

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Music

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

Brief:

‘Music’ is a competition where participants will express messages related to nutrition, healthy diets, food security, sustainable food systems, and healthy lifestyles through music and songs. Participants may perform original compositions or adapted songs that align with the theme of INO 2026. The competition aims to encourage children, adolescents, and youth to use music as a creative tool for raising awareness, inspiring positive behavioral change, and promoting nutrition-friendly practices in their communities.

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: Little Voices for Better Nutrition

Group B: Sing for Safe and Nutritious Food

Group C: Private Sector, Stronger Nutrition, Brighter Future

Eligibility:

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

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

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

Music Competition Guidelines:**1. Participant Information:**

Name, Age, Institution, Address, Contact Number, and Email.

2. Music Structure:

Time	Content
15 second	Introduce yourself (name, age group and area)
15 second	A short explanation of the name and subject of the song
02 minute	Singing the song

3. Language:

Bangla or English.

4. Submission & Selection Process:**Preliminary Selection:**

- Individual and team (max 3 members) can participate in the competition.
- Participants from different institutions may also team up.
- Participants will conduct music competition at their own institutions in presence of teachers.
- School will select 3 best music and submit video by Google form or email mentioning the team or participant name, age and institution name.

Final Selection:

- The best 3 Music Performers from each group will be declared winners at INO 2026.

Scoring Criteria:

Sl. No	Criteria	Number
01	Relevance to the theme	30
02	Creativity and Originality	25
03	Vocal and Musical Quality	25
04	Presentation and Stage Presence	20
Total		100

Special Notes:

- 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.
- Video quality of the music must be clear.

Contact:

Any queries regarding Music 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.

