

DATE

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(30 g / 100g)

4. Boiled rice and dal have significantly more carbohydrates than egg.

(1.1g / 100g)

Rice has more fibre than egg.

Boiled egg has more protein (12.6g / 100g).

dal has incomplete plant based proteins

but its protein profile completes when combined with rice.

Boiled egg also has more vitamin D and E compared to boiled rice and dal.

boiled egg was more protein (12.6 g) / long
meal has incomplete plant based proteins
but its protein profile completes when
combined with rice.

Boiled egg also has more vitamin D and E
compared to boiled rice and dal.

(protein, vitamins, minerals)

dal, rice, boiled egg

), A nutritional

and P

(minerals vitamins) (vitamin group)

(vitamin) group and P

dal, rice, boiled egg

DATE 3/1/03

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5.

1. Star Anise (chakra phool)

Illicium verum

Ginger season (medicine, spice)

Fat 16g, cholesterol 0, protein 18g, Carb 50g

2. Lingzhi

Water chestnut

Autumn, winter (had raw as fruit)

Carb 24g, Fibre 4g, Protein 3g

3. Bhut Jolokia

Ghost Pepper

Monsoon (pickles, chutneys)

Carb 2g, Rest 2g, Fibre 4g

Vitamin A, C

4. Ker

Sweet Berry (Capparis decidua)

by summer (pickle)

Fat 15g, protein 0g, Carbs 0.7g

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S. Makhanpal

Avocado

Summer / Monsoon (salads, sandwiches)

Est 28g, Fibre 10g, Sodium 11mg

• portion size of 28g contains 10g fibre &
• sodium level at just 11mg which is excellent

avocados are high in protein (approximately

one avocado goes well towards your protein

• (grilled or in salads)

avocados

avocados

avocados provide protein and healthy

omega 3 fatty acids and protein go手

avocados contain 10g protein (approximately 28g)

avocados contain 10g protein (approximately 28g)

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6.

a) Myth

→ Nutrient degradation occurs in all cooking.

Vitamins like B, C tend to break down

→ Microwave cooking is rapid hence it preserves nutrients (prevents loss of nutrients into water as in boiling).

→ ~~preserves nutrition~~

b) Myth

→ preserves nutrition by slowing down growth of bacteria and enzymatic reactions.

→ Causes minimal loss of some water soluble vitamins^(c) over extended periods.

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(1) Myth

not inherently "bad"

→ the enhanced agricultural productivity, improved resistance to pests, increased nutrition.

→ the only down side reported are health, bad environment and health impacts.

7. Bomb Calorimetry

→ by combustion in a controlled environment. Heat released is measured and used to calculate total energy.

→ Food is dried and ground for uniform comb.

→ Ignited in a bomb calorimeter which is a sealed container by a water bath. Heat from combustion is transferred into water.

→ Temperature change in water is recorded and energy released is calculated.

→ Calorific value is expressed in calories or joules per gram of food.

DATE / /

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8.

11/11/23

1. AI ingredient substitution tool

Recommends alternate ingredients

case of shortage/ availability issues

2. Nutritional optimization software

Analyses recipes and meal plans to

enhance nutritional value for diet goals

3. Virtual cooking assistant

Guides through cooking process with step-

time instructions for hands-on learning

4. Virtual ingredient interaction tool

AR tool to interact with ingredients

and experiment techniques

5. Adaptive recipe scaling system

Adjusts recipes based on portion size and ingredients

so dishes are portioned correctly

if needed portions have

DATE 18/10/20

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6. Recipe Ingredient Matcher

Find recipe based on ingredients they have at home.

7. AI Recipe tuner

Allows to input a recipe & and provides suggestions to improve taste, texture and nutrition.

8. Recipe photo analyser

Allows upload photos of their dishes to get feedback on presentation and to improve visual appeal.