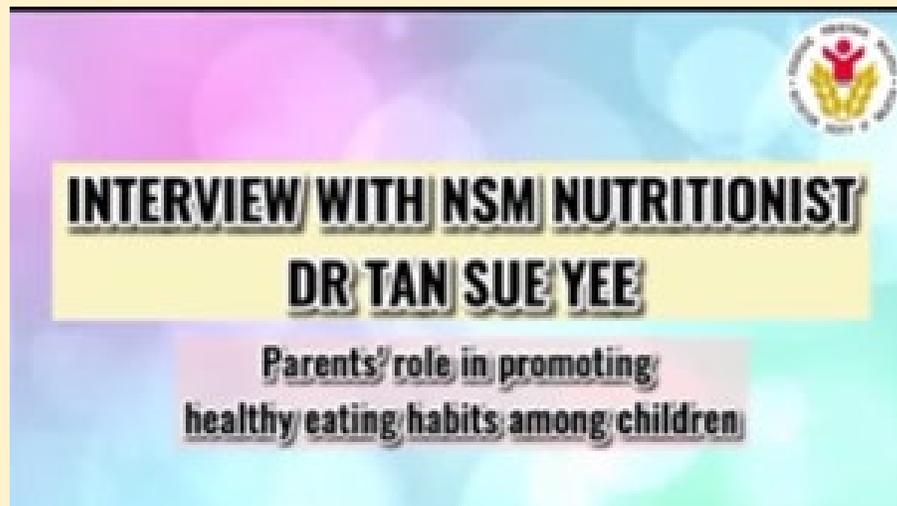
- *Disseminate nutrition information*

3. Ask A Nutritionist (16 posts) [cont.]

Besides increasing the visibility of nutrition experts in Malaysia and enhance their understanding on the roles of nutritionists/ nutrition professions, “Ask A Nutritionist” served as a platform for the social media users to interact with them online. The nutrition experts from NSM addressed burning questions related to nutrition and health from the public in the form of posters, recorded videos and live videos.

Videos

Parents' role in promoting health eating habits among children



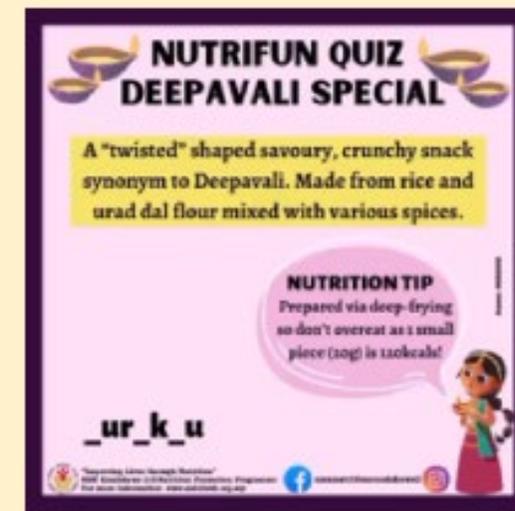
Let's talk about sugar



NSM Roadshows 2.0: Online Nutrition Promotion Activities (1)

- Disseminate nutrition information

4. NutriFun Quiz (17 posts)



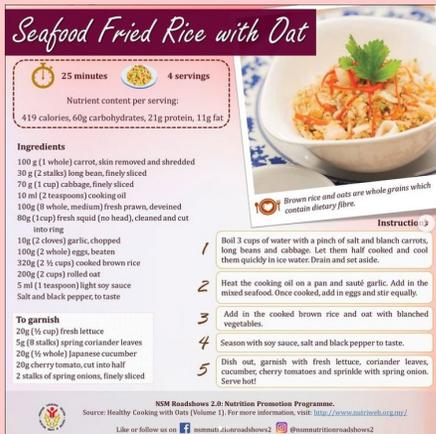
“NutriFun Quiz” is a series of interactive posts released during the festive seasons to interact with social media users alongside to instil nutrition and health knowledge. It enables the public to understand different cultures better through food and increase their awareness of the ways to practise healthy eating and active living during the festive seasons.

