

Guidelines for ‘Nutri Garden Competition’

Making Local Food System Nutrition Sensitive and Adolescents 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 as well as 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 25th–26th 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 of 15 competitions including ‘Nutri Garden’. Anyone between 06 to 24 years can participate in the ‘Nutri Garden Competition’. The guidelines of the ‘Nutri Garden Competition’ are given below:

Nutri Garden Competition

Vegetable gardening at home or community is a potential source of nutrition at local level to fill family nutrition gaps. Children, adolescents and youth are encouraged to get engaged in gardening activities through nutrition clubs. In addition, many individuals and families in general have homestead gardens to source their food requirements. For those who do not have a garden, they can imagine and create a design or drawing of a garden that ensures proper nutrition, based on the theme provided, and submit their work as a digital design or illustration.

Age Group:

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

Theme:

Group A: A Garden of Diversity: Growing Nutrition for All.

Group B: Sustaining Nutrition through Eco-Friendly Gardening.

Group C: Gardens for Nutrition and Economic Empowerment.

Eligibility:

- Participants must complete registration form on the INO 2025 website (www.nutritionolympiad.net) and select ‘Nutri Garden Competition’ during the registration.
- Any participant within the specified age group can join.
- Individual participant or team 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 ‘Nutri Garden Competition’ during the registration.

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

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

Nutri Garden Competition

1. Participant Information:

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

2. Nutri Garden structure:

- Category of the garden
- Description of the garden (max 50 words)
- Size of the garden
- Name of the vegetables
- Production During last 3 months (kg/others)
- Understand the nutritional benefits (20 words)
- Person engaged in the garden activities
- Color photo of the garden with the participants (Standing at the garden) and for those who do not have a garden they will create a design or drawing of their imagined garden.

3. Formatting:

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

4. Language: Bangla or English

5. Submission & preliminary selection:

Participant will submit the informations through Google form/e-mail (mentioning the 'Nutri Graden Competition' in the subject of the mail).

Preliminary Selection:

- Top 15 best Nutri Garden ideas from each group will be shortlisted for display at INO 2025.

Final Round:

- The best 3 Nutri Garden ideas from each group will be declared winners.

Scoring Criteria:

SI. No	Criteria	Number
01	Describe item (vegetables) and Nutrition Value	25
02	Engagement of family or team members	25
03	Regularity	20
04	Innovation	20
05	Follow the rules	10
Total		100

Special Notes:

- Nutri Garden ideas must be created by participants, though guidance from mentors is allowed. Nutri Garden idea generated using AI tools or any online assistive tools will be disqualified.
- 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 'Nutri Garden 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.