

Moody Foody Diary

Wing Sum Chung

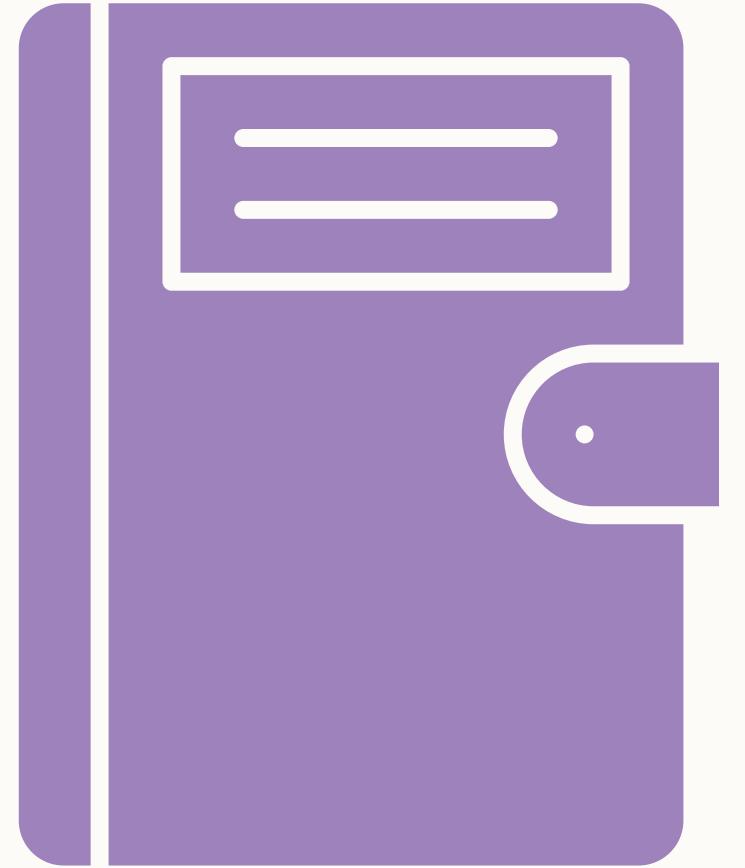


Colours of mood



