

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Cooking

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 ‘Cooking Competition’. Anyone between 11 to 24 years can participate in the ‘Cooking Competition’. The guideline of the ‘Cooking Competition’ is given below:

Age groups:

Group A	Group B
11-18	19-24

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

Group A: "Safe and Nutritious Food for Students (At Home, in School Canteens, and at Food Outlets)"

Group B: Commercially Viable Nutritious and Safe Bakery Products

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Cooking Competition’ during the registration.
- Anyone within the specified age group can join the competition.
- Contestants can compete individually or in a team (max 3 person)
- The participants or guardian or the institution must have minimum information technology

facilities [Phone, E-mail, WhatsApp and Zoom Account (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 the 'Cooking Competition' during the registration.

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

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

Cooking Competition Guidelines:**1. Participants Information:**

Name, Age, Gender, Class / 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.
- Use of locally available ingredients is encouraged.
- Recipe description must be submitted in attached format with picture of the 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 handwritten copy picture) through Google Form/email and join via ZOOM to showcase the cooking process and briefing about the dishes.

Preliminary selection:

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

Final selection:

- Top 5 participants from each specified group will prepare their food in person at the final round at the INO 2026.
- Best 3 dishes from each specified age group will be declared as winners at the closing ceremony of the INO 2026.

Allotted Time: 1 hour 30 minutes.

Scoring Criteria:

[Note: In the final round food tasting will be added as the scoring criteria. Therefore, other

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

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 INO 2026.
- Electric stove will be provided to prepare the recipe at INO 2026.
- Participants will have to bring their ingredients and utensils for cooking at the final event.
- Use footnote is mandatory while submitting the recipe.
- Organizers reserve the right to use recipes received from participants.
- Judges' decision will be considered final and any malpractice will lead to disqualification.
- Judges will evaluate the answer and give marks.
- Highest scorer from each specified age group will be declared as Winners in the Closing ceremony at the INO 2026.

Contact:

Any queries regarding Cooking 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.

Cooking Competition Form

Name of the Recipe(Bangla)
(English)

Preparation Time: ____minutes.

Cooking Time: ____minutes.

Indication for use (for whom is it planned):

Serving: ____persons.

Weight (g) of the dish (after cooking):

Ingredients: (Please give a detailed listing of ingredients to be used and their quantity, it will also add value if a brief explanation is provided why any ingredient is essential in the particular recipe).

Sl.	Ingredients	Amount (gm.)	Measures (Cup/ Spoons)	Check and tick how many food groups has been used in the recipe		

*Please use an extra sheet if needed.

Preparation Method: (Please explain each step in detail from preparation to serving, use photographs wherever necessary).

Photograph of the final recipe:

Name: _____

Age: _____ Gender: _____ Class / Designation: _____

Institution: _____

Address: _____

Contact Number: _____ Email: _____