

Guidelines for Cooking Competition

Making Local Food System Nutrition Sensitive and Adolescent Friendly

The International Nutrition Olympiad (INO) is an annual global event where children, adolescents and youth can share their experiences to promote healthy diets and nutrition through innovative activities, express their concerns and challenges related to nutrition and seek actionable solutions and build networks. BIID Foundation has organized the program since 2017 in collaboration with various government and non-government organizations. The children, adolescents and youth-led INO has been playing an effective role in achieving national and international goals on nutrition.

INO 2025, the 8th edition of the initiative will be held on 24th–25th April at Dhaka, Bangladesh. Children, adolescents & youth as individuals and teams are encouraged to engage through the network of Nutrition Clubs. Different competitions, seminars, workshops & exhibitions are going to be organized at INO 2025. There will be a total 15 competitions including 'Cooking Competition'. Anyone between 11 to 24 years can participate in the 'Cooking Competition'. The guidelines of the 'Cooking Competition' are given below:

Cooking Competition

The 'Cooking Competition' is a part of the International Nutrition Olympiad 2025, where adolescents and young adults will prepare and present nutritious and creative meals using local ingredients. It encourages raising nutrition awareness, fostering innovative thinking, and promoting healthy eating habits. The competition will be judged in two age groups, with both preliminary and final rounds.

Age Group:

Group A	Group B
11-18	19-24

Theme:

Group A: Nutritious Breakfast or Lunch for Adolescents Using Locally Produced Foods.

Group B: Preparing and Serving a Meal for a Family of Four.

Eligibility:

- Participants must complete registration form on the INO 2025 website (www.nutritionolympiad.net) and select 'Cooking Competition' during the registration.
- Any participant within the specified age group can join.
- Contestants can compete individually or in team (max 3 Person).
- The participants or guardian or the institution must have minimum IT facilities (Phone, E-mail, WhatsApp, Zoom account).

Registration:

All participants have to register at the dedicated website of INO 2025. Click the registration link at the INO 2025 website (www.nutritionolympiad.net) and select 'Cooking Competition' during the registration.

Registration Deadline: March 31, 2025 (11 PM, Dhaka time)

Submission deadline: April 06, 2025 (11 PM, Dhaka time)

Cooking Competition Guidelines

1. Participant Information:

Name, Age, Designation, Institution, Address, Contact Number and Email.

2. Cooking Recipe structure:

- The recipe related to the above theme should be original.
- Each recipe should contain the right quantities for each ingredient, using purpose and the detailed process of preparing the dish. Food value and budget must be mentioned along with the recipe.
- Use of locally available ingredients is encouraged.
- Recipe description must be submitted in attached format with the picture of food.

3. Formatting:

Font: Gill Sans MT (English) or Kalpurush (Bangla) Font Size: 12, Plain text without special formatting. A4 Size paper.

4. Language: Bangla or English.

5. Submission & Selection Process:

Participants will prepare the food and submit the recipe description with a picture (pdf or hand written copy picture) through Google form or email and join via Zoom to showcase the cooking process and briefing about the dishes.

Preliminary Selection:

- Top 5 participants from each group will be shortlisted for the final round.

Final Selection:

- Top 5 participants from each group will prepare their foods in person at the final round at the INO 2025. Best 3 dishes from each group will be declared as winners at the closing ceremony of the INO 2025.

Duration: 1 hour 30 minutes.

Scoring Criteria:

Sl. No	Criteria	Number
01	Originality	15
02	Creativity and visuality	15
03	The proportion of food groups used & combined with other ingredients	10
04	Easy preparation	10
05	Nutritive value	30
06	Cost	10
07	Time	10
Total		100

[Note: In the final round food testing will be added as the scoring criteria. Therefore, other scores will be rearranged]

Special Notes:

- Any changes to the recipe can be made before the end of the competition period.
- Selected participants will be invited to demonstrate their cooking at the INO and best cooking from each group will be declared as winners at the INO 2025.
- Electric stove will be provided to prepare the recipe at the INO 2025.
- Participants will have to bring their ingredients and utensils for cooking at the final event.
- Use of footnote is mandatory while submitting the recipe.
- Organizers reserve the right to use recipes received from participants.
- Judges' decisions will be considered final and any malpractice will lead to disqualification.
- Judges will evaluate the answers and give marks.
- Highest scorer from each group will be declared as Winners in the closing ceremony of the closing ceremony of the International Nutrition Olympiad.

Contact: Any queries regarding the Cooking Competition, please contact. Phone: +8801782510089 or e-mail: ino@biid.org.bd

One participant or a group can participate for a maximum of 3 (Three) competitions.