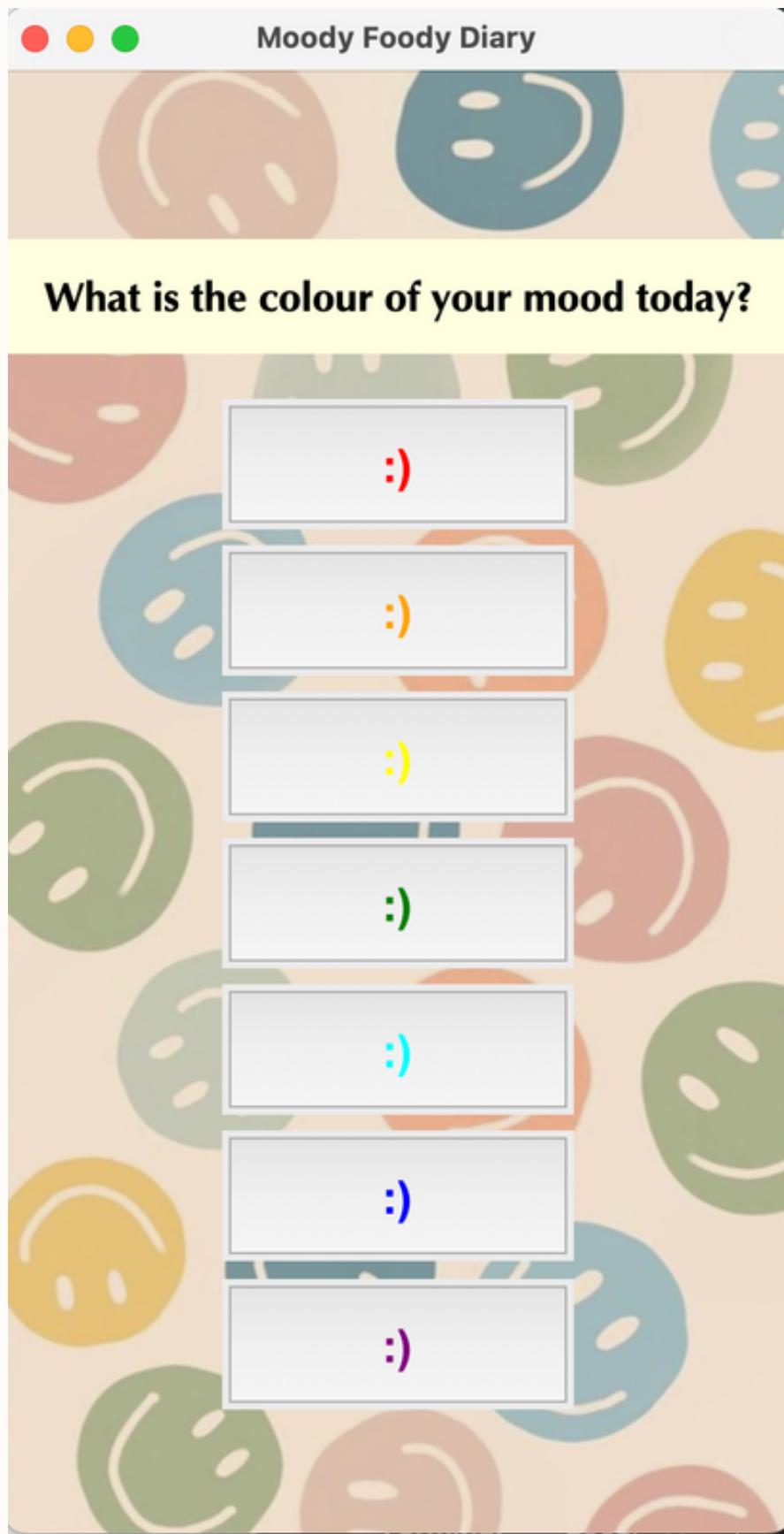
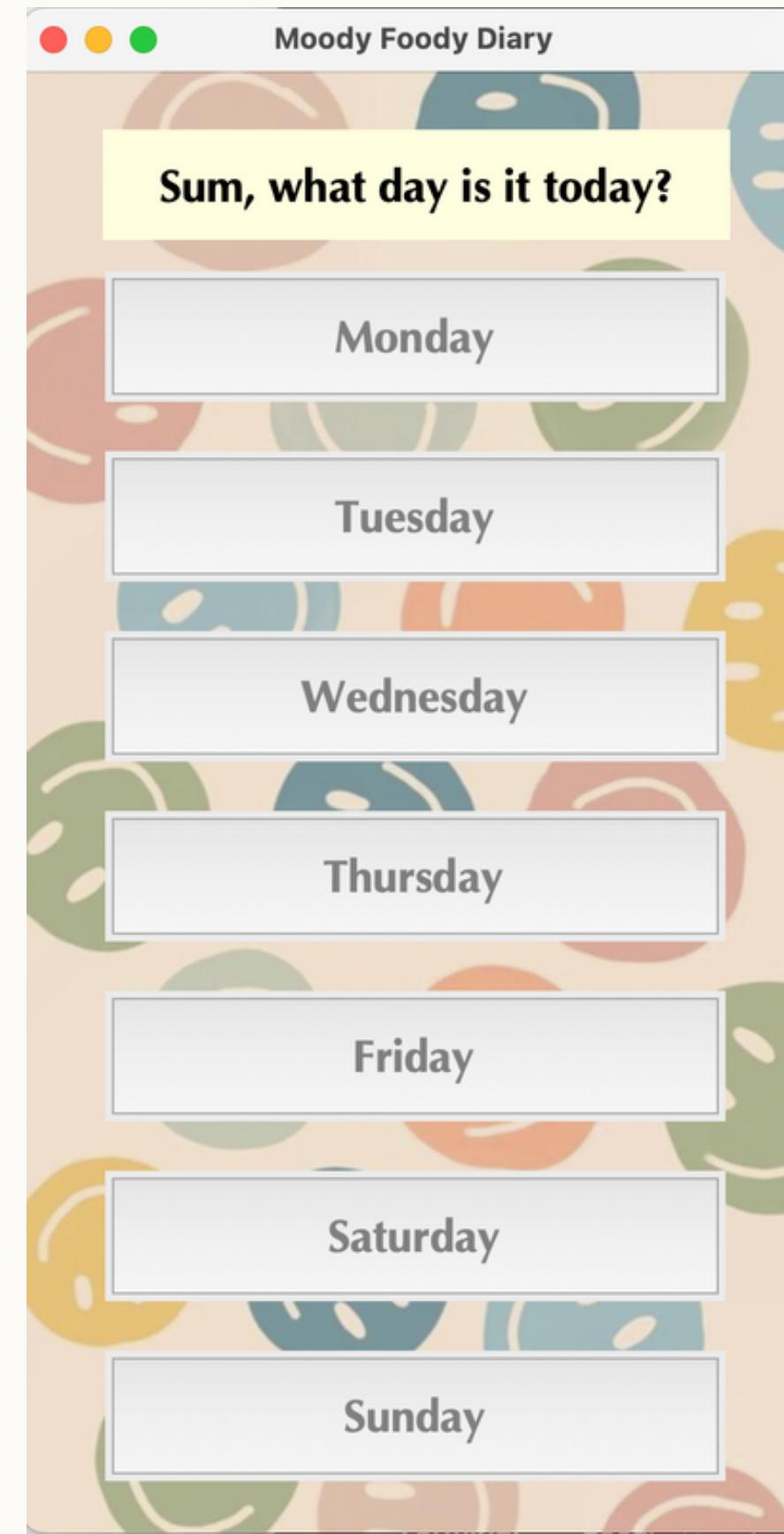
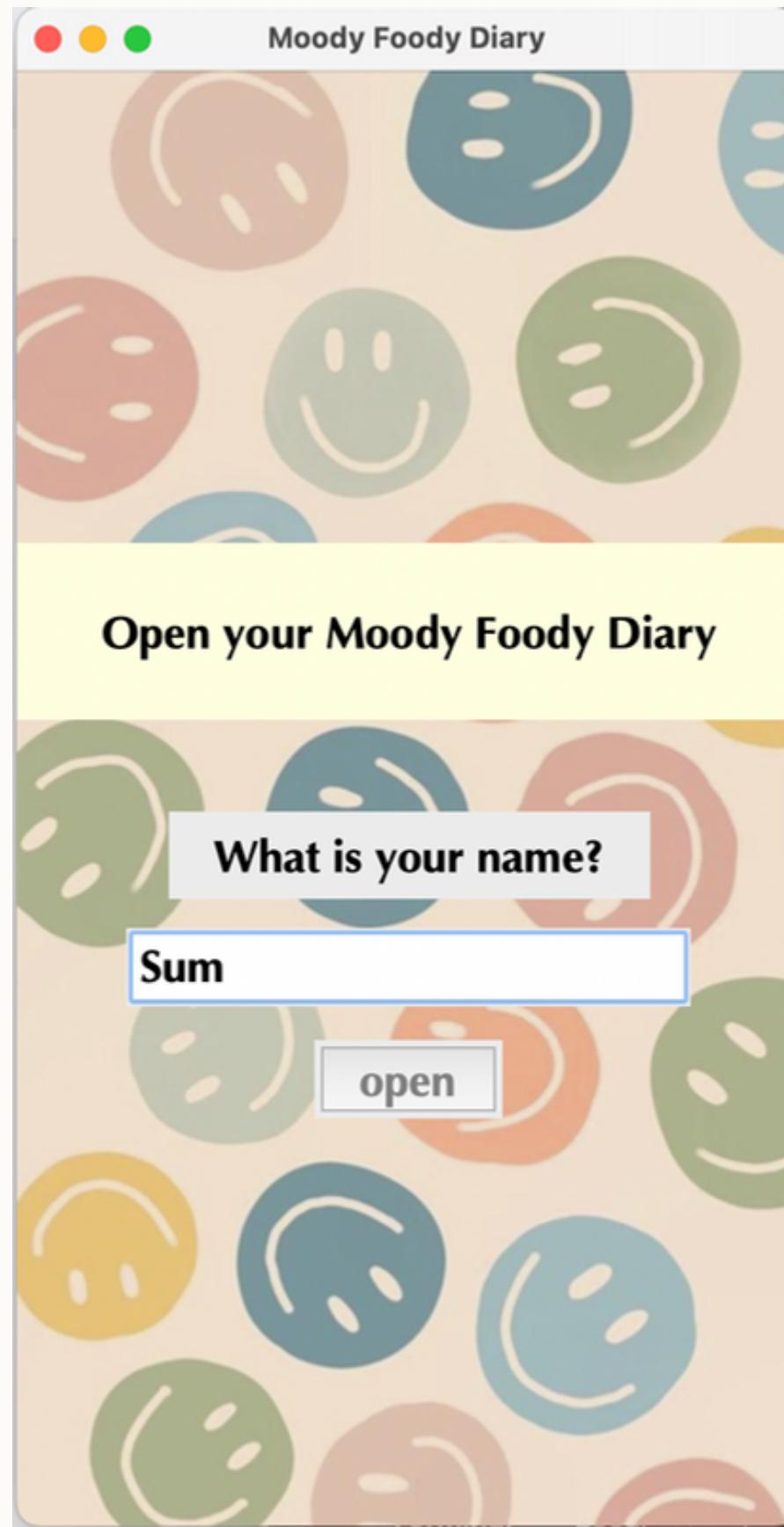


