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Submitted To:
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Project Description

In this generation, many people develop illnesses that is caused by the food that they intake such as Obesity, Diabetes, Gallstone etc. That is why many people opt to eat healthy foods to avoid those illnesses. Healthy recipe Apps such as the one we developed can help people to change there lifestyle.

A nutritious diet is critical for optimal health and nutrition. It protects against a wide range of chronic noncommunicable diseases, including heart disease, diabetes, and cancer. A healthy diet includes eating a variety of foods and consuming less salt, sugar, saturated fat, and industrially generated trans fats. Staying physically healthy might help you stay mentally healthy as well. If you consume the correct foods and exercise regularly, your body will be strong and will help you manage with stress and battle sickness. Eating healthily and exercising frequently as a teenager will also help you stay healthy later in life. This mobile app aims to make cooking simpler, quicker, and more convenient. It offers various food recipes that anyone can easily make at the comfort of their own home, which can also help them to achieve their health goals.

Development Model

Using this method, a project can be managed by being divided into numerous phases. Continuous improvement is required at every stage, as well as ongoing collaboration with the user. The team will cycle through a process of analyzing, executing, and evaluating their work after it has started. This type of method will enable the proponents to test the system for errors and address problems on a daily basis. That is why this is the most suitable method to use since changes are inevitable. The system may experience problems or things that need to be changed. Through using this methodology, changes can be done even in the middle of the process until the project functions well.
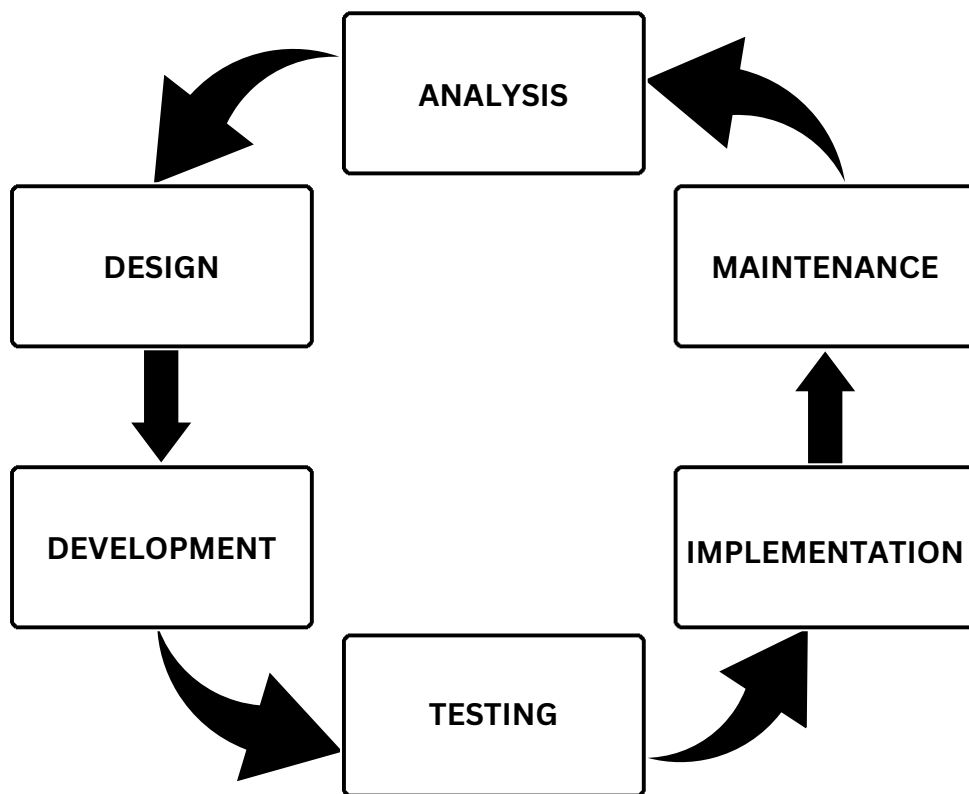
Figure 1. Agile Methodology

ANALYSIS

    During the initial phase, the team intends to develop a mobile application to deliver healthy recipes to help the users maintain their good eating habits. The primary goal in launching this application is to help the users with deciding what food could they cook for the day. It also assists app users in better understanding the various foods that would boost their health.

