DATA SCIENCE ASSIGNMENT- WEEK 1

In this assignment, I collected and organised data on some dishe prepared in my kitchen. I focused on the ingredients, utensils used, time taken and nutrition.

1. Ingredients (vegetables, spices and others)- Ingredients are the most important part of a meal. The kind and quantity of ingredients influence the taste and nutrition of the dish. E.g.- spices are essential for flavour and vary from meal to meal. Vegetables contribute to the nutritional value. Therefore, recording these was essential.
2. Utensils used- Utensils are one of the most crucial factors that impact the cooking process and outcome.
3. Nutrition- The awareness about the nutrients present in the meal will help the consumer maintain a balanced and healthy diet. Hence, it is necessary to record it.
4. Time taken- Knowing the time taken by each dish helps the consumer in efficiently planning their diet for the day.

   Process-

1. Firstly I noted down the ingredients of each dish.
2. Then I observed and wrote down the time taken and the utensils used.
3. Furthermore, I found out the nutrition in each recipe. (fats, proteins, carbohydrates, fibres, sugar etc.)
4. In the end, I organised all the data into different Google sheets.

Sources-
https://www.webmd.com/
https://www.fatsecret.com/
https://www.healthline.com/