

FIT FOODIE

TEAM 54

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17-03-2022

INTRODUCTION

- A website where users can get information about nutrition and meals plans for different age groups.They can also access information about yoga and fitness

APPROACH

- Welcome page
- Register and login page
- Home page
- Selecting the category
- Displaying data in the relative category
- Logout page

ROAD MAP

DAY	TASKS
1	Register,fetch
2	Login
3	Homepage
4	Added categories like yoga, fitness and nutrition
5	Added videos to particular categories
6	Worked on UI
7	Added Meal plans
8	Logout and styling

TECH STACK

- Git
- LaTeX
- MEAN Stack
- Visual Studio Code

LEARNINGS

- YouTubePlayerModule
- MatSidenavModule

CHALLENGES

- Adding videos to components
- Styling UI

GIT REPO

main

Commits on Mar 16, 2022

changes 19wh1a1201 committed 14 hours ago	10ee327	<>
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Commits on Mar 15, 2022

changes commit 19wh1a1201 committed yesterday	71ff648	<>
crud api 19wh1a1201 committed 2 days ago	c9c3de	<>
done 19wh1a1201 committed 2 days ago	dca1b3b	<>
crud api 19wh1a1201 committed 2 days ago	62f2322	<>
changes commit 19wh1a1201 committed 2 days ago	6432926	<>

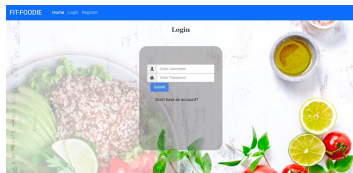
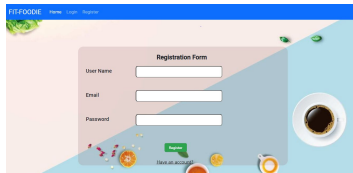
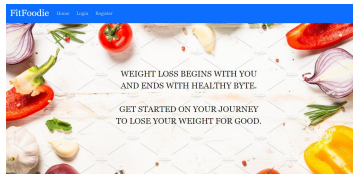
Commits on Mar 9, 2022

first commit 19wh1a1201 committed 8 days ago	465f243	<>
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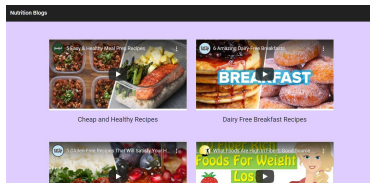
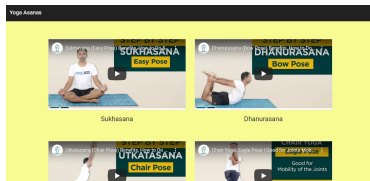
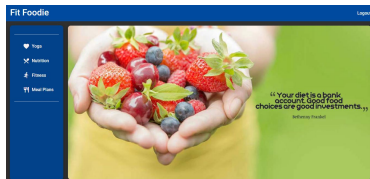
Newer Older

Git link - https://github.com/191201-Hanshitha/Project_FIT-FOODIE

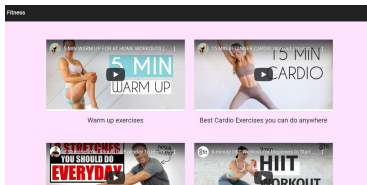
DEMO



DEMO



DEMO



Meal Plans for Different Age Groups

[Toddler](#)
After weaning, here's a plan for your child who's experimenting with different foods, ensuring he/she has optimal nutrition

[Children](#)
As your child gets older he/she will develop his/her own food habits; this plan is aimed at children from around 5 to 11-12 years old

[Adolescent](#)
This plan is aimed at parents responsible for adolescent kids, or the teenagers themselves looking to have a healthy, nutritious and convenient food intake

[Male Adult](#)
A hypothetical diet plan for a 'typical' male

[Female Adult](#)
A hypothetical diet plan for a 'typical' female

[Pregnancy](#)
Healthy eating guidelines for pregnancy and a suitable meal plan for expectant mothers

[Elderly Person](#)

Female Adult Meal Plan

Breakfast	High-fiber cereal (like Wheaties, bran flakes, Shredded, muesli, porridge etc.) + 200ml skimmed milk + 1 tsp sugar 200ml buttermilk 1/2 tsp honey
Mid-morning	Item 3 of 3 Drink
Lunch	Sandwich: 2 slices granary bread + olive oil-based spread + sliced chicken/turkey or tuna in low-fat natural yogurt or smoked salmon Mixed salad or salad with tomato/cucumber/chicken/tuna + crispbread Low-fat / low-sugar yogurt
Mid-afternoon	Small flapjack or cereal bar Item 3 of 3 Drink
Evening Meal	100g chicken breast or 140g white fish or 120g lean meat and 2-3 (large) baked potatoes or 2 (medium) baked potatoes and loads of veg or large salad
Evening	Drink Item 3 of 3

THANK YOU