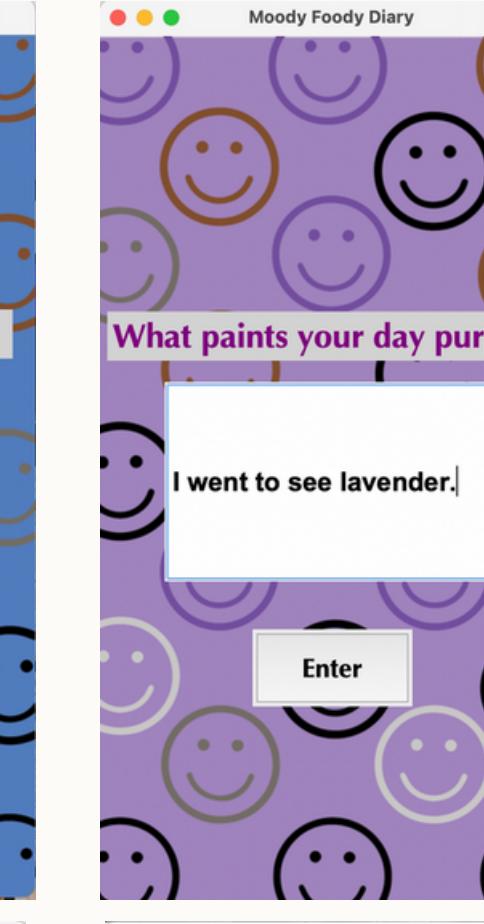
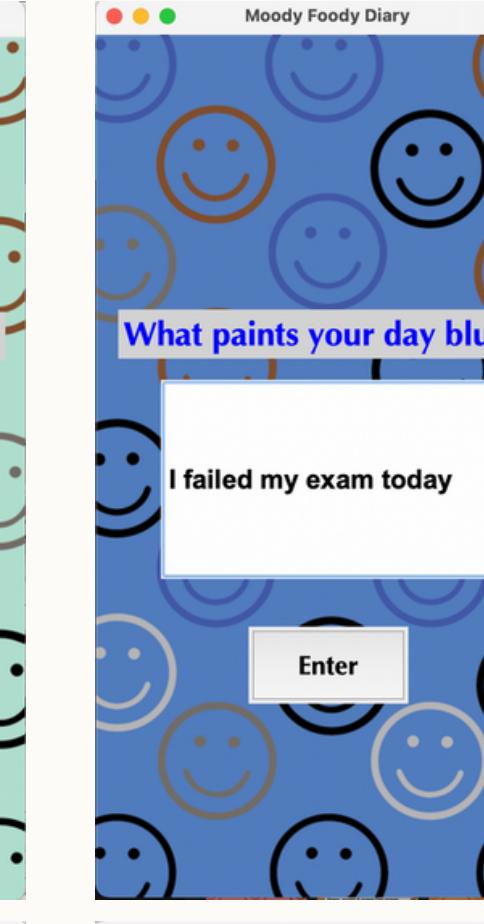
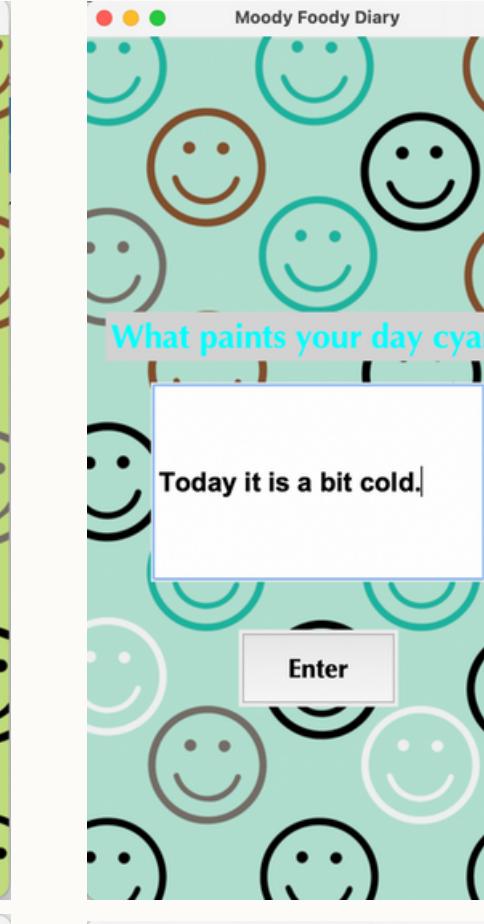
