**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

READ ME

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Group 7  
“Foodzonia”

Prepared by :

Ahmad Alkharfan (1721291)

Zubair KM(1722931)

Faizuddain Putra(1716231)

Hanan Al-attas(1624552)

Rim Al-Nusiri(1715946)

‘Foodzonia’ is a website for an online food recipes and diet instructions .

1.Group Contributions:

Each of the team members prepared 4 web pages for the progress presentation

as shown in Table 1.

2.Future enhancement:

Contributions are shown in Table 1.

Table 1 Group Contribution

|  |  |  |
| --- | --- | --- |
| Name | Contributions | Future enhancements |
| Ahmad | * Pages : DietControl, Fat calculator, BMI calculator, DietRoutine. | * Adding more styling * JavaScript for the calculators * Suggestion on the food and the diet routine depending on the BMI and the Fat percentage. |
| Zubair | * Pages : Home(index), Current Projects, Upcoming Projects, PEACH COBBLER OATMEAL   Food Menu Section) | * Adding more styling * Compiling all the pages in a whole more frequently |
| Faizuddin | * Food menu:   Breakfast, Main Dish, salad, recipe of Caraway Coleslaw, Vegetarian Niçoise Salad | * Adding more styling * Adding some information * Add more recipes |
| Hanan | * Pages : About Us,   Contact Us, Our Location, Walnut-Rosemary Crusted Salmon(Recipe) | * Add more styling and transition. * Add more healthy recipes on our menu. |
| Rim | * Pages: * Chicken-"Fried" Steak with Spiced Gravy  Salmon Tostadas with Citrus-Kale SlawPineapple,bacon kale PizzaSpicy thai chicken lettuce | * Spread the website and make it easy to be found. * Allow users to post their suggestions. |

3. Use of third party resources:

References:

BMI reference:

<https://www.nhs.uk/common-health-questions/lifestyle/what-is-the-body-mass-index-bmi/>

Fat calculator formula:

<https://www.calculator.net/body-fat-calculator.html?ctype=metric&csex=m&cage=25&cweightlbs=152&cheightfeet=5&cheightinch=10.5&cneckfeet=1&cneckinch=7.5&cwaistfeet=3&cwaistinch=1.5&chipfeet=2&chipinch=10.5&cweightkgs=70&cheightmeter=178&cneckmeter=50&cwaistmeter=96&chipmeter=92#>

Diet routine:

<https://www.stylecraze.com/articles/4-simple-diet-tips-and-a-diet-chart-to-gain-weight/#gref>

<https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible#section6>

The Health photo is credited to GotCredit :

<https://flic.kr/p/TCxw6a>

Walnut-Rosemary Crusted Salmon’s recipe:

<http://www.eatingwell.com/recipe/267223/walnut-rosemary-crusted-salmon/>

Quinoa Buddha Bowl picture:

<https://healthygffamily.com/recipe/quinoa-buddha-bowl/>

Pages: Pineapple, Bacon & Kale Pizza.

http://www.eatingwell.com/recipe/272343/pineapple-bacon-kale-pizza/

* Chicken-"Fried" Steak with Spiced Gravy.

http://www.eatingwell.com/recipe/272336/chicken-fried-steak-with-spiced-gravy/

* Salmon Tostadas with Citrus-Kale Slaw.

http://www.eatingwell.com/recipe/272218/salmon-tostadas-with-citrus-kale-slaw/

* Spicy Thai Chicken Lettuce Cups.

http://www.eatingwell.com/recipe/272177/spicy-thai-chicken-lettuce-cups/

Salad reference

<http://www.eatingwell.com/recipe/270570/vegetarian-nicoise-salad/>

<http://www.eatingwell.com/recipe/270570/vegetarian-nicoise-salad/>

<http://www.eatingwell.com/recipe/272161/caraway-coleslaw/>

Main Dish reference

<http://www.eatingwell.com/recipe/267223/walnut-rosemary-crusted-salmon/>

<http://www.eatingwell.com/recipe/250549/roast-chicken-sweet-potatoes/>

<http://www.eatingwell.com/recipe/272174/salmon-with-cilantro-pineapple-salsa/>

Breakfast reference

<http://www.eatingwell.com/recipe/264805/spanish-potato-omelet/>

<http://www.eatingwell.com/recipe/263200/baked-eggs-with-roasted-vegetables/>

<http://www.eatingwell.com/recipe/270975/sweet-beet-raspberry-yogurt/>

-----------------------------------END OF README-----------------------------------