

Final project.

Report document.

Course: WEB technologies.

Title: Online Nutrition Assistant.

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Group: BD-2004.

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**1 Introduction**

Creating a website is necessary as an additional option to offer and perform all services and functions of a nutrition assistant in online format. This software project helps users organize and plan their daily nutrition. One of the main purposes of the website is to provide information about cuisine in different countries all over the world. Moreover, users can calculate their daily nutrition norm and amount of food intake in one day. The design of the website is clear, bright, simple, and visually appealing. Basically, it provides all the necessary services and makes the process of nutrition planning much easier.

**2 General information**

**2.1 Full name of the website and its abbreviation**

Online Nutrition Assistant (ONA).

**2.2 Information about the developer**

Yerkezhan Edgenova – BD-2004 – [201052@astanait.edu.kz](mailto:201052@astanait.edu.kz).

**2.3 Project timelines**

Start date: 01.03.2021.

End date: 12.03.2021.

**3 Purpose of creating**

**3.1 Relevance**

Nutrition is a critical part of health and development. Better nutrition is related to stronger immune system, lower risk of non-communicable diseases, and longevity. Due to the rapid development of information technologies in the modern world, people pay less attention to the food they eat, they don’t have time to plan their nutrition or visit an expert of the corresponding sphere. That’s why the website that provides services of nutrition assistants in online format is very useful and relevant.

**3.2 Difference from the existing similar websites**

The main difference of this website from already existing ones is that this website provides all necessary services of a nutrition assistant simultaneously. It doesn’t focus and constrains in one particular option but provides all of them at once: contains information about various cuisines, has links to videos from other platforms to get additional information about the needed topic, calculates daily norm of the user, calculates food intake in one day.

**3.3 Use**

This website can be used on the field of nutrition/daily routine management/social activities.

**3.4 Purpose**

Helping users organize and plan their nutrition by providing several cuisine ideas and calculating their daily norms and amount of food intake.

**3.5 Objectives**

- Deciding the idea of a project and planning its further development.

- Analysis of the existing similar information systems.

- Creating a draft version.

- Searching necessary and relevant information for the website content.

- Development of a main page of the website.

- Development of 2 calculators.

- Testing and debugging.

- Improvement of the project.

**4 Software technology used**

HTML, CSS, JavaScript + jQuery, Bootstrap.

**5 Non-Technical requirements to the website**

**5.1 Consistency**

This website is a software made in HTML, CSS, and JavaScript, that has a user-friendly interface, and is accessible to users by the domain name. It has a consistent structure of working modules. This website can be called a full-fledged information system, the purpose of which is to provide relevant and complete information on a specific topic (precisely, about nutrition).

**5.2 Full functionality**

- The system provides information about Asian cuisine (Korean, Japanese, Chinese, Taiwanese, Indian) and links to additional videos.

- The system provides information about European cuisine (Italian, French, British, Spanish, German) and links to additional videos.

- The system has a Calculator of daily food intake norm.

- The system has a Calculator of food intake in one day.

**5.3 Integrity**

The website’s design and structure are unified and fully developed but may be changed during updates.

**5.4 Quality**

The information system works smoothly in good quality and without bugs. It also provides high-quality multimedia elements.

**5.5 Functionality**

Website functionality is defined by the ease with which a user can navigate a website and obtain the information they are seeking. In that case, the functionality of this website is rather high and fair. All the needed and relevant information is displayed on the main page of IS. The navigation on a website is quite intuitive and easy to understand. All conditions to provide the successful execution of user queries are present.

**5.6 Reliability**

Only reliable and legally approved sources are used while creating and maintaining a website. These sources are always thoroughly checked. Majority of software development operations are primary and original. The content of the information system is relevant and up to date.

**5.7 Ease of application**

Obviously, a good website should meet user’s needs, habits and expectations. This Information System has achieved this goal. Each page of this website has a clear purpose and fulfills a specific need of the users in the most effective way possible. There are no particular directions provided for using the site, but its navigation and web architecture are quite intuitive. It has a clear structure, moderate visual clues and easily recognizable links that can help users to find their way to the needed option.

**5.8 Effectivity**

The effectivity of a website might be determined by 5 main criteria: accessibility, usability, reliability, relevancy, and visually attractive design. Since all of these conditions are met, this website might be considered as having a rather high effectivity.

Moreover, a website is effective when both the users and the owners achieve goals for the site. This information system is expected to accurately execute all possible requests from both sides, which proves its effectivity.

**6 Design of the website**

**6.1 Aesthetic look**

The pages of a website are very attractive, neat and easy to understand. The homepage is divided into several basic parts such as navigation bar, welcome block, information about Asian cuisine, information about European cuisine, and information about the developer. Subtle hints provide users with enough information about the website and each option. It leads the visitors through the site content in a simple and user-friendly way. There are also many colorful images that help visitors visualize the information.

**6.2 Choice of style**

The website is done in classic style with elements of Hi-Tech design. It is the best option since it makes a website look neat and visually appealing. All sections are accurately organized and linked. There are enough images and animations to make the process of planning nutrition more entertaining, yet these multimedia elements are not exasperating or inappropriate.

**6.3 Color solution**

The website is done in bright colors palette, which is very effective at giving a modern and entertaining visual. This color solution is clean and pleasing to look at, thanks to its soft and bright combination. It also draws attention and highlights focal elements by adding vibrant feature images into the mix.

**7 References/Literature**

**7.1 Sources for content information**

- <https://www.sbs.com.au/food/article/2008/07/01/about-korean-food>

- <https://travelforfoodhub.com/9-things-know-japanese-cuisine/>

- <https://www.selenatravel.com/china-food-info>

- <https://lifeoftaiwan.com/about-taiwan/food-drink/>

- <https://amritsr.com/specialty-of-indian-cuisine/>

- <https://www.samuirestaurantguide.com/italian-cuisine/>

- <https://www.thespruceeats.com/introduction-to-french-food-and-cooking-1375348>

- <https://www.ukessays.com/essays/history/an-introduction-of-british-cuisine.php>

- <https://www.business2community.com/food-recipes/spanish-cuisine-everything-need-know-0612061>

- <https://www.thespruceeats.com/introduction-to-germany-and-german-food-1446969>

**7.2 Sources for implementation in technical(programming) aspects**

- <https://www.w3schools.com/jquery/>

- <https://www.w3schools.com/bootstrap4/>

- <https://learn.javascript.ru>