

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Debate

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 ‘Debate Competition’. Anyone between 6 to 24 years can participate in the ‘Debate Competition’. The guideline of the ‘Debate Competition’ is given below:

Debate Competition:

The ‘Debate Competition’ is a part of a INO 2026, where adolescents and youth present various social and scientific perspectives on nutrition and food issues. Participants will present arguments and evidence on the assigned topic in teams. The competition will be judged based on speech, argumentation, and data analysis skills in both the preliminary and final rounds.

Age Groups

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

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

Group A: Children Should Receive Fresh Fruits Before Processed Snacks in Schools.

Group B: Front-of-Pack Warning Labels Are More Effective Than Advertisements in Encouraging Healthy Food Choices.

Group C: Social Media Is Doing More to Undermine Healthy Eating Habits than to Promote Them

[Themes for final round will be notified to the primarily selected participants before one week of the event.]

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Debate Competition’ during the registration.
- Anyone within the specified age group can join the competition.



- Contestants can only compete in teams (max 3 person).
- The participants or guardian or the institution must have minimum information technology.
[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 'Debate Competition' during the registration.

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

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

Debate Competition Guidelines:

1. **Participant Information:**
Name, Age, Designation, Institution, address, Contact, Number and Email.
2. **Language:** Bangla or English.
3. **Competition Link:** Will be given for District or Divisional round via email or WhatsApp group.

Preliminary Selection:

- The debate competition will be held in two rounds.
- A team of three-member must be formed to participate in the debate competition. Group members must be of the same age group
- Only one team from institution will be able to participate in the competition. If there are more than one team interested in school, the school will organize the competition individually in their respective institutions. Each school will select a group and submit their names via email.
- Institutionally selected and independent contestants will participate in the preliminary competition through Zoom (a schedule will be provided to the participants via email).

Final Round:

Top 2 (Total 6 members) teams from each specified age group from the first round will participate in the final round of INO 2026.

Time Table:

Time	Description
1.5 minute	Introduction and speech of the 1st debater
1.5 minute	Introduction and speech of the 2nd debater
1.5minute	Introduction and speech of 3rd debater
1.0 minute	Preparation for rebuttal round
2.0 minute	Team leader for rebuttal round

Scoring Criteria:

Sl. No	Criteria	Number
01	Presentation (Pronunciation and accent)	15
02	Argumentation	25
03	Use of data and information	20
04	Content (Relevance)	25
05	Contemporary and realistic evidence	15
Total		100

Special Note:

- Attempts to resort to any kind of malpractice will be disqualified.
- The decision of the judges will be considered final.
- During preliminary round the camera should be kept turned on the whole time.
- The highest scorer from each age group will be declared the winner in the closing ceremony at International Nutrition Olympiad 2026.
- Participants selected for the final round (at Dhaka) may need to organize their own logistics

Contact:

Any queries regarding Debate 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) Competition