NSM Roadshows 2.0: Online Nutrition Promotion Activities (2)

- Share healthy recipes

The bilingual recipe cards are from NSM recipe books which are available on www.nutriweb.org

1. Bilingual Recipe Cards (22 posts)



Seafood Fried Rice with Oat

25 minutes | 4 servings

Nutrient content per serving: 419 calories, 60g carbohydrates, 21g protein, 11g fat

Ingredients

- 100 g (1 whole) carrot, skin removed and shredded
- 30 g (2 stalks) long beans, finely sliced
- 70 g (1 cup) cabbage, finely sliced
- 10 ml (2 teaspoons) cooking oil
- 100g (8 whole, medium) fresh prawn, deveined
- 80g (1 cup) fresh squid (no head), cleaned and cut into ring
- 10g (2 cloves) garlic, chopped
- 100g (2 whole) eggs, beaten
- 320g (2 1/2 cups) cooked brown rice
- 200g (2 cups) rolled oat
- 5 ml (1 teaspoon) light soy sauce
- Salt and black pepper to taste

To garnish

- 20g (1/4 cup) fresh lettuce
- 5g (1 stalk) spring coriander leaves
- 20g (1/2 whole) Japanese cucumber
- 20g cherry tomato, cut into half
- 2 stalks of spring onion, finely sliced

Instructions

- Boil 3 cups of water with a pinch of salt and blanch carrots, long beans and cabbage. Let them half cooked and cool them quickly in ice water. Drain and set aside.
- Heat the cooking oil on a pan and sauté garlic. Add in the mixed seafood. Once cooked, add in eggs and stir equally.
- Add in the cooked brown rice and oat with blanched vegetables.
- Season with soy sauce, salt and black pepper to taste.
- Dish out, garnish with fresh lettuce, coriander leaves, cucumber, cherry tomatoes and sprinkle with spring onion. Serve hot!

NSM Roadshows 2.0: Nutrition Promotion Programme. Source: Healthy Cooking with Oats (Volume 1). For more information, visit: <http://www.nutriweb.org.my/>



Kesari

40 minutes | 15 pieces

Nutrient content per serving (15g): 90 calories, 17g carbohydrates, 3g protein, 2g fat

Ingredients

- 175g (1 cup) semolina flour
- 90g (1/2 cup) sugar
- 500 ml (2 cups) low fat milk
- 10 g (1 tbsp) ghee
- 20 g raisins
- 20 g cashew nuts
- Saffron / orange colouring

Instructions

- Fry the semolina flour without oil.
- Fry cashew nuts without oil until golden brown.
- Heat milk and sugar and stir until the sugar has melted. Once boiled, add in saffron or orange colouring.
- Add in semolina flour bit by bit while constantly stirring. Add in raisins, cashew nuts and ghee. Stir until thickens.
- Once thickened, pour in a dish and level it.
- Leave to cool and cut.

Additional tips:

- Add raisins for natural sweetness.
- Add cashew nuts for extra nutrients.
- Use saffron for natural colouring.
- Use low fat milk to reduce fat intake.

NSM Roadshows 2.0: Nutrition Promotion Programme. Source: Healthy Recipes, Wise Choice (Volume 2 Part 1). For more information, visit: <http://www.nsmroadshows2.org/>



Bread Sushi

30 minutes | 4 servings

Nutrient content per sushi roll: 126 calories, 20g carbohydrates, 17g protein, 12g fat

Ingredients

- 4 slices of wholemeal bread, remove crust
- 2 tsp mayonnaise
- 2 tsp lime juice
- 4 thigs baked beans
- 1/2 cucumber, remove seeds and cut into long thin strips
- 1/2 carrot, cut into long thin strips
- 1 egg
- 1/2 tsp oil
- Salt and pepper
- 4 sheets Japanese seaweed

For the dip (optional)

- 1 tsp wasabi (Japanese mustard)
- 1 tbsp light soy sauce
- 1 tsp warm water

Instructions

- Lightly beat the egg, add salt and pepper. Heat oil and scramble the egg. Set aside to cool.
- Mash the baked beans into paste and mix in the mayonnaise and lime juice. Divide into 4 portions and set aside.
- Roll each side of bread thinly. Place bread on top of the Japanese seaweed. Spread a portion of the baked bean paste, then slice egg and strip of cucumber/ carrot. Roll it up tightly to form a roll. Repeat the rest.
- Cut rolls into 2-3 cm length, arrange on a platter. Serve with the dip.

