

**NELSON MANDELA UNIVERSITY**

**School of Information Technology**

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**Date**

***Business Case***

**Compiled by**

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Contents

[The Problem(heading must be changed) 2](#_Toc174435143)

[Objectives 2](#_Toc174435144)

[Background 2](#_Toc174435145)

[Related Systems Analysis 2](#_Toc174435146)

[Project Plan 2](#_Toc174435147)

[Risk Analysis 2](#_Toc174435148)

# 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. 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.

The project covers meal preparation and meal planning. This entails finding specific recipes based on various factors that the user can use to limit the amount of recipes shown.

The problem affects those who enjoy preparing their own meals and focusing on a healthy lifestyle.

# 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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