

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Painting

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

Painting Competition

Painting is the act of creating pictures using colors, pencils, or pens on paper. Painting competition is a contest where participants draw pictures based on a specific theme.

Age groups:

Group A	Group B	Group C
6-10	11-18	19 - 24

Theme:

Group A: My daily life

Group B: My dream school canteen

Group C: My smart food business: Healthy & nutritious food for all

Eligibility:

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

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

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

Painting Competition Guidelines:

1. Participant Information:

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

2. Painting Rules:

- The participant has to draw a picture based on the specific theme.
- Color must be used & pencil sketch is not acceptable.
- Fill and submit the attachment form incorporating the description of the painting within max 50 words.

3. Formatting:

Font: Gill Sans MT (English) or Kalpurush (Bangla) Font size: 12, Plain text without special formatting.
A4 size paper

4. Language: Bangla or English

5. Submission & Selection Process:

Preliminary Selection:

- Participants can submit their painting with descriptions either online or through their school. Schools will select the top 5 paintings from each.
- Selected paintings can be submitted via email, Google Drive upload, or couriered as a hard copy.
- Participants under 18 require a signed consent form from parents/guardians, along with a brief description of the painting within 50 words, including participant's name, age group, institution name and signature, submitted alongside the paintings.

Final Selection:

- Preliminary selected 10 paintings from each age group will be displayed and jury will select the top 3 paintings from each age group as winners.
- Selected participants must send their original copy of painting (hard copy) for display,
- If anyone fails to share within the deadline, he/she will be replaced by the next participants form waiting list.

Scoring Criteria:

Sl No.	Criteria	Number
01	Presenting main theme	40
02	Color consistency	30
03	Creativity	20
04	Following the rules	10
Total		100

Special Notes:

- The painting must be the participant's original work, though assistance from advisors is allowed. Use of AI or online tools will disqualify entries.
- Judges' decisions are final. Any unethical behavior will result in disqualification.
- The top 3 winners from each group will be announced at the closing ceremony of INO 2026.
- Selected paintings will be uploaded to the official websites of INO and BIID Foundation.

Contact:

If you have any queries regarding Painting Competition, please contact- Phone: + 88028714169, +8801782510089, or E-mail: ino@biid.org.bd.

Address: BIID Foundation, House No. 174, Level 2, Road No. 2, Mohakhali DOHS, Dhaka 1206, Bangladesh.

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

INTERNATIONAL
NU**RITION**
OLYMPIAD 2024

Competition Name: Painting Competition

Name:

Age group: ☐ 6-10 ☐ 11-18 ☐ 19-24

Contact No:

Institution:

District:

Description of the painting (Maximum 50 words):

Disclaimer: This painting has been drawn by _____
daughter/ son of _____ and agreed to use the painting for any
non- commercial use.

Signature

