**THE TITLE SHOULD NOT BE MORE THAN 20 WORDS**

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**ABSTRACT**

***Introduction*:** This is an example of how your abstract should look like. The introduction includes rationale and purpose of the study. For example, the MyBreakfast Study is a comprehensive nationally representative study on breakfast habits among school children aged 6 to 17 years. This study aimed to determine breakfast habits among Malaysian school children.

***Methods*:** Summary of your methods (study design, analytical methods). Example, this was a cross-sectional study involving primary and secondary school children aged 6 to 17 years. Socio-demographic background was obtained from parents through a questionnaire. Breakfast consumption was assessed using a breakfast habits questionnaire (BHQ). Height and weight were measured. Z-scores for BMI-for-age and height-for-age were determined and classified using WHO AnthroPlus software.

***Results*:** Main findings, example, a total of 8705 children had participated in the study, 5581 from primary school and 3124 from secondary school. The proportion of children recruited from the urban and rural area was 68.4% and 31.6% respectively. The overall prevalence of overweight and obesity was 14.0% and 14.4% respectively. It was found that 24.6% of the children skipped breakfast at least 3 days per week.

***Conclusion*:** Key aspects derived from the study. Example, Overall, 1 in 4 children skipped breakfast at least days a week. Interventions to promote regular breakfast consumption should be conducted in schools. The abstract should not be more than 300 words.

***Keywords*:** Keyword 1, keyword 2, keyword 3

**Introduction Section**

The length of the papers should be minimum 3000 words and maximum 8000 words, excluding abstract and references. Bagi penulis yang tidak begitu mahir berbahasa Inggris, lebih baik ditulis dalam Bahasa Indonesia kemudian di terjemahkan ke dalam Bahasa Inggris oleh penterjemah yang berkompeten. Word word word word word word word word word word word word word word word word word word word word word word word word word.

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**Table 1.** Title of the table above the table.

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| **Items** | **mm** |
| One | 24.0 |
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***Sub Section Title***

*Sub sub-section title*

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 [Radonjic & Liewald (2019)](#Radonjic) investigated word word word word word word word word word word word word word word word word word word word word word word word word. Word word word word word word word word word word word word word word word word word word word word word word word word word.

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*Formatting author names and author affiliations*

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***Formatting the text***

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**Table 2.** Formatting sections, sub-sections and sub sub-sections.

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| --- | --- | --- | --- |
|  | Font | Spacing | numbering |
| Section | 12-point **Arial bold** | 18 pt before 8 pt after | no |
| Sub-section | 10-point **Arial bold italic** | 18 pt before 6 pt after | no |
| Sub sub-section | 10-point *Arial Italic* | 12 pt before 6 pt after | no |

**Figures and tables**

All figures and tables should be presented clearly. Make sure they are readable and clear in formal and simple style. Vertical lines are not necessarily added in tables. All figures should not have borders and make sure all information in the image can be read and not too small. Comparison curves in one plot should have different markers to see difference clearly.

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***Captions/numbering***

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***References***

The number of references at least 20. Word word word word word word word word word word word word word word word word word word word word word word word word word. Word word word word word word word word word word word word word word word word word word word word word word word word word.

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 All figures must be cited in the text. Citing a figure for example, see [Figure1](#figure1).

**Figure 1.** This is the caption of the figure located below the figure.

**Equations and mathematics**

Equations should be centred and should be numbered with the number on the right-hand side.

*T*s (*l,t*) = *T*g (*l,t*)  (1)

*T*s (*l,t*) = *T*g (*l,t*) *T*b (*x*   , *t*) = 0 (2)

Use italics for variables (*u*) and bold (**u**) for vectors. The order for brackets should be {[()]}, except where brackets have special significance. If you want to refer an equation, for example as written in Eq. ([1](#eq1)) after [Aerens et al.(2019)](#Aerens).

**Acknowledgement**

The acknowledgements should be typed here to gratitude those supporting the research.

**References**

The bibliography and citation follows the author-year APA style. Make sure the number of references at least 20 and all are cited in the text.

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