

International Nutrition Olympiad (INO) 2026

Competition Guidelines Topic: Open Internet Challenges

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 ‘Open Internet Challenges Competition’. Anyone between 11 to 24 years can participate in the ‘Open Internet Challenges Competition’. The guideline of the ‘Open Internet Challenges Competition’ is given below:

Open Internet Challenge

The ‘Open Internet Challenge’ is a competition of the International Nutrition Olympiad (INO) 2026, where participants’ skill, knowledge, and creativity are tested. According to the specified theme, participants must answer various questions within a set time frame.

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: The Contribution of the Private Sector to Improving Nutrition

Group B: Nutritious Food from Local Agricultural Products: Local Businesses Paving the Way for Greater Accessibility

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Open Internet Challenge Competition’ during the registration.
- Anyone within the specified age group can join the competition.
- Only individual participants 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 (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 'Open Internet Challenge Competition' during the registration.

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

Submission Deadline: September 31, 2026 (11 PM, Dhaka time)

Open Internet Challenge Guidelines**1. Participant Information:**

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

2. Preliminary Selection for Open Internet Challenge:

The preliminary selection will be held on zoom. The date and Zoom link will be shared via email and WhatsApp.

3. Language: Bangla or English**Preliminary Selection:**

- Participants will join over Zoom for the competition and questions will be provided Via Google form in the chat box.
- Participants must use their own computer/laptop/ mobile/tab.
- Participants will have 15 minutes to answer several questions.
- The camera must be kept on throughout the preliminary selection.

Final Selection:

- Top 5 participants from each specified age group will be invited to join the final round in the INO 2026 and participant must bring his / her bring mobile/tab/laptop.
- The top 3 participants will be announced as Winners at the closing ceremony of the International Nutrition Olympiad 2026.

Scoring Criteria:

Sl. No	Criteria	Number
01	Presenting the main theme	40
02	Time management	20
03	Relevance	40
Total		100

Special Notes:

- Attempts to resort to any kind of malpractice will be disqualified.
- The decision of the judges will be considered final.

Contact:

If you have any queries regarding the Open Internet Challenge, 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.