

### Breakdown of the Assignment :

Why did I decide to choose pulse, ridgegourd, ladyfinger, etc as my primary choices of choosing food : I primarily chose these foods as sources of collecting data because this was the food which was being prepared the past few days, so instead of preparing other different foods for the assignments, I believe that it's more efficient to just record the foods which are already being prepared during the lunch and night hours.

Secondly , all these different foods carry different high nutritional values, because if I just choose the foods which have 1 common nutritional value such as proteins or fat , the data collected won't seem interesting especially when I decided to make a table specifically regarding the different nutritional values of foods. For example considering, rice, bread, etc all have high carbohydrate, or dal, oats, cereals all have high protein. Therefore different foods with different nutritional values will make it better that all the different nutritional values are being included somewhere in the table.

Images of the Food prepared in house :





Why I decided to make separate files : It's best to make separate files because it will help organize the different factors/variables we are trying to collect and identify for the food. Making separate files will help in highlighting the specific topic being put on focus and will give more attention. Organizing data is really important because , if 1 specific file have all loads and crunches of data put all together, it may become confusing and not clear of what is the data trying to show. The data must make sense of the viewer which is why making separate files of the different variables affecting the data must be focused on.

Process of how I went through the assignment : Firstly , I researched about the different foods which carry different nutritional values and observed whether my mother was preparing them during lunch hours. If she was I took a note of that food, and made note of the ingredients she uses and the amount of ingredients she puts to make something. Since I am not a cook, she helped me to guide through these answers which I then recorded in the spreadsheet. When the food was prepared, I took a picture of them and uploaded above in the document. (Refer page 1). Though I do know the nutritional values of the foods, I can't predict on my own of how much nutritional value each food possess, in that case I researched about how much amount of nutritional value each food carry per 100 grams, after that I tasted the food, and wrote down the taste I felt in my perspective. With the help of all the different sets of data collected, I organized them in different files and that's how I have collected the data.

Links of my research :

<https://apollosugar.com/food-fitness/calories-in-cooked-dal-bengal-gram/>

<https://pharমেasy.in/blog/ayurveda-uses-benefits-side-effects-of-lady-finger/>

<https://apollosugar.com/food-fitness/diet-tips/calories-in-ridge-gourd-curry/>

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/359710/nutrients>

How I installed Miniconda ,WSL and conda environment : This entire process was with the help of the data analysis faculty member (Gautam Ahuja). First he helped in making section folders where the applications were to be installed in the terminal, these folder name was called “data science fundamentals”.He had suggested certain commands to put in the terminal space which I had put in order to install these applications, such as WSL. The WSL installation happened in the terminal , named Windows Powershell. There were some issues in installation which the teacher helped us in resolving them. After restarting the device, the WSL installation was finished. Once the WSL was installed, the miniconda was further installed in the WSL section inside the terminal. Mr Ahuja, had sent a specific link giving instructions of how is MiniConda to be installed which had a lot of commands to be put in the WSL terminal in order. Then we further downloaded other applications like python,and conda inside the WSL terminal.