

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Action Tree

The International Nutrition Olympiad (INO) is an annual global event where children, adolescents and 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. INO has been organized by BIID Foundation since 2017 in collaboration with various government and non-government organizations. The children, adolescent and youth-led INO has been playing an effective role in achieving national and international goals on nutrition. This year INO 2026 will bring together Youth, MSMEs, Policymakers, and Private Sector Actors. INO 2026, the 9th edition of the initiative will be held on 11-12th December, 2026 at Dhaka, Bangladesh. Children, adolescents & youth as individuals and team, are encouraged to engage through the network of Nutrition Clubs. Theme for INO 2026 is “**Private Sector for Better Nutrition: Empowering Local businesses to deliver safe and nutritious food for all**”.

Different competitions, seminars, workshops & exhibitions are going to be organized at INO 2026. There will be a total of 15 competitions including ‘Action Tree Competition’. Anyone between 6 to 24 years can participate in the ‘Action Tree Competition’. The guideline of the ‘Action Tree Competition’ is given below:

Brief:

‘Action tree’ is a competition where the participants will be given a specific topic aligned with the INO 2026 theme. They will analyze the topic and make an action agenda within 15 words about how they will solve by engaging themselves for the specific topic or problem.

Age Groups

Group A	Group B	Group C
6-10	11-18	19-24

Theme: Preliminary Selection (Topics for the next round will be announced to those who pass the preliminary selection)

Group A: Making safe and nutritious snacks available in every neighborhood

Group B: Reducing junk food dependence through healthier local food options

Group C: How can private sector partnerships reduce malnutrition in vulnerable populations?

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Action tree Competition’ during the registration.
- Anyone within the specified age group can join the competition.
- Only individual participant can participate in this competition.
- The participants or guardian or the institution must have minimum information technology facilities [Phone,

E-mail, WhatsApp and Zoom Account (not mandatory)]

Registration:

All participants have to register at the dedicated website of INO 2026. Click the registration link at INO 2026 website (www.nutritionolympiad.net) and select 'Action Tree Competition' during the registration.

Last Date of Registration: August 31, 2026 (11 PM, Dhaka time)

Submission Deadline: September 30, 2026 (11 PM, Dhaka time)

Action Tree Guidelines:

1. Participant Information:

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

2. Action Tree Structure:

The action related to the above theme should be written in a maximum of 15 words

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 submit the action tree (pdf) through Google Form/email (mentioning the 'Action Tree' in the subject of the mail)

Preliminary Selection:

- Top 5 Action tree from each group will be shortlisted for display INO 2026

Final Selection:

- The best 3 action tree from each group will be declared winners.

Scoring Criteria:

Sl. No	Criteria	Number
01	Do ability (Practical)	35
02	Scopes to implement by the participants	25
03	Relevance	25
04	Presentation	15
Total		100

Special Notes:

- Action items must be original and created by participants, though guidance from mentors is allowed. Action item generated using AI tools or any online assistive tools will be disqualified.
- The decision of the judges will be considered final. Any malpractice will lead to disqualification
- Winners will be declared in the closing ceremony of the International Nutrition Olympiad 2026.
- Selected action may be uploaded on INO, Nutrition Club and BIID Foundation websites.

Contact: Any queries regarding Action Tree Competition, please contact, Phone: + 88028714169, +8801782510089 or E-mail: ino@biid.org.bd

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