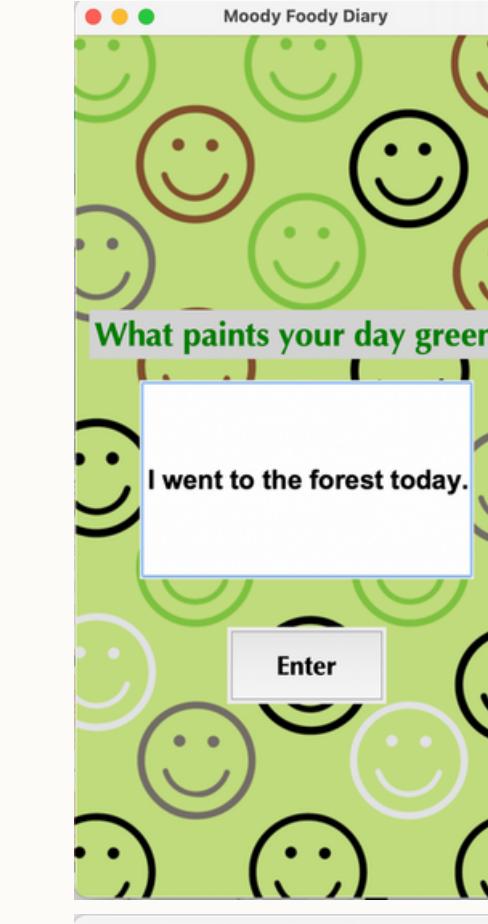
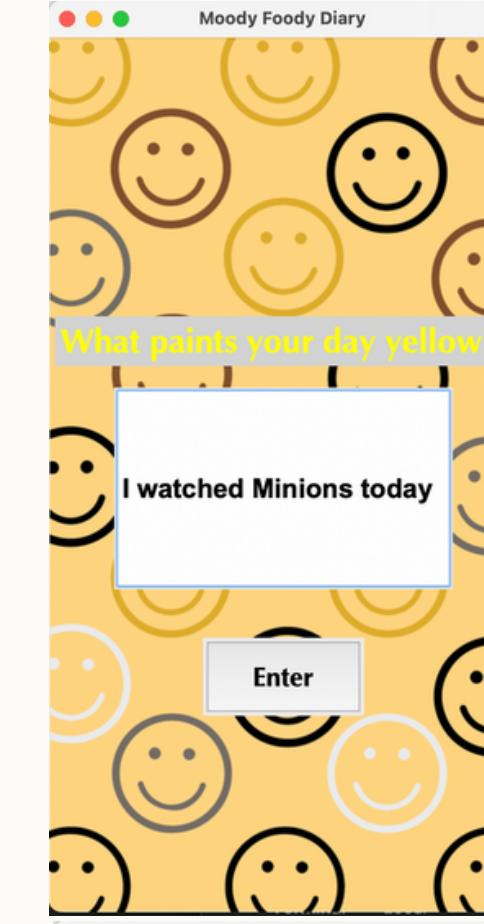
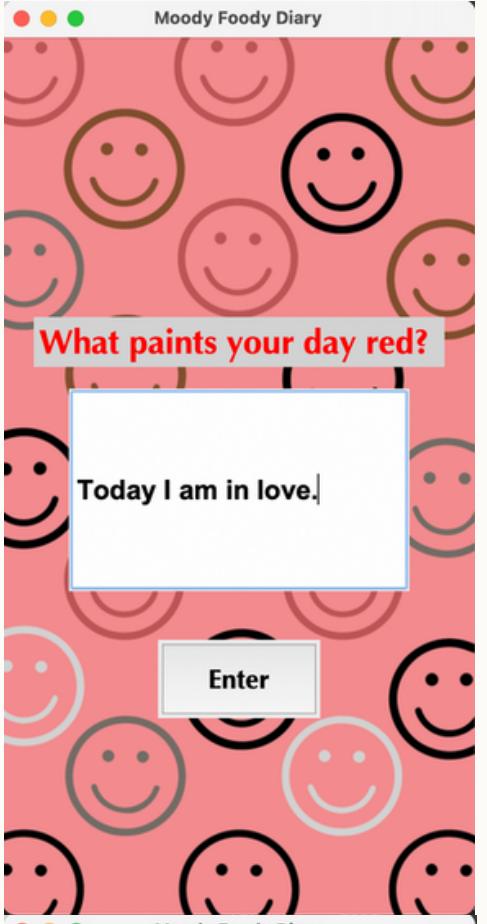
Dear
Diary



