The various fields I chose and why:

Allergen Information:

Many people have food allergies or intolerances, and consuming even small amounts of certain allergens can trigger severe reactions. Providing accurate allergen information helps individuals make informed choices about what they can safely eat, reducing the risk of allergic reactions and potential medical emergencies.

Nutritional Values:

Understanding the nutritional content of food is essential for maintaining a healthy diet. Nutritional data informs consumers about the levels of macronutrients (such as carbohydrates, proteins, and fats) and micronutrients (such as vitamins and minerals) in different foods. This information empowers individuals to make healthier choices that align with their dietary needs and goals, whether they're focused on weight management, managing specific health conditions, or simply aiming for a balanced diet.

Utensils:

1. Food Safety: Utensils used in food preparation can harbor harmful bacteria if not cleaned and sanitized properly. Cross-contamination can occur if utensils are used interchangeably between different food items, especially when allergens are involved. Collecting data on utensils allows food establishments to implement proper cleaning and sanitization protocols to prevent foodborne illnesses and ensure the safety of their customers.
2. Allergen Control: Utensils that come into contact with allergenic ingredients can pose risks to individuals with food allergies or intolerances. For example, using the same knife to cut both peanuts and non-peanut-containing foods can lead to cross-contact and trigger allergic reactions in sensitive individuals. By documenting utensils and their usage, food service providers can minimize the risk of allergen contamination and protect the health of their customers.

First, I carefully read through the task to understand the requirements. The task involved capturing data related to food preparation in a kitchen and creating spreadsheet files to organize this information.

I identified several categories of data that needed to be captured, including ingredients, utensils, and nutritional information. Each category served a specific purpose, such as ensuring food safety, tracking usage, and providing dietary information.

For each category of data, I determined the structure of the corresponding spreadsheet. This involved defining the columns to capture relevant information such as date, dish name, ingredient name,

amount, unit, utensil type, utensil name, usage description, and nutritional values.
Once the structure of each spreadsheet was defined, I populated the data based the dishes made in my kitchen for breakfast, lunch and dinner. I included examples of ingredients, utensils, and nutritional values.
Throughout the process, I ensured that the data captured in the spreadsheets was clear, accurate, and aligned with the requirements of the task. I used descriptive headers and consistent formatting to enhance readability and usability.