

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Nutri Carnival

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

Brief:

The Nutri Carnival Competition is part of the International Nutrition Olympiad (INO) 2026, aimed at engaging children, adolescents and youth in promoting healthy diets and nutrition. Participants creatively showcase nutrition-themed outfits based on specific themes.

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: Healthy Food, Happy Kids

Group B: Local Businesses, Healthier Communities

Group C: Innovation Driving Nutrition for All

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Nutri Carnival Competition’ during the registration.
- Anyone within the specified age group can join the competition.
- Contestants can compete individually or in team (max 3 person). Participants from different institutions may also team up.

- The participants or guardian or the institution must have minimum information technology facilities [Phone, E-mail, WhatsApp and Zoom Account (not mandatory)]
- Participants will conduct the activities at their own institution in presence of teachers.

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 'Nutri Carnival Competition' during the registration.

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

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

Nutri Carnival Competition guidelines**1. Participant Information:**

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

2. Language: Bangla or English**3. Submission & selection Process:****Preliminary Selection:**

- Institution will select 3 best participants and submit a 10-minute video and picture of them by google form or email (mentioning the 'Nutri carnival competition' in the subject of the mail) mentioning the team's name, age and institution name. 5 participants from each group will be selected and invited to INO 2026.

Final Selection:

- Preliminary selected 15 finalists will be invited on the venue of the INO 2026 and will select the top 3 participants as a winner.

Scoring Criteria:

Sl. No	Criteria	Number
01	Content presentation	30
02	Dress	20
03	Nutritional message	20
04	Compatibility	20
05	Following the rules	10
Total		100

Special Notes:

- Nutri carnival ideas must be original and created by participants, though guidance from mentors is allowed. Using AI tools or any online assistive tools will be disqualified.
- The decision of the judges will be considered final. Any malpractice will lead to disqualification
- The judges will evaluate the nutrition message and give the number.
- The highest scorer from each group will be declared as the winner.
- The top 3(three) competitors or teams will be declared winners at the closing ceremony of the International Nutrition Olympiad (INO)2026.

Contact:

Any queries regarding Nutri Carnival 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.