DESIGN

    Creating the application displays the initial paperwork containing all of the essentials for the application. Including presence of a wireframe that will serve as a model to further clarify the structure as well as a high-fidelity render design displaying the overall look of the application.

DEVELOPMENT

    In the design section, the developers will collaborate with the users in developing the application that will fulfill the goals and plans to properly serve its objectives.

TESTING

The team will be having a multi-step procedure by reviewing the program for any possible errors. Do errors and bugs alterations when the situation presents it. As a result of the testing as well as the debugging procedure, the application will have its own dependability and growth to be able to help the users in achieving the health goals by providing healthy recipes.

IMPLEMENTATION

Following the effective conclusion of the debugging and testing of the application, it will be implemented and accessible to the users that can serve as a guide on what healthy food should they cook for themselves.

MAINTENANCE

The group will consider and review possible complications that may emerge when the application is implemented. Targeting to always improve, to support, and continue to be dependable to ensure the success of the application.
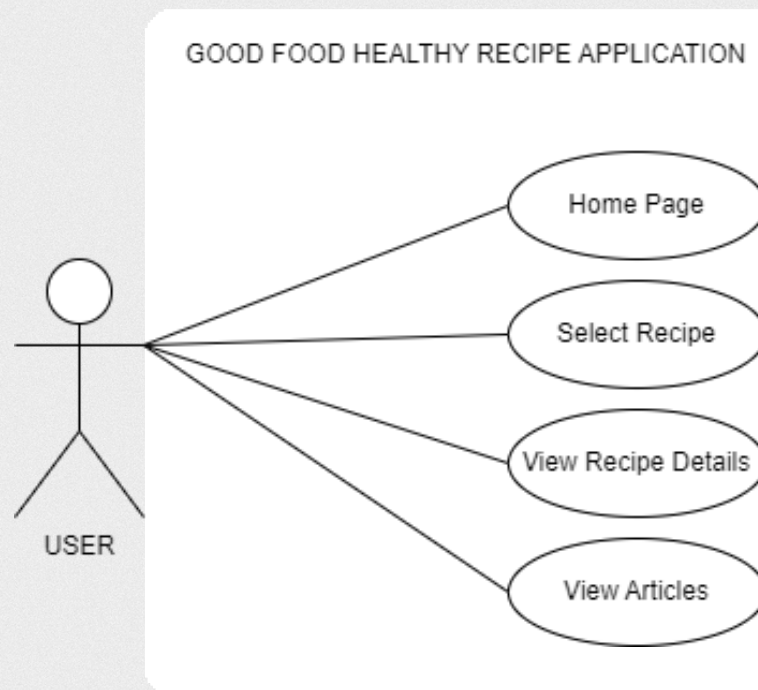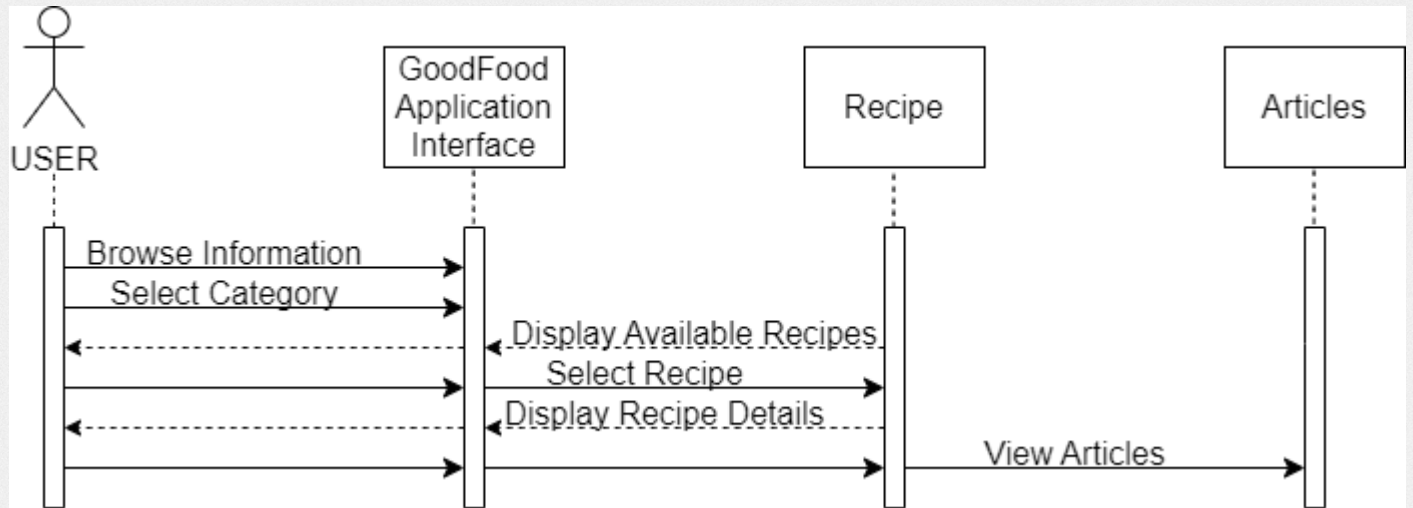
System Architecture

