

# INTERNATIONAL NUTRITION OLYMPIAD 2021

Let The Youth Lead



## GUIDELINES FOR RECIPE 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 21<sup>st</sup> 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 "Recipe Competition" in the International Nutrition Olympiad. The directions of the Recipe Competition are given below:

### Age groups:

Group A	Group B
10-18	19-24

### Theme:

**A Group:** "My favorite food".

**B Group:** "Delicious and nutritious snacks".

### 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 Recipe competition.

#### Registration:

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

**Language:** Bangla or English.

**Last Date of Registration:** 10/12/2021.

### Rules for participants in the recipe competition:

- Recipe must be original.
- Each recipe should contain the right quantities for each ingredient, their purpose, and the detailed process of preparing the dish.
- Use of locally available ingredients is encouraged.
- Participants are requested to be present online on time.
- The main cooking equipment has to be arranged on its own.
- Participants will have 50 minutes to serve and cook selected recipes online in front of the judges.
- Any changes to the recipe can be made before the end of the competition period.
- In case of any special need, the organizers are being requested to contact before the competition.

### Score:

SL. No	Content	Number
01	Originality	15
02	Creativity	15
03	The proportion of foods/food groups used and combined with other ingredients/foods	10
04	Ease of preparation	10
05	Nutritive value	30
06	Cost	10
07	Time	10

**Preliminary Selection:** On 13/12/2021, a ZOOM link will be delivered by BIID Foundation, where the participants will join directly to the competition on 15/12/2021.

**Final Selection:** On 17/12/2021, a ZOOM link, the next theme of Recipe Competition, and a Google Form will be provided through E-mail to the primary selected participants where the recipe form (in below) should be submitted in PDF form within 20 minutes after completing the competition. On the day of the Olympiad, the final selection will be held in ZOOM.

**Contact:** If you have any questions regarding Recipe Competition, please contact, Sadia Islam Kanchi, +8801731619196 or E-mail: [sadiaislamkanchi@gmail.com](mailto:sadiaislamkanchi@gmail.com) or E-mail: [ino@biid.org.bd](mailto:ino@biid.org.bd), Phone: +8801782510089.

### Special Note:

- Attempts to resort to any kind of malpractice will be disqualified.
- The decision of the judges will be considered final.

### Other:

- During Competition, the camera should be turned on the whole time.
- Use of a Foot Note is mandatory.
- Organizers reserve the right to use recipes received from participants.
- The highest scorer from 2 groups will be declared the winner in the closing ceremony of the International Nutrition Olympiad 2021.

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



## Recipe Competition Form

**Name of the Recipe:**

.....(Bangla)

..... (English)

**Preparation Time:** \_\_\_\_\_minutes.

**Cooking Time:** \_\_\_\_\_minutes.

**Indication for use** (for whom is it planned): .....

**Serving:** \_\_\_\_\_ persons.

**Weight (g) of the dish** (after cooking): .....

**Ingredients:** (Please give a detailed listing of ingredients to be used and their quantity, it will also add value if a brief explanation is provided why any ingredient is essential in the particular recipe)

Name of the Recipe	Ingredients	Amount (gm)	Measures (Cup, Spoons)	Check and tick how many food groups has been used in the recipe	
				>15 gm	<15 gm
				1. Grains	
				2. Pulse, beans and peas	
				3. Nuts and seeds	
				4. Milk and milk products	
				5. Flesh foods (meat, fish and organ meat)	
				6. Eggs	
				7. Leafy Vegetables	
				8. Vitamin A rich vegetables and fruits	
				9. Other vegetables	
				10. Other fruits	

\*Please use an extra sheet if needed.



**Preparation Method:** (Please explain each step in detail from preparation to serving, use photographs wherever necessary).

**Photograph of the final recipe:**

**Name of the Participant:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Mobile Number:** \_\_\_\_\_

**Order Number:** \_\_\_\_\_

**(Order number will be created after completing registration).**

**Email:** \_\_\_\_\_