Additional tip: Adding various types of vegetables such as lettuce and bell pepper make the sushi more attractive and nutrient-dense.

NSM Roadshows 2.0: Nutrition Promotion Programme. Source: NSM'09 Creative Recipes with Bread. For more information, visit: <http://www.nsmroadshows2.org/>



The bilingual recipe cards shared a wide selection of healthy recipes to the public from local cuisines to international cuisines, main meals to desserts and even festive-related recipes to satisfy the appetite of the public.



NSM Roadshows 2.0: Online Nutrition Promotion Activities (2)

- *Share healthy recipes*

2. NSM Nutritionist's Kitchen (10 videos)



Some of the bilingual recipe cards were featured in the “NSM Nutritionist’s Kitchen” where the nutritionists from NSM demonstrated the meal preparation process and provided some useful nutrition tips to the viewers.

Recipes of NSM Nutritionist's Kitchen	Nutritionists
Buttermilk Prawn Coated with Oats	Dr Tan Sue Yee
Carrot-Tuna Rolls	Asst. Prof Dr Satvinder Kaur AP Nachatar Singh
Chicken Potato Chowder	Mr Joseph Cheah Mun Hong
Rendang Tok	Dr Siti Raihanah Shafie
Sunshine Chunky Pasta	Dr Sharifah Intan Zainun Sharif Ishak
Sunshine Chunky Pasta	Ms Jess Wong Hui Juan
Spinach Tofu Porridge	Mr Eow Shiang Yen
Bread Pudding	Ms Catarina Lynn
Strawberry Banana Ice Pop	Dr Sharifah Wajihah Wafa Sued Saadun Tarek Wafa
Kesari	Mr Thirukkanesh Sanvashivam

NSM Roadshows 2.0: Online Nutrition Promotion Activities (3)

Online workshops and events

1. Healthy Nutrition Goals and Practices with NSM 2021
2. NSM School Holiday Activity Virtual Parent-Child Cooking Workshop 2021 via GoToMeeting
3. NSM Virtual Parent-Child Cooking Competition 2021
4. NSM Virtual Family Fun Run/ Walk 2021



Series 1



Series 2



Series 3



Series 4



Series 5

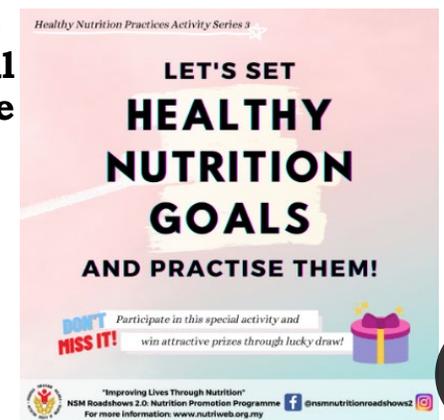
NSM Roadshows 2.0: Online Nutrition Promotion Activities (3)

Healthy Nutrition Goals and Practices with NSM 2021

A 5 series activities to encourage followers to share their selected Healthy Nutrition goals in their social media and tag 3 family/friends they wish to achieve the goals together

Date:

- Series 1 - 15/3/2021- 31/3/2021
- Series 2 - 24/5/2021 -13/6/2021
- Series 3 - 6/9/2021 - 19/9/2021
- Series 4 - 11/10/2021 - 24/10/2021
- Series 5 - 13/12/2021 - 26/12/2021



NSM Roadshows 2.0: Online Nutrition Promotion Activities during COVID-19 pandemic (3)

NSM School Holiday Activity Virtual Parent-Child Cooking Workshop 2021 via GoToMeeting

Date: 3 April 2021

A virtual school holiday workshop involved both the parent and child to cultivate healthy meals preparation at home.