Figure 2. Use Case Diagram

Figure 3. Sequence Diagram

The diagram shows the flow on how the users can use the app and how each functions work when the user access the application. It shows how the user can use the application and how easy it is to navigate its interface.

GitHub Repository

Link: https://github.com/PrncssAnnMrgrtUy/GoodFood-Healthy-Recipe-to-Achieve-Health-Goals

Application Screenshots
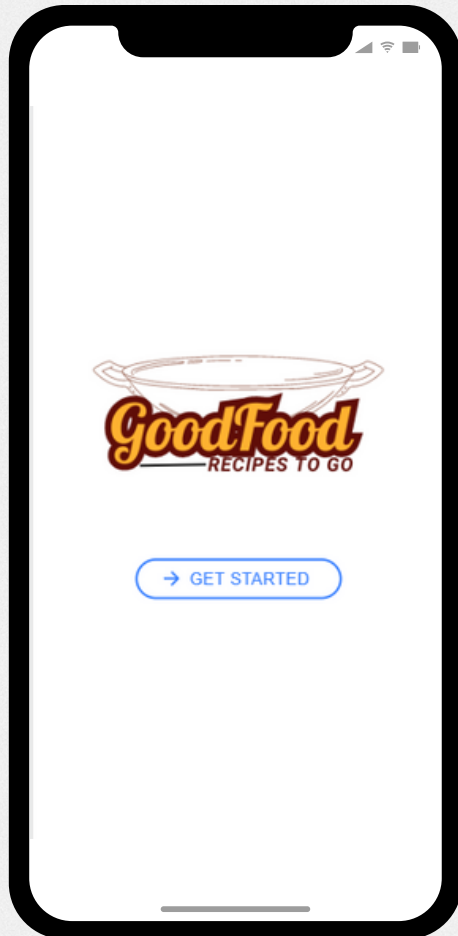
Landing Page

Home Page

Category Page

Application Screenshots
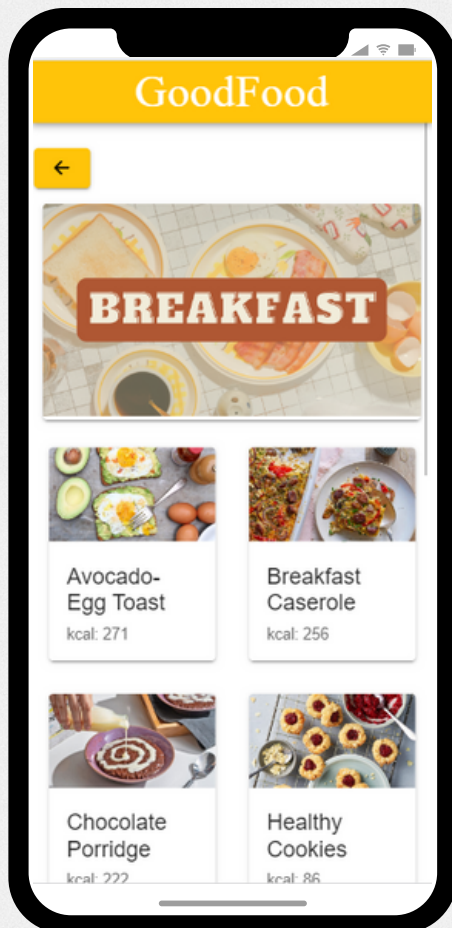
Recipe Page
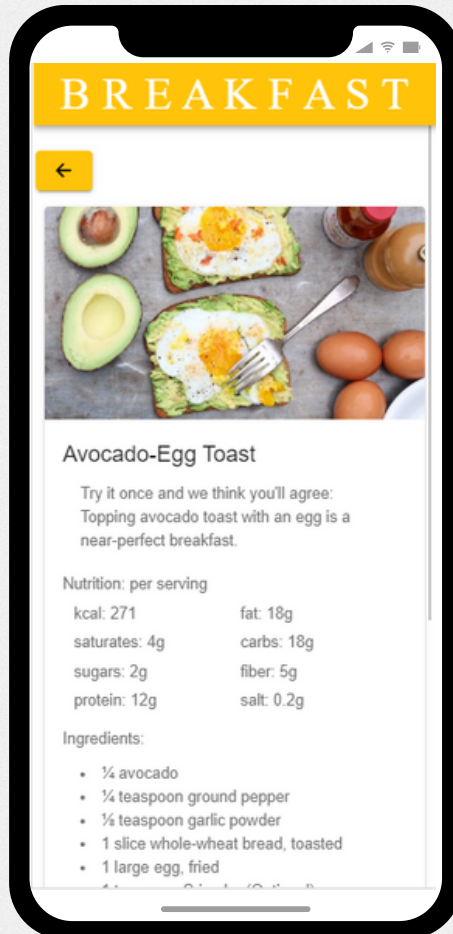
Recipe Details Page

Article Page

Application Screenshots

About Page
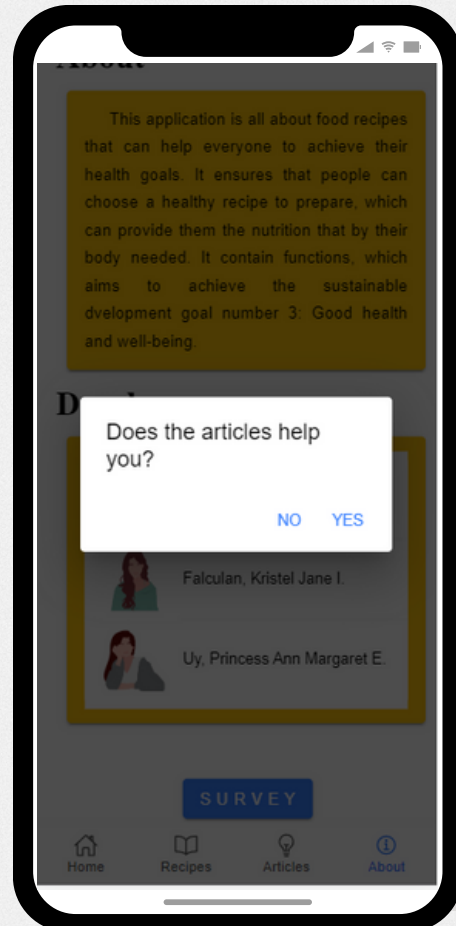
Alert Box

Team Members

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GoodFood
RECIPES TO GO