



GUIDELINES FOR FOOD DESIGN COMPETITION

The Nutrition Olympiad is an annual national event where youth have the opportunity to share their experiences to promote healthy diets and nutrition through innovative activities, express their concerns and challenges related to nutrition, and seek actionable solutions as well as build networks. The program has been organized since 2017 in collaboration with various government and non-government organizations. The Youth-led Nutrition Olympiad is playing an effective role in achieving national and international goals on nutrition.

On 21st December 2021 "International Nutrition Olympiad (INO) 2021" will be held. Initiatives have been taken to organize the Nutrition Olympiad at the international level from 2021 to spread the Nutrition Olympiad all over the world and to encourage the participation of adolescents and youth. Different competitions and activities are going to be organized like before in the Nutrition Olympiad this time.

From age group, 10 to 24 years old can participate the “Food Design” Competition in the International Nutrition Olympiad. The directions of the Food Design Competition are given below:

Age groups:

Group A	Group B
10-18	19-24

Theme:

A Group: "Healthy food habit".

B Group: "Balanced diet for youth".

Instructions for participating in the competition:

Eligibility:

Nutrition Club members, students, adolescents, and youth groups of the given age group who will register through the website of the International Nutrition Olympiad 2021 will be able to participate in the Food Design competition.

Registration:

On the dedicated website of INO 2021, each participant has to select the subject of the competition "Food Design Competition" during the registration.

Language: Bangla or English.

Format: MP4 (Mobile phone format).

Last Date of Registration: 10/12/2021.



Score:

SL. No	Description	Number
01	Content presentation	30
02	Ingredients used	30
03	Nutrition message	20
04	Beauty	10
05	Following the rules	10

Instructions for making food design:

The food design must be related to the mentioned themes and the following issues should be kept in mind:

- All food designs must be such that the whole pattern is created by a single line, leaving no gaps.
- Designs can be done in small patterns within an area of 15` x 15`
- Designs cannot be copied from books, magazines, and websites.
- The drawing can be done on the floor, wooden board, cardboard, tray, glass sheet, hard chart paper, or any surface which can hold the design.
- Food materials, leaves, spices, and related items can be used for developing the design.
- Reason behind using selected ingredients.
- The ratio of the ingredients used.
- Give 3 nutritional messages of the design.

Preliminary Selection:

On 11/12/2021, a ZOOM link will be delivered by BIID Foundation, where the participants will join directly to the competition on 12/12/2021. Food design should be completed and displayed within 30 minutes.

Final Selection:

On 17/12/2021, a ZOOM link will be delivered through E-mail to the preliminarily selected participants. The next theme of Food Design and a Google Form will be provided through E-mail where a photo and one-minute video should be submitted within 15 minutes after completing the Food Design Competition. On 19/12/2021, the final selection will be held in ZOOM.

Contact:

If you have any questions about Food Design, please contact, Sanjida Shabnam at +8801638025527 or E-mail: sanjidatasneem395@gmail.com or E-mail: ino@biid.org.bd, Phone: +8801782510089.

Special Notes:

- During Competition, the Camera should be turned on the whole time.
- Attempts to resort to any kind of malpractice will be disqualified.
- The decision of the judges will be considered final.

Others:

- The highest scorer from 2 groups will be declared the winner in the closing ceremony of the International Nutrition Olympiad 2021.
- Selected Photo/video will be uploaded on the website of BIID Foundation.

One participant or a group can apply for a maximum of three games.