Recipes generated based on your mood







Moody Foody Diary

Red lentil, chickpea & chilli soup

Ingredients

- 2 tsp cumin seeds
- large pinch chilli flakes
- 1 tbsp olive oil
- 1 red onion, chopped
- 140g red split lentils
- 850ml vegetable stock or water
- 400g can tomatoes, whole or chopped
- 200g can chickpeas or ½ a can, drained and rinsed (freeze leftovers)
- small bunch coriander, roughly chopped (save a few leaves, to serve)
- 4 tbsp 0% Greek yogurt, to serve

Method

STEP 1
Heat a large saucpan and dry-fry 2 tsp cumin seeds and a large pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.

STEP 2
Add 1 tbsp olive oil and 1 chopped red onion, and cook for 5 mins.

STEP 3
Stir in 140g red split lentils, 850ml vegetable stock or water and a 400g can tomatoes, then bring to the boil. Simmer for 15 mins until the lentils have softened.

STEP 4
Whizz the soup with a stick blender or in a food processor until it is a rough purée, pour back into the pan and add a 200g can drained and rinsed chickpeas.

STEP 5
Heat gently, season well and stir in a small bunch of chopped coriander, reserving a few leaves to serve. Finish with 4 tbsp 0% Greek yogurt and extra coriander leaves.

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Moody Foody Diary

Honey, sesame & orange king prawns

Ingredients

- 2 tsp sesame oil
- 1 large orange, zested and juiced
- 3 tbsp honey
- 2 tbsp low-salt soy sauce
- 1 tbsp rice vinegar
- 3 tbsp cornflour
- 2 tbsp sesame seeds
- generous pinch of Chinese five-spice powder
- 300g raw king prawns
- 3 tbsp sunflower or vegetable oil
- 1 garlic clove, thinly sliced
- 2 spring onions, sliced
- 200g long-grain rice, cooked, to serve

Method

STEP 1
Mix the oil, orange zest and juice, honey, soy and vinegar in a bowl, then combine the cornflour, sesame seeds, five-spice and a pinch of salt in another bowl. Run a small knife down the back of each prawn, so they butterfly out as they cook, helping more sauce stick to them.

STEP 2
Toss the prawns through the cornflour mixture. Heat the oil in a large wok or frying pan. When it's very hot, add the garlic. Sizzle for 10 secs, but don't let it brown. Add the prawns and any flour and seeds left in the bowl. Stir-fry over a high heat for a few minutes, until the prawns are pink and the sesame seeds are golden. Tip the prawns onto a plate and pour the sauce mixture into the wok. Bubble for a few minutes until thickened. Add the prawns back to the wok and stir to coat in the sauce. Heat through for another 30 seconds. Top with spring onions and serve with rice.

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Moody Foody Diary

Yellow lentil & coconut curry with cauliflower

Ingredients

- 1 tbsp vegetable oil
- 1 onion, thinly sliced
- 2 garlic cloves, crushed
- thumb-sized piece ginger, finely chopped
- 3 tbsp curry paste (we used Bart Veerawamy Gujurat Masala curry paste)
- 200g yellow lentil, rinsed
- 1 ½ vegetable stock
- 3 tbsp unsweetened desiccated coconut, plus extra to sprinkle if you like
- 1 cauliflower, broken into little florets
- cooked basmati rice and coriander leaves, plus mango chutney and naan bread (optional), to serve

Method

STEP 1
Heat the oil in a large saucepan, then add the onion, garlic and ginger. Cook for 5 mins, add the curry paste, then stir-fry for 1 min before adding the lentils, stock and coconut. Bring the mixture to the boil and simmer for 40 mins or until the lentils are soft.

STEP 2
During the final 10 mins of cooking, stir in the cauliflower to cook. Spoon rice into 4 bowls, top with the curry and sprinkle with coriander leaves, and coconut if you like. Serve with mango chutney and naan bread (optional).

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Moody Foody Diary

Vegetarian Thai green curry

Ingredients

- 2 tbsp vegetable oil
- 3 shallots, finely sliced
- 4 tbsp Thai green curry paste
- 1 red chilli, deseeded and finely chopped
- 350g butternut squash, peeled and cut into 1.5cm cubes
- 1 large red pepper, deseeded and cut into thick slices
- 400g can full fat coconut milk
- 5 lime leaves
- 150g mangotout
- 100g baby corn, halved lengthways
- 1 small bunch coriander, roughly chopped
- cooked rice and lime wedges, to serve

Method

STEP 1
Heat the oil in a large flameproof casserole dish with a tight-fitting lid. Add the shallots with a generous pinch of salt and fry for 7-10 mins over a medium heat until softened and beginning to caramelise. Add the curry paste and chilli to the dish and fry for 2 mins. Tip in the squash and pepper, then stir through the coconut milk along with 200ml water. Add the lime leaves, cover and cook for 15-20 mins or until the squash is tender.

STEP 2
Stir the mangotout and baby corn through the curry, then re-cover, cooking over a medium-low heat for a further 5 mins or until the veg is just cooked. Season and stir through half the coriander. Remove the lime leaves and discard. Spoon the curry into deep bowls, scatter with the remaining coriander and serve with rice and lime wedges for squeezing over.

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Moody Foody Diary

Chocolate mint loaf cake

Ingredients

- 2 x 85g salted butter, plus extra for greasing
- 2 x 50g dark chocolate, broken into pieces
- 2 x 120g plain flour
- 2 x 140g golden caster sugar
- 6 tbsp cocoa
- 1 tsp bicarbonate of soda
- 2 large eggs
- 284ml carton buttermilk

For the icing

- 300g box After Eights, broken
- 50ml double cream

To decorate

- turquoise food colouring
- 300g Regal-Ice Ready to Roll icing
- 1 tsp peppermint extract

Method

STEP 1
Heat oven to 180C/160C fan/gas 4. Grease and line the base and sides of a 22cm square tin. Melt 85g butter and 50g chocolate together in a small pan. Mix 130g flour, 140g sugar, 3 tbsp of the cocoa and ½ tsp bicarbonate in a bowl.

