

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: STEM

(Science, Technology, Engineering, Math)

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

STEM Competition

STEM stands for Science, Technology, Engineering, and Mathematics. It refers to an interdisciplinary approach to learning and education that integrates these four fields to foster critical thinking, problem-solving, creativity, and innovation. STEM focuses on practical application and real-world issues, encouraging students to use knowledge from these disciplines to address challenges and develop solutions.

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: Build a Healthy Plate Model Using Science and Mathematics

Group B: Build a Low-Cost Technology to Reduce Food Waste

Group C: Develop a Circular Economy Solution to Transform Food Waste into Nutritious Products

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select 'STEM Competition' during the registration.
- Anyone within the specified age group can join the competition.
- Individual or teams (max 3 person) can participate in this competition.
- Participants from different institution also can team up.
- 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 'STEM Competition' during the registration.

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

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

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

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

2. Language: Bangla or English.**3. Duration:** 60 minutes**4. Submission & Selection Process:****Preliminary Selection:**

- Participants will conduct the activities at own institution in presence of teachers.
- Schools will select the 5 best STEM activities and submit video & photos of final outcome of the STEM activities by Google form or email mentioning the activity, team name, institution name.
- Participants can submit video and description during the registration. Description will consist of these information— product name, purpose (Relevancy to the theme), resource, functions, impact, picture & video.

Final Selection:

- Top 5 STEM activities from each group will participate in the final round and demonstrate and have to describe at the INO2026.
- Best 3 STEMS from each age group will be declared as winners at the closing ceremony.

Scoring Criteria:

Sl. No	Criteria	Number
01	Relevant to the themes	20
02	Impact (Result & Benefit)	30
03	Resource requirement	20
04	Do ability	20
05	Follow the rules	10
Total		100

Special Note:

- STEM Idea must be original and created by participants, though guidance from mentors is allowed. STEM Idea generated using AI tools or any online assistive tools will be disqualified.
- Attempts to resort to any kind of malpractice will be disqualified and the decision of the judges will be considered final.
- Winners will be declared in the closing ceremony of the International Nutrition Olympiad 2026.

Contact:

Any queries regarding STEM, 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.