



Before you collaborate

A bit of preparation gone a long way with this session. Here's what we need to do for heading with the project.

🕒 10 minutes

Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

PROBLEM

A variety of medical problems can affect appetite. Your illness medicines or surgery can cause this problem to suggest healthy foods and identify the ingredients and nutrition's in their food.



Key rules of brainstorming

To run a smooth and productive session

- Stay in topic.
- Encourage wild ideas.
- Defer judgment.
- Listen to others.
- Go for volume.
- If possible, be visual.

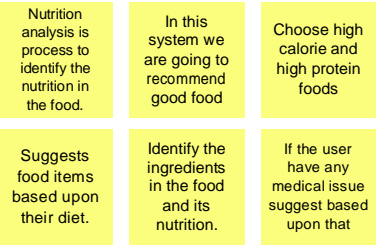
1

Brainstorm

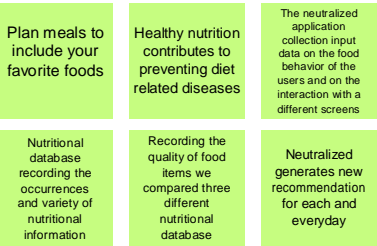
Write down any ideas related to project.

🕒 10 minutes

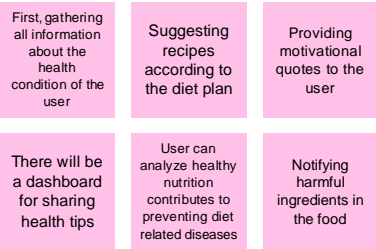
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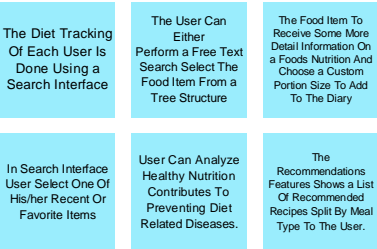
SAPNA



SAKTHIVEL



WILSON JEROME



2

Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you and break it up into smaller sub-groups.

🕒 20 minutes

Healthy nutrition contributes to preventing diet related diseases

Healthy nutrition contributes to preventing non-communicable diseases.

There will be a dashboard for sharing health tips

The food item to receive some more detail information on a foods nutrition and choose a custom portion size to add to the diary.

3

Prioritize

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are feasible.

🕒 20 minutes