STEP 2
Whisk together 1 egg with half the buttermilk (about 140ml). Scrape the melted chocolate mixture and egg mixture into the dry ingredients, along with 100ml boiling water. Whizz briefly with an electric whisk until lump-free. Scrape into the tin and bake for 18-20 mins until a skewer comes out clean.

STEP 3
Cool the cake in the tin for 15 mins, then transfer to a wire rack to finish cooling while you repeat steps 1 and 2 to make a second cake. Cool both completely.

STEP 4
To make the icing, melt the After Eights and cream together in a saucepan. Cool, then chill until spreadable.

STEP 5
Trim the cake edges, then halve to make 4 rectangles. Use half of the icing to sandwich the layers together, then spread the rest over the top and sides. Chill.

STEP 6
Knead some colouring into the ready-to-roll icing with the peppermint extract. Roll out on an icing sugar dusted surface, then lift off to cover the cake, smoothing with your hands. Trim excess icing, then scatter with decorations.

STEP 7
Chill again for 1 hr to firm up, then serve or keep in the fridge, removing 30 mins before serving.

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Moody Foody Diary

Blue lagoon

Ingredients

- few handfuls ice cubes and some crushed ice
- 100ml blue curaçao
- 100ml vodka
- 1 lemon, juiced
- 1 orange, juiced
- 1 lime, juiced
- 8 maraschino cherries and 1 tsp of the syrup
- 200ml soda water

Method

STEP 1
Put the ice cubes in a large jug. Pour over the curaçao, vodka, fruit juices and 1 tsp syrup from the cherries. Stir until the outside of the glass feels cold.

STEP 2
Half-fill four hurricane glasses with crushed ice, then strain in the cocktail.

STEP 3
Top up the glasses with the soda water and gently stir, then garnish with the maraschino cherries.

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Moody Foody Diary

Beetroot latkes

Ingredients

- 1 tbsp rapeseed oil
- 400g raw beetroot, peeled, trimmed and coarsely grated
- ½ small bunch mint leaves, finely chopped
- 150g mixed rocket salad leaves
- 130g cherry tomatoes, halved

For the latkes

- 1 large egg, beaten
- 1 tbsp plain flour
- 1 tsp caraway seeds
- ½ tsp ground cumin
- 1 lemon, zested

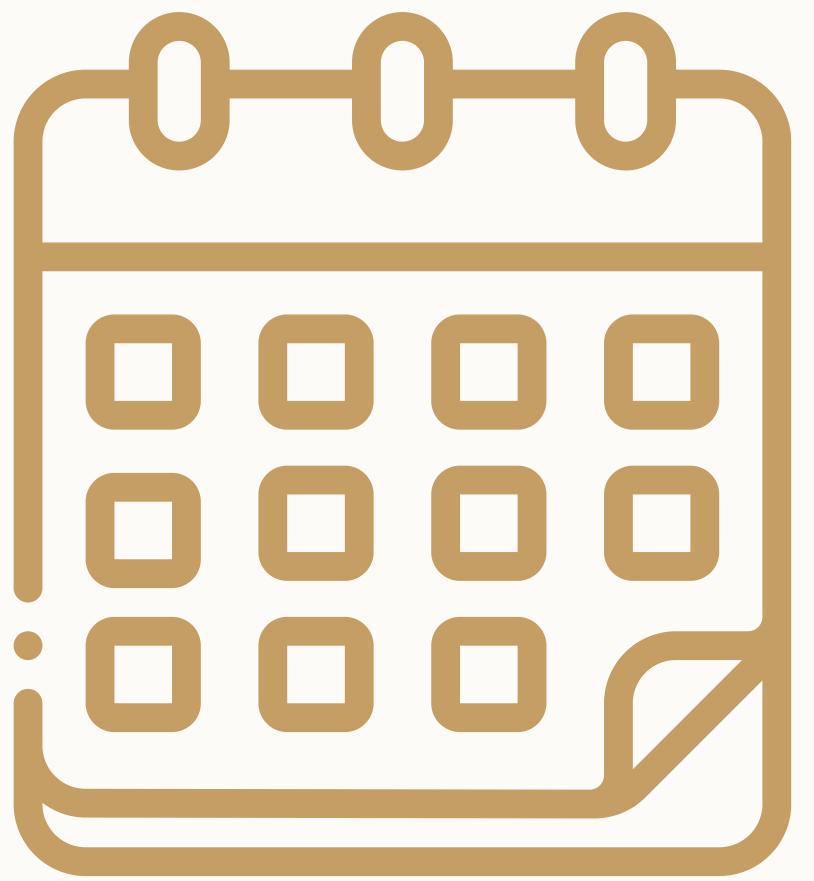
Method

STEP 1
Heat the oven to 180C/160C fan/gas 4. Make the latkes by combining all of the ingredients.

STEP 2
Heat the oil in a non-stick pan. Spoon in the mixture to make 4 round latkes. Fry for 4-5 mins on each side, then transfer to a baking sheet and bake for 10 mins.

