

What's for Dinner?

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Introduction: “What’s for dinner?”

Problem: The answer to “what's to have for dinner?”. This is an ongoing problem for many providers in a household. Most families do not give ideas or suggestions on what to make and it is solely on the one who is cooking dinner and when you are the main chef in the household you tend to run out of ideas quickly.

Existing Solutions: App store has a restaurant roulette but I'm thinking more for a home cooked meal like “Family Dinner Picker”l.

Justification: I think this is a good topic to pick is because most people throughout the day make a lot of decisions. Since they have made many decisions already trying to figure out what to make for dinner can become a huge obstacle. It is more about decision fatigue. So this code would help people eat at home, help with saving money, and help reduce decision fatigue. This could be a fun way to plan dinners for the week or month.

Summary of findings

The Article I found states, parents during COVID-19 noticed a decision fatigue in food and activity. They were having to always come up with ideas for food and activity this caused stress and decision fatigue. This is a problem because decision fatigue creates negative alterations in healthy parenting practices. The article showed that 57.14% of participants found positive changes in behaviors related to food and activity when decision fatigue was reduced.

Article: [Impact of stress and Decision fatigue](#)

Real world applications

This idea would be great as an application on the phone. Something that could be done quickly. Users could use this as a nightly/weekly planner inputting foods they like and cooking styles, running it multiplies times to create meals. Eventually this could even recommend recipes with step by step instructions.

Describe design approach

The idea is to have three category groups: protein, vegetable, and carbohydrate. Each group will require a list of foods in the category. For example protein would have chicken, steak, pork loin, pork chops, beef, and vegetarian options. Then a different category for cooking style ran for each category like oven baked, steamed, etc. These options would be run through a randomizer to create a dinner. So the design is going to be similar to a nested loop with a randomizers like the dice game for lab 7.

Solution design proposal

User would first input all items in the categories using end commands to move to another category. These items will be stored locally and could be updated through command. User would input cooking methods available to them. After initial setup, it would be a quick call of function that would run nested randomizer loops to display results of “what’s for dinner?” “Oven Bake Chicken, Pan Fry Asparagus, Air Fry Rice”.

(Air fried Rice would be interesting)

Open question

Different cooking methods don't necessarily work with every item in category (Air fry Rice, Deep fried), how do you make this not happen?

How could this app be able to display recipes with nutrition facts based on what is inputted by user?

Would it be better with a already set database where user to select items?

citations

Works Cited

Angoff, Harrison D., et al. "Impact of Stress and Decision Fatigue on Parenting Practices Related to Food and Physical Activity during COVID-19." *Child: Care, Health & Development*, vol. 48, no. 6, Nov. 2022, pp. 911–16. *EBSCOhost*, <https://doi.org/10.1111/cch.13059>.