

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Mini Essay

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

Mini Essay Competition

In the ‘Mini essay’ participants will write an essay on the given topic

Age groups:

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

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

Group A: My Favorite Healthy Food Shop: Making Nutrition Fun and Easy

Group B: Reducing Junk Food Dependence Through Better Local Food Choices

Group C: Creating Nutrition-Sensitive Business Models for Inclusive Development.

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Mini Essay Competition’ during the registration.
- Anyone within the specified age group can join the competition.
- Only individual participant can participate in this community
- 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 the competition "Mini Essay" during the registration.

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

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

Mini Essay Guidelines**1. Participant Information:**

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

2. Mini Essay Structure:

Word limit: 500 words (Excluding cover page, table of contents, references, tables, charts and graphs).

3. Formatting:

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

Font size: 12, space of 1.5, Plain text without special formatting. A4 size paper.

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

- Participants will submit the Mini Essay in (pdf) or Handwritten format through Google Form/email [(mentioning the name, age, institution name) 'Mini Essay' in the subject of the mail].
- In the case of Handwritten, Handwriting must be clean.
- Handwriting essay must be taken in a clear picture and sent in JPG format.
- The top 3 mini essay from each age group will be declared as winners at the closing.

Scoring Criteria:

Sl. No	Criteria	Number
01	Relevance	20
02	Introduction and conclusion	20
03	Correct spelling and grammar	25
04	Following the rules & Structure	20
05	Data & Reference	15
Total		100

Contact:

If you have any queries about Mini Essay 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.
- The decision of the judges will be considered final.
- Top 3 winners from 3 each age groups will be announced in the closing ceremony of INO 2026
- Use of a Foot Note is mandatory & addition the information reference must.
- Selected essays may be uploaded on INO Nutrition Club, BIID Foundation websites.

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

