Project Name : Plan your diet- ( Algorithm)

Step 1: Begin Switch

Step 2: Case 1 == Male

Step 3: Input age

Step4: If age >= 10 and age <=25 then go to Step 5

else if age >=26 and age <= 40 then go to Step 5

else if age >=41 and age <=60 then go to Step 5

else age >60 then go to Step 3

Step 5: Input weight and height

Step 6: If BMI < 1.85 then go to Step 7

else if BMI <= 2.49 then go to Step 7

else if BMI <=2.99 then go to Step 7

else BMI >2.99 then go to Step 7

Step 7: Display

Step 8: Case 2== Female

Step 9: Input age

Step 10: If age >= 10 and age <=25 then go to Step 5

else if age >=26 and age <= 40 then go to Step 5

else if age >=41 and age <=60 then go to Step 5

else age >60 then go to Step 9

Step 11: If BMI < 1.85 then go to Step 13

else if BMI <= 2.49 then go to Step 13

else if BMI <=2.99 then go to Step 13

else BMI >2.99 then go to Step 13

Step 12: Case 1 and Case 2 both false then go to Step 1

Step 13: Display

Step 14: End Switch