3 Apr

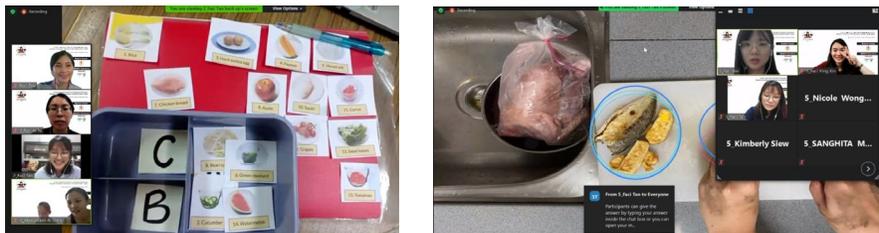


NSM Roadshows 2.0: Online Nutrition Promotion Activities during COVID-19 pandemic (3)

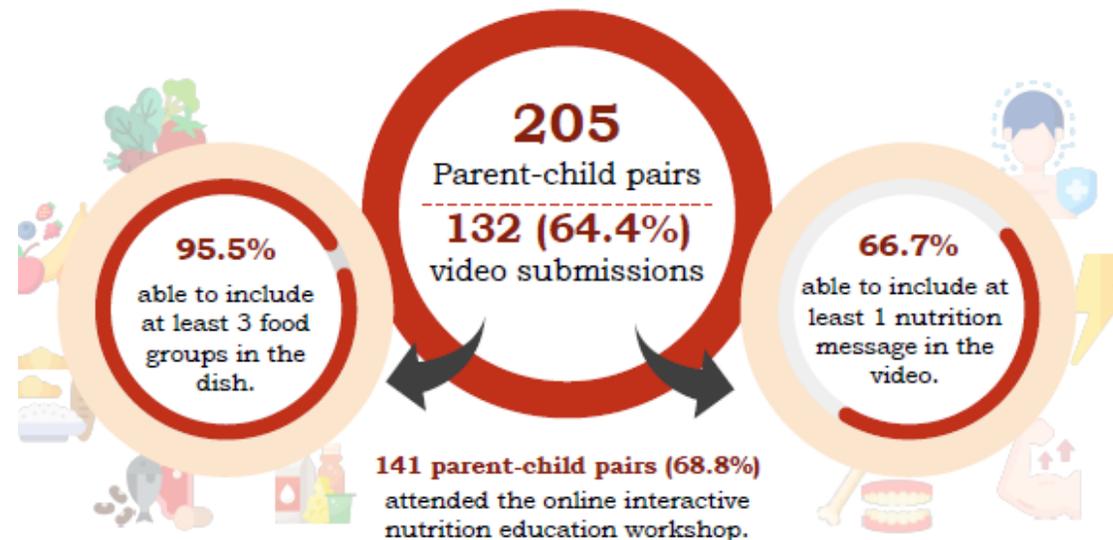
NSM Virtual Parent-Child Cooking Competition 2021

Date: 13 June to 28 August 2021

A virtual parent-child cooking competition & workshop to provide opportunities to the parents to have fun with their children while learning more about healthy home-cooked meals options and how it can be made into their routines.



