**2**

**Brainstorm**

Write down any ideas that come to mind that address your problem statement.

**10 minutes**

**3**

**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**

**MAGUDAPATHY.B**

|  |  |  |
| --- | --- | --- |
| create meal plans for your specific digestive system | best website for nutrition | Artificial intelligence made it possible to analyze personal health metrics |
| calorie intake and shares food suggestions | recipe building by performing in- depth market analysis | Food patterns and diet are important factors to improve the lifestyle by preventing diseases |
| registered dietitian |  | provide a real- time update about nutrition intake. |
| nutritionists are | food |
| reliable sources of | recommendations |
| nutrition | for a healthy diet |
| information |  |

**SARAVANAN.R**

Artificial intelligence made it possible to analyze personal health metrics

recipe building by performing in-depth market analysis

calorie intake and shares food suggestions

|  |  |  |
| --- | --- | --- |
| Give the regular diet | Maintain the body metabolism | Set the alarm for regular food |
| Give the notification to take food | Recipe building by performing in- depth market analysis | Food Quality Analyzer |
| It helps to maintain a healthy body weight | Improve your well- being | To detect the exact nutritional value of any given food item |

**MUTHU.E**

|  |  |  |
| --- | --- | --- |
| It ensures that the food has optimal requirement of vitamin and nutrition's | Improve your well- being | Increase your energy level |
| It help's to maintain a healthy body weight | Plan your meals and snacks to include nutrition dense food | To evaluate a food products varied physical qualities |
| Helps decrease a caregiver's risk | A healthy diet throughtout life promotes healthy pregnency outcomes | Support natural growth |

**RAGUL.V**

How Nutrition AI determines people's health metrices

Nutrition Industry Overview

Personlized Nutritional Guide by Artificial Intelligence

|  |  |  |
| --- | --- | --- |
| Top Machine Learning and Artificial Intelligence powered apps to maintain fitness | smart calorie counter | Taikored Food Recommendation system |
| instant Multi- Food Recognition | Food Quality Analyzer | Precision Medicine and Artificial Intelligence |



**1**

**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.

**5 minutes**

**Key rules of brainstorming**

To run an smooth and productive session

Stay in topic.

Encourage wild ideas.

Defer judgment.

Listen to others.

Go for volume.

If possible, be visual.

**PROBLEM**

**Sam is a Busy Manager who needs a way to integrate healthy eating habits because he doesn't want to feel like he's on diet.**



**4**

**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**

**Importance**

If each of these tasks could get done without any difficulty or cost, which would have the most positive impact?

**Feasibility**

Regardless of their importance, which tasks are more feasible than others? (Cost, time, effort, complexity, etc.)

Artificial intelligence made it possible to analyze personal health metrics

To evaluate a food products varied physical qualities

To evaluate a food products varied physical qualities

calorie intake and shares food suggestions

Taikored Food Recommendation system

Food patterns and diet are important factors to improve the lifestyle by preventing diseases

It help's to maintain a healthy body weight

To detect the exact nutritional value of any given food item

How Nutrition AI determines people's health metrices

To evaluate a food products varied physical qualities

Give the regular diet

Helps decrease a caregiver's risk

Taikored Food Recommendation system

A healthy diet throughtout life promotes healthy pregnency outcomes

Plan your meals and snacks to include nutrition dense food