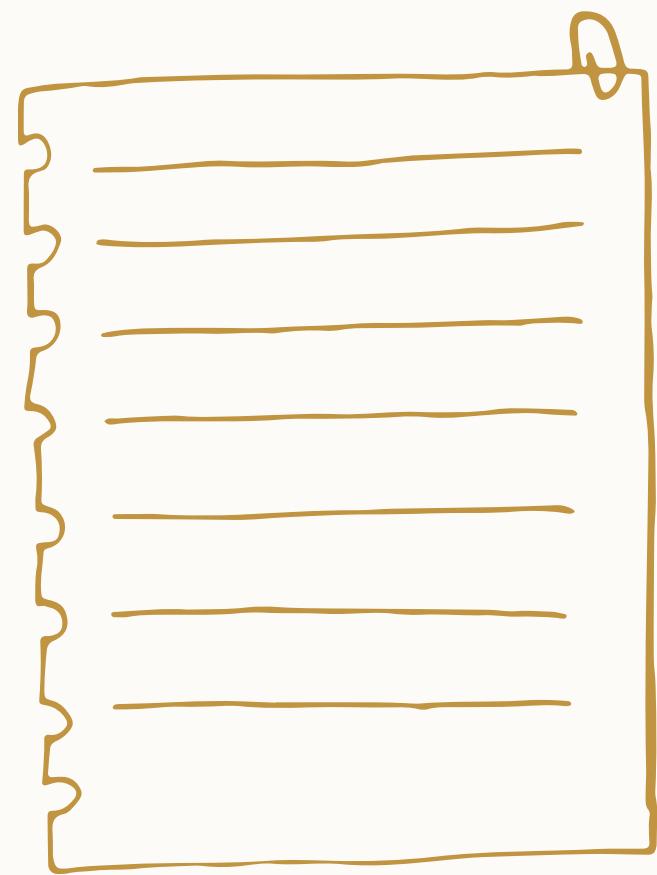
STEP 3
Combine the yogurt and mint in a small bowl. Toss the salad leaves and tomatoes together, then serve the latkes with the mint yogurt and salad.

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Calendar

Adding and storing diaries



Diary page

Writing down or recording your diaries
(Including physical and emotional conditions)



Diary page

The image displays a composite view of a diary application and a mood tracking dashboard.

Left Panel (Diary Page):

- Header:** "How are you?" with a smiley face icon and a "Save" button.
- Date:** Today, 26. Feb, 13:49.
- Mood Selection:** A row of five icons representing mood levels: "rad" (neutral), "good" (smiling), "meh" (neutral), "bad" (frowny), and "awful" (very frowny).
- Activity Selection:** A grid of ten activity icons: work, relax, friends, date, sport, party, movies, reading, gaming, and shopping.

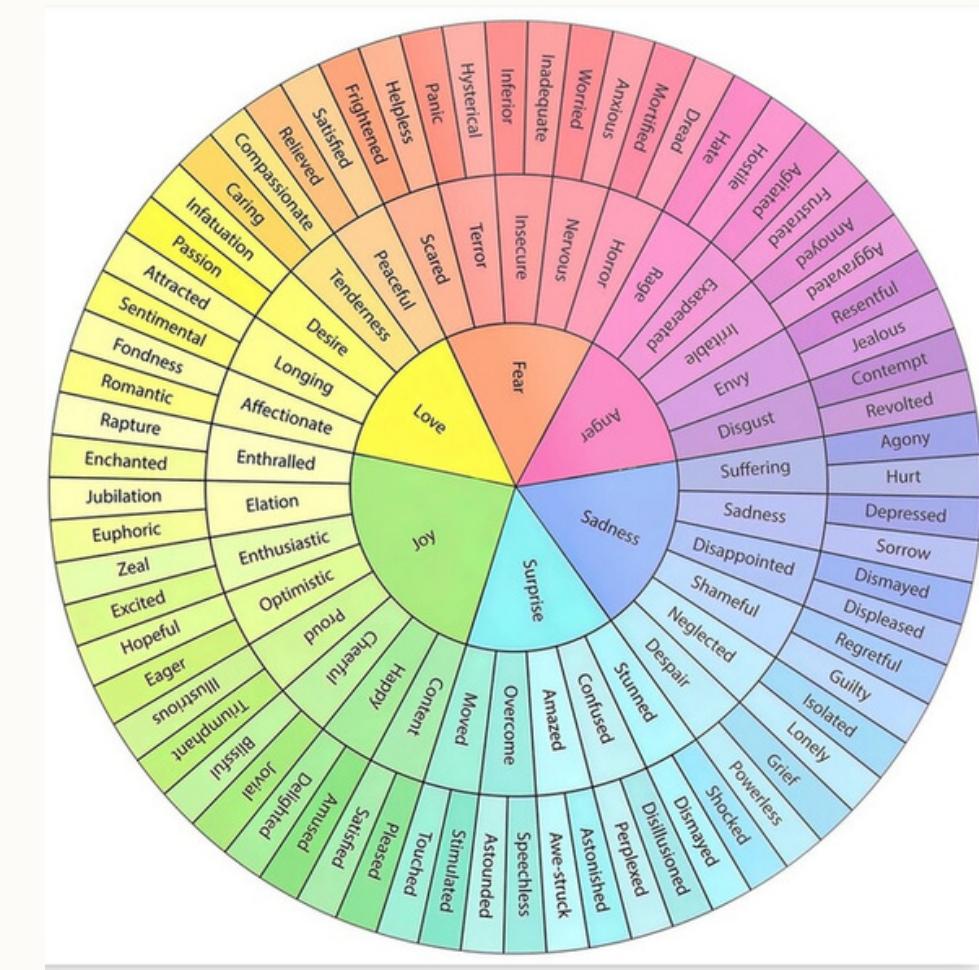
Right Panel (Mood Tracking Dashboard):

- Top Section:** "How was your day?" with a row of five smiley face icons corresponding to the mood levels.
- Weather:** Icons for sunny, cloudy, rainy, snowy, and windy conditions.
- Social:** Icons for friends, family, GF/BF, acquaintance, and none.
- School:** Icons for class, study, HW, exam, and group.
- Edit Options:** Buttons for "Add/Edit/Delete" and "Edit order".
- Statistics:** "Basic Stats" section showing "Mood Flow" with a line graph and "Mood Bar" with percentages: 20%, 10%, 20%, 15%, and 35%.
- Summary:** "Monthly" and "Annual" tabs, with "Annual" selected.