Programme Impact

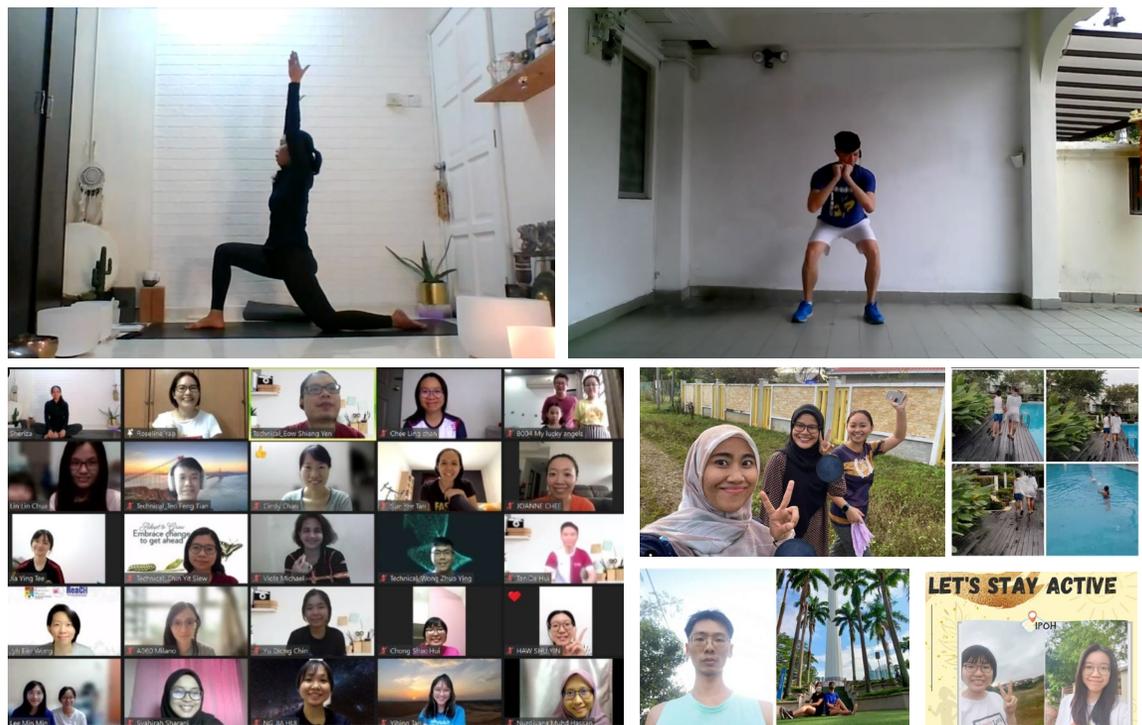


NSM Roadshows 2.0: Online Nutrition Promotion Activities during COVID-19 pandemic (3)

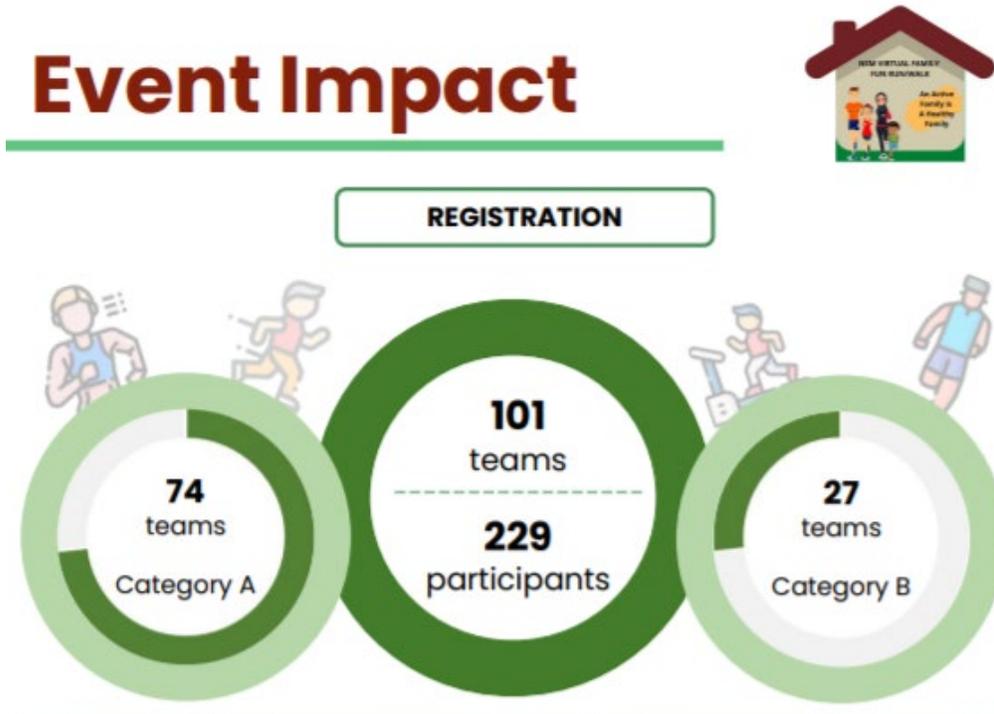
NSM Virtual Family Fun Run/ Walk 2021

Date: 1 November to 20 December 2021

A virtual activity to encourage Malaysians to stay healthy by being physically active at all times as a family.



