

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Video Message

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

Video Message

The participants will make a video based on theme. It should be an Edu-entertainment. The fun elements must be there in the video. Participants will explain the objectives of the video and confirm his/her consent to publish the video.

Age Group

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: The Power of Breakfast

Group B: Nutrition and Mental Well-being for good health

Group C: Affordable Nutrition: Eating Well Without Spending More

Eligibility:

- Participants must complete the registration form on the INO 2026 website (www.nutritionolympiad.net) and select ‘Video Message Competition’ during the registration.
- Any participant within the specified age group can join.

- Contestants can compete individually or in team (max 3 person). Participants from different institutions may also team up.
- Participants must have basic IT facilities (e.g., Phone, E-mail, WhatsApp or Zoom Account)

Registration:

All participants have to register at the dedicated website of INO 2026. Click the registration link at the INO 2026 website (www.nutritionolympiad.net) and select 'Video Message Competition' during the registration.

Registration Deadline: August 31, 2026 (11 PM, Dhaka)

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

Video Message Competition guidelines**1. Participant Information:**

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

2. Language: Bangla or English.**3. Video Structure:**

- Length of Video: 02 minutes
- Format: MP4 (mobile phone format)

Time	Content
10 seconds	Introduce yourself (name, age, group, location)
20 seconds	A short explanation about the content of the video
1.30 minutes	Other statements

4. Instruction of making Video Message:

- Participants will create and submit their own or someone else's video message on them of the competition.
- Your video clip should start with his/her name, age, institution, designation and occupation.
- No editing is required.

5. Submission & Selection process:

Participants will create their video message (max size 10 MB) within the submission deadline.

Participants must submit video message by Google form or email mentioning the team's name or participants name, age, institution name. Participants can also submit video during the registration.

Preliminary Selection:

- Top 5 videos from each group will be selected for preliminary selection.

Final Selection:

- Top 5 videos/participants from each age group will be invited in INO 2026 and selected video message will be displayed. Jury will select top 3 videos from each group as winners.

Scoring Criteria:

Sl. No.	Criteria	Number
01	Introducing the main topic	30
02	Clarity of the language	20
03	The structure of the video	40
04	Following the rules	10
Total		100

Special Notes:

- Video Message ideas must be created by participants, though guidance from mentors is
- Judges' decisions will be considered final and any malpractice will lead to disqualification.
- Winners will be declared in the closing ceremony of the International Nutrition Olympiad 2026.

Contact:

Any queries regarding Video Message 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) competition.

