

**NELSON MANDELA UNIVERSITY**

**School of Information Technology**

**ITPV302**

**Bachelor of Information Technology (BIT)**

**Date**

***Business Case***

**Compiled by**

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# The Problem(heading must be changed)

The modern way of life and prevalence of fast-food options available coupled with the difficulties of meal preparation, have led many people to prefer fast food as opposed to them cooking their own meals.

The internet has also provided numerous methods of finding recipes through various means(*The Best Cooking Apps of 2024*, n.d.). But these methods are often separate requiring different websites or apps to accomplish a simple task. We believe that if these various methods are brought together then the meal preparation task can be made easier.

According to online sources there are countless recipe apps and websites, but most have shortfalls that annoy a user and make them less likely to return to the app/website (Botev, 2018). Most recipe apps focus on filtering recipes based on metrics such as dinners, lunches etc, while this is useful it also fails to accommodate for the people that want to find recipes that they can make with the ingredients that they have at home.

Another major fact to consider is the abundance of different diets that restrict what people can or can’t eat. If an app that can cater to this need, then the app can be worthwhile pursuing as it will fill a gap in the market (Botev, 2018).

The problem will appear to individuals that want to cook at home using recipes that adhere to their diet and can be filtered based on available ingredients.

# Objectives

Some of the most common problems when it comes to cooking include dietary needs, time management, lack of ingredients, no motivation and lack of skills. Our project will address these issues along with others which affect the general home cook. The software solution proposed will solve this by doing the following:

* Meal plans based off user preferences
* Recipes can be filtered, by having a list of selectable ingredients
* Easy to follow instructions with timers, allowing the user to monitor the amount of time to complete a recipe
* Saveable recipes, allowing accessible recipes offline

# Background

(Literature Review)

Home cooks may run out of ideas on what to make, or they lack the ingredients to prepare a specific meal they had on mind. This amount of time spent preparing a meal also affects the eagerness to do it. This may lead to a lack of motivation to prepare a meal when there is no inspiration or if there is a time constraint (RDN, 2022).

Some users may also have specific dietary needs, but cannot stay consistent or plan meals properly. It is sometimes much easier to buy a take-out as it is far quicker despite being an unhealthier option at times. Therefore convenience is often the deciding factor on whether or not to prepare a meal, along with having the necessary ingredients (Monsivais et al., 2014).

Meals can also be simple, and adjustable depending on what is in the pantry. It would be much easier to prepare a meal if there was a recipe with the ingredients that the user has. This project plans to bring inspiration back to those who cook at home and show that simple recipes can be just as effective.

# Related Systems Analysis

# Project Plan

# Risk Analysis

# Bibliography

Monsivais, P., Aggarwal, A., & Drewnowski, A. (2014). Time Spent on Home Food Preparation and Indicators of Healthy Eating. *American Journal of Preventive Medicine*, *47*(6), 796–802. https://doi.org/10.1016/j.amepre.2014.07.033

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