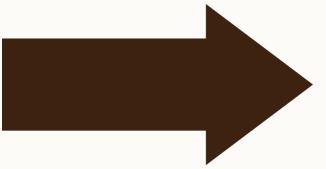
Mood analyser (e.g. API: Moneylearn)

Analysing the mood behind the diaries



Colour-mood match

After analysing the mood, match it with the colour based on the colour wheel

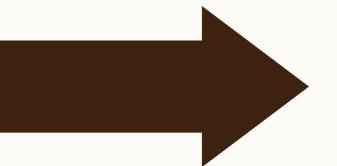
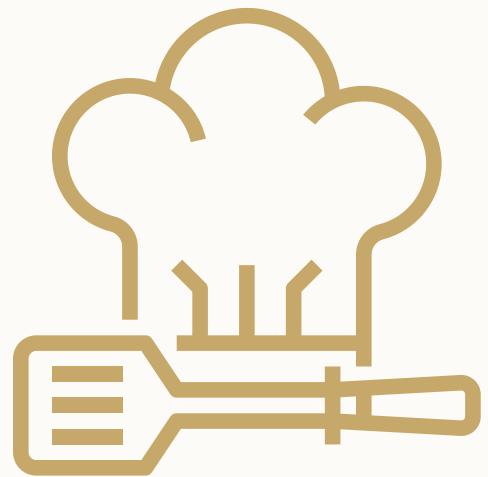


Health analysis

Analysing the physical health condition
of the users based on the diaries.

Food suggestions

Suggesting food and cooking ways that
are appropriate for the users according to
their health

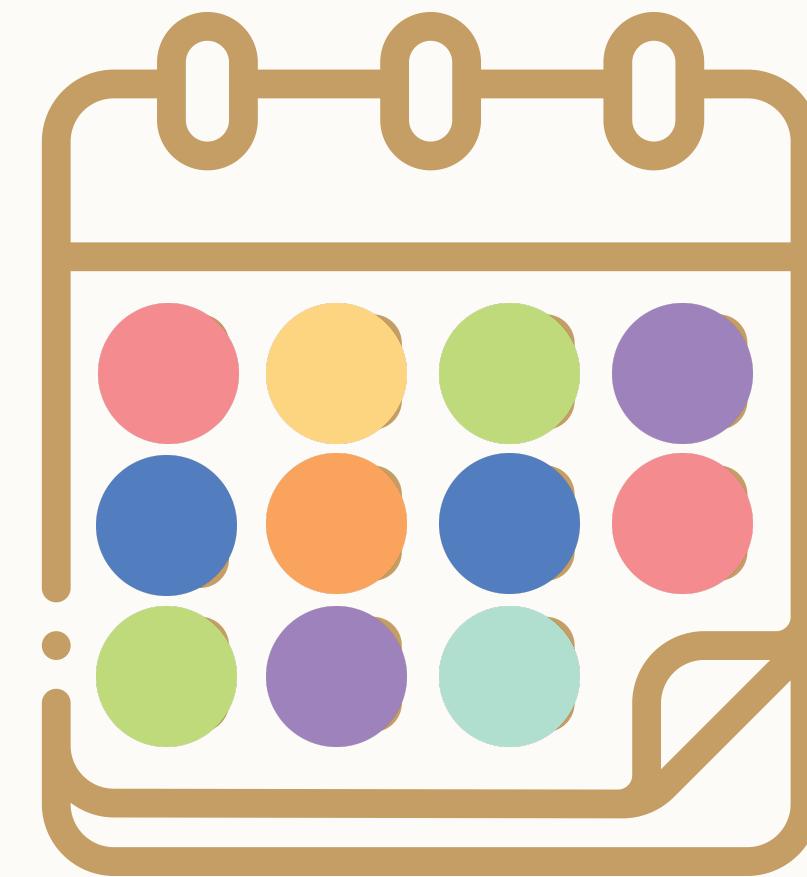
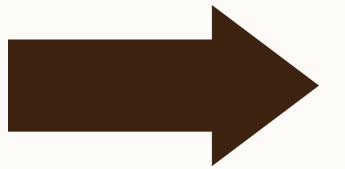


Cooking condition analysis

Ask the users to describe their cooking conditions based on different aspects

Recipes generation

Generate appropriate recipes for the users



Saving recipes
Saving the recipes into the calendar

Monkeylearn

<https://monkeylearn.com/sentiment-analysis-online/>

I've Tracked My Mood for Over 1000 Days: A Data Analysis

<https://towardsdatascience.com/ive-tracked-my-mood-for-over-1000-days-a-data-analysis-5b0bda76cbf7>

Top 6 Best Sentiment Analysis APIs for Determining the Mood of Your Users

<https://www.abstractapi.com/guides/best-sentiment-analysis-apis>

https://techcrunch.com/2023/01/13/5-best-journaling-apps-log-your-thoughts-and-experiences/?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAHKyIAJy_ugVpGI3QIDgKCACX35RyjrYJbUVVTQ-WJckpYVq_O_s-v-XO19UP1V6SpbnQP_JQM6ElVkl8JwDstNc61Evxuub9uJ_rtmoum99HKHcQGHNDKMaFu4fGAYloDwzlusImuBMPRBmSe1n-9ORxEZwiHpS6ii0wW5uuVUt

Thank
you!

