



GUIDELINES FOR VIDEO MESSAGE 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 in the “Video Message” Competition in the International Nutrition Olympiad. The directions of the Video Message Competition are given below:

Age groups:

Group A	Group B
10-18	19-24

Theme:

Group A: “How to stop food wastage at home”

Group B: “The role of youth to stop food wastage”.

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 Video Message competition.

Registration:

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

Length of Video: Highest 02 minutes.

Language: Bangla or English.

Format: MP4 (Mobile phone format).



Last Date of Registration: 10/12/2021.

Video Structure:

Time	Content
10 seconds	Introduce yourself (name, age group, and area)
10 seconds	A short explanation about the content of the video
1.30 minutes	Interview Statement

Score:

SL. No	Content	Number
01	Introducing the main topic	40
02	The language is clear	20
03	The structure of the video	30
04	Following the rules	10

Here are basic criteria, guidelines, and key questions for you to follow:

- Geographic considerations: urban, rural, difficult-to-reach locations such as Char, Haor, etc.
- Consent: Get the consent of the person you interview that she/he is ok to be filmed.

Key Questions that can help your interview:

1. What is your name? How old are you? Where do you live? And what is the name of your village?
2. What do you do and/ or what did you do? (Occupation).
3. Can you tell us the key tips for your good health?
 - Food that you eat and cooking practices (main food and drinks taken including salt, sugar and fat), number of meals a day, any local herbs, spices, and special food taken);
 - Physical activities that you engage in (walking, physical work, field activities, exercises);
 - Your living surroundings (greenery, fresh air, rivers, landscape...);
 - Hygiene and Sanitation (cleanliness of household and community).
 - Personal habits (sleep, tobacco/ betel leaves, smoking).
 - Health seeking behavior (visit clinic and hospital, local healers)

Instruction of making Video Message:

- Participants will create and submit their own or someone else's video message on the content of the competition.
- Your video clip should start with his/her name, village, age, and occupation (please ask the person interviewed to mention these before his tips).
- At the end of all the questions above, you will ask the person interviewed to summarize “How to prevent food wastage at home”? / “Role of youth in preventing food wastage” within 1.30 minutes.
- No editing is required.



Deadline: 10/12/2021 (23.30). The video clip must be received by Google Form within this date.

Address for Submission: The video file must be submitted by renaming with its name, age group, order number (Order number will be created after completing registration).

Submission Link: <https://forms.gle/kC5eEKbpaoBVMf267>

Contact:

If you have any questions about Video Message Competition, please contact Sanjida Shabnam at +8801638025527 or Email to sanjidatasneem395@gmail.com or E-mail: 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.

Others:

- The highest scorer from 2 groups will be declared the winner in the closing ceremony of the International Nutrition Olympiad 2021.
- The selected videos will be screened on the day of the International Nutrition Olympiad and will be shown later on through the BIID Foundation's social media.
- Selected videos will be uploaded on the BIID Foundation's website

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