Event Impact



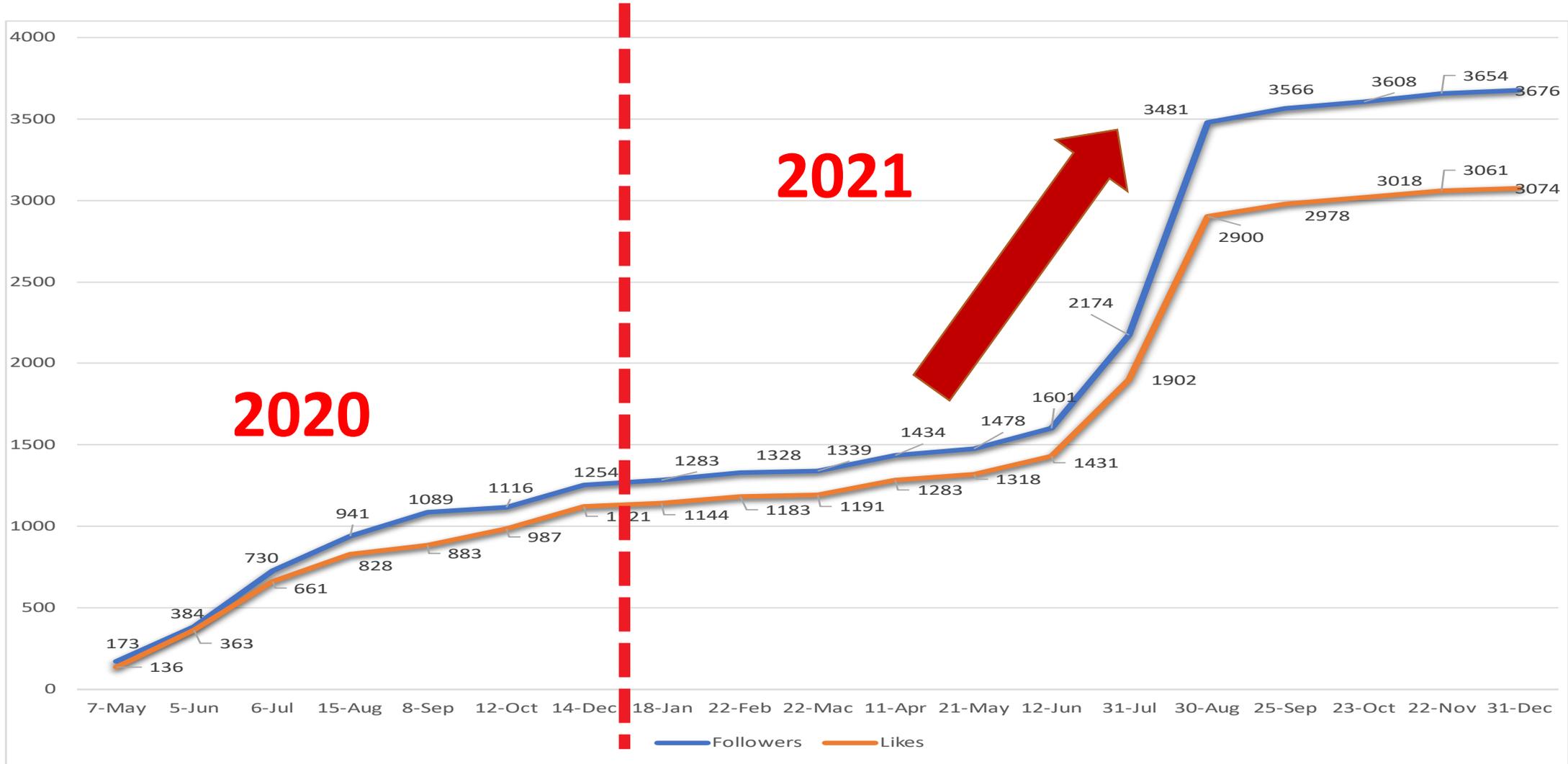
Milestones achieved in 2021

Performance of social media platforms

Capacity building and partnership

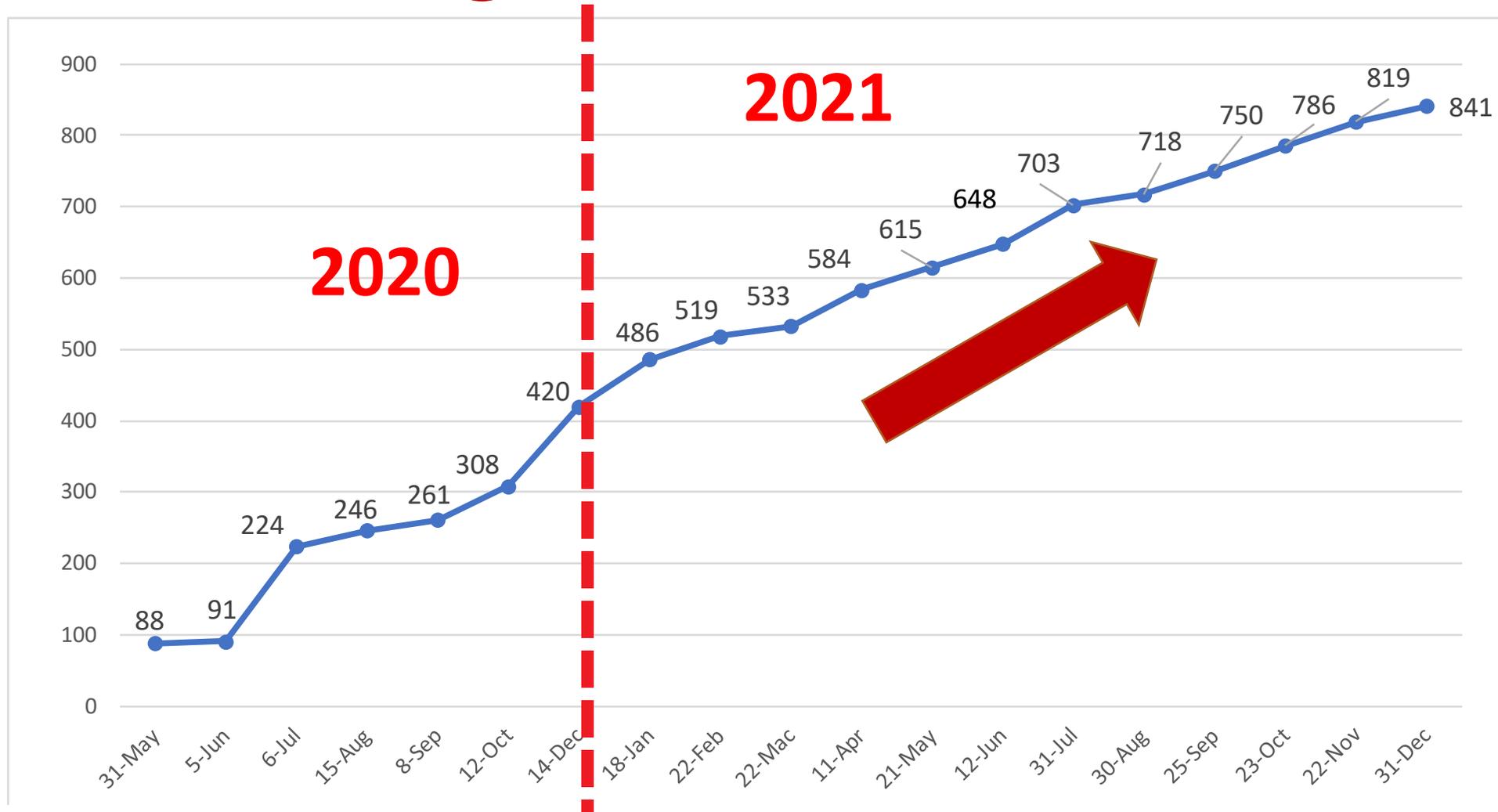


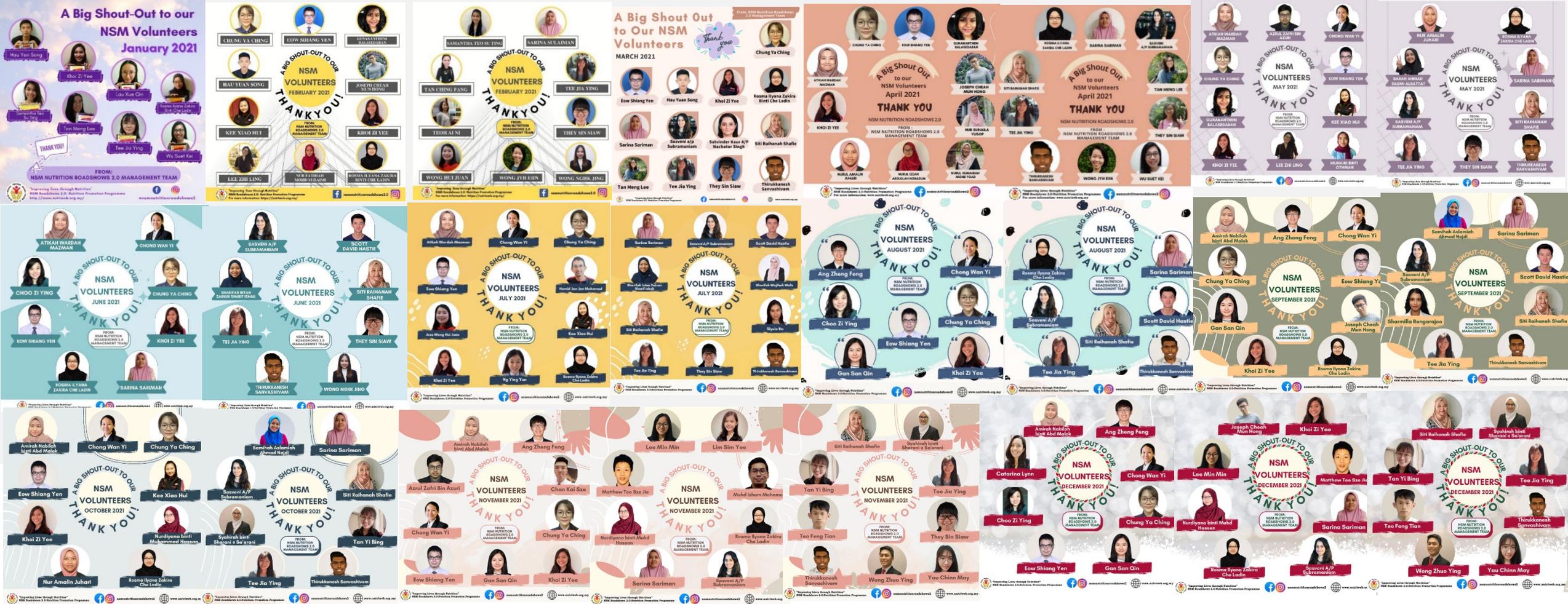
Number of Likes and Followers: Facebook





Followers: Instagram





Capacity Building for Young Nutritionists via Volunteerism

Total NSM Volunteers in 2021: 65

- Existing Volunteers in year 2020: 21
- New volunteers: 44 (3 NSM Interns)
- Trainings/webinars throughout the year
- E-certificates



Acknowledgement

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Thank You!

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