



Audrey

Age: 48
Education: MSc.
Hometown: Ellicott City
Family: Two teenage children.
Occupation: Full time teacher.

"I love to spend every minute productively with good health for which I need healthy food choices which I can choose without wasting my time in cooking."

Goals

- To be a great teacher to her students and mother
- To maintain healthy work life balance.
- Instead of spending energy in cooking, likes to spend in
- Wants to make her teenage children aware of the possible food allergens in the menus nutritive values of the food they are going to order .

Frustrations

1. Lack of time to prepare healthy foods for her family as one of her child has
2. In the restaurants, they give only the ingredients, possible allergens present but no information on nutritive values
3. The mexican restaurants have choices and add on which alter the nutritive value of the ordered food at the end.

Audrey is a middle school teacher with health conscious, working full time and an active member in the cycling group, with two teenage children wants to spend her time productively. She prefers eating nearby mexican restaurant and finds no information about nutritive values and possible allergens. In some the values are given in general and not specifically the nutrients present in the add ons. The nutrients content if shown pictorially ,instead of tables and changes with the foods we select that will be helpful to know at a glance the nutrient intake.

Aim: Design a recipe nutrition calculator App for Mexican Restaurants.

Introduction: Foods and flavors from Mexico have influenced American cuisine for centuries. In the half of the 1900s, Mexican inspired food found its way to every corner of the US, merging into the mainstream. It became famous not only in the US, but worldwide. In a fifth country participated in the survey, Mexican food in seventh position in popularity. The place where I live, within 10 miles of range there are twenty Mexican restaurants. It is time to know what nutrients we are consuming while eating this delicious food. Nutritionist believe in the saying, "You are what you eat"

Objectives:

To develop a nutrition calculator App to find the nutrients we are taking while eating these Mexican foods, following are the objectives.

1. Standardization of these Mexican recipes available in the menu.
2. to know the size and weight of each portion of the food item.
3. to know the foods used in each recipe to calculate the nutrients.

audience analysis learning curve

