

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Food Design

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 ‘Food Design Competition’. The guideline of the ‘Food Design Competition’ is given below:

What is Food design Competition:

Food Design Competition is a simply the connection between food and design where participants make a design using food ingredients based on the theme/topic. The designs must have a strong nutritional message for the justification of the design.

Age groups:

Group A	Group B
11-18	19-24

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

Group A: Fusion Food, Perfect Nutrition: Local Solutions for Healthy Growth

Group B: Gen-Z Plates: Smart Food Designs for Fast-Paced Youth

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Food Design Competition’ during the registration.
- Anyone within the specified age group can join the competition.
- Individual or teams (max 3 person) 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 'Food Design Competition' during the Competition.

The last date of registration: August 31, 2026 (11 PM, Dhaka time)

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

Food Design Competition Guideline:**1. Participant Information:**

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

2. Instructions for making food design:

The food design must be related to the mentioned themes and the following issues should be kept in mind.

- Each participant can submit only one design with a clear theme with a description of 150 words and explaining (Significance of the design, Reason for the use of the selected materials, Proportion of the materials used, Key nutrition messages of the design)
- All food design must be such that the whole pattern is created by a single line, leaving no gaps.
- Designs can be done in small patterns within an area of minimum 8"×11" (A4) & maximum 18"× 24"
- Designs can be done on the wooden board, cardboard, tray, glass sheet, hard chart paper, or any surface which can hold the design.
- Food ingredients and related items should be used only for developing the design.
- Participants must bring the ingredients by themselves on the final event. Participants will be allotted 40 minutes for designing & five minutes for describing.

3. Formatting:

Word limit: 150 words, excluding food design, A food design can be attached as an annex.

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

Font size: 12, Plain text without special formatting. A4 size paper

Margins: Left margin should be 4 cm; right margin 3 cm; top margin 3 cm; bottom margin 3 cm.

4. Language: Bangla or English.**5. Submission & Selection Process:****Preliminary Selection:**

- Participant(s) can join the competition individually or as a team (max 3 members).
- Participants can directly submit design with description through Google form/email.
- School can organize the primary competition at the respective institution and selected the best designs (max 5) and submit in Google form at the INO Website or email including the participant's name, age & school name.
- 5 participant(s) from each age group will be invited at INO 2026.

Final Selection:

- Top 5 participants (Team or individuals) from each group will be invited to prepare their food design in person at the final round at INO 2026 and the best design from each group will be declared as

winner.

Scoring Criteria:

Sl. No	Criteria	Number
01	Content presentation	30
02	Ingredients used	25
03	Nutrition message	25
04	Decoration	10
05	Following the rules	10
Total		100

Contact:

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

Special Notes:

- Attempts to resort to any kind of malpractice will be disqualified.
- Judges' decisions will be considered final.
- The best design from each group in the final round will be declared the winner in the closing ceremony of the International Nutrition Olympiad 2026.
- Selected Food Design photo/video will be uploaded on the website of INO and BIID Foundation.

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

