

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Public Speaking

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

Public Speaking Competition:

Public Speaking Competition is an event where individuals present a speech based on theme to an audience, with the aim of showcasing their speaking, communication, and presentation skills.

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: Safe Food, Happy Life

Group B: Youth Voices for Better Nutrition

Group C: Empowering Local Businesses, Nourishing Communities

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Public Speaking Competition’ during the registration.
- Anyone within the specified age group can join the competition.
- Only Individual Participants can participate.
- The participants or guardian or the institution must have minimum information technology facilities (Phone, E-mail, WhatsApp and Zoom Account).

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 'Public Speaking Competition' during the registration.

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

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

Public Speaking Competition Guidelines:**1. Participant Information:**

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

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

- Participants have the option to join the competition either online via Zoom or in person at their respective schools.
- For in person public speaking competition, schools will select the top 3 speakers from each school.
- For the online preliminary phase Zoom link will be shared through e-mail and WhatsApp.
- Participants have to present the statement within 2 minutes.
- Online participants must keep their cameras on during the competition.
- Participants under 18 require a consent form parents / guardian.

Final Round:

- 5 participants from each group will be selected to participate in person at the INO 2026. A theme will be given to the selected participants for the "Public speaking competition" and 3 minutes time will be allocated for the final round.

Score:

Sl. No	Criteria	Number
01	Main theme	30
02	Presenting the theme	20
03	Accurate information and explanation	25
04	Accent	15
05	Following the rules	10
Total		100

Special Notes:

- Public Speaking ideas must be created by participants, though guidance from mentors is allowed.
- Attempts to resort to any kind of malpractice will be disqualified & The decision of the judges will be considered final.
- During primary competition, the camera should be turned on the whole time.
- The Winner will be declared in the closing ceremony of the International Nutrition Olympiad 2026.

Contact:

Any queries regarding 'Public Speaking 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.



