

Guidelines for Mini Essay 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 will be held on 24-25th 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 'Mini Essay'. Anyone between 06 to 24 years can participate in the 'Mini Essay Competition'. The guidelines of the 'Mini Essay Competition' are given below:

Mini Essay Competition

In the 'Mini Essay Competition' participants will write an essay on the given topic.

Age Group:

Group A	Group B	Group C
06-10	11-18	19-24

Theme:

Group A: Food from My Garden to My Plate.

Group B: Inspiring Adolescents as Champions Through Nutritious Food Choices.

Group C: Innovation in Local Food Systems for Well Nourished Future Generations.

Eligibility:

- Participants must complete registration form on the INO 2025 website (www.nutritionolympiad.net) and select 'Mini Essay Competition' during the registration.
- Any participant within the specified age group can join.
- Only individual participant can participate in this competition.
- The participants or guardian or the institution must have minimum IT facilities [Phone, E-mail, WhatsApp, Zoom account (not mandatory)].

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 'Mini Essay Competition' during the registration.

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

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

Mini Essay Guidelines

1. Participant Information:

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

2. Mini Essay Structure:

Word limit; 500 words (Excluding cover page, table of contents, references, tables, charts, and graphs).

3. Formatting:

Font: Gill Sans MT (English) or Kalpurush (Bangla)

Font Size: 12, space of 1.5, Plain text without special formatting. A4 Size paper.

4. Language: Bangla or English

5. Submission & Selection Process:

- Participants will submit a mini essay in PDF or Handwritten format Google form/e- mail (mentioning the name, age, and institution name).
- In the case of Handwriting, Handwriting must be clean.
- Handwritten essays must be taken in a clear picture and sent in JPG format.
- The top 3 mini essays from each group will be declared as winners at the closing ceremony of the INO 2025.

Scoring Criteria:

Sl. No	Criteria	Number
01	Relevance	20
02	Introduction and conclusion	20
03	Correct spelling and grammar	25
04	Following the rules & structure	20
05	Data & Reference	15
Total		100

Special Notes:

- Judges' decisions will be considered final and any malpractice will lead to disqualification.
- Winners will be declared in the closing ceremony of the International Nutrition Olympiad 2025.

Contact:

Any queries regarding the Mini Essay 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.