



## **Project Document**

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**Year : 2<sup>nd</sup>**

# Project Title

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*Urban Teen Nutrition initiative*

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# Template Name

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*Bull's eye diagramming*

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## **Problem Statement**

**"Design a user-friendly solution to encourage healthier eating habits among teenagers in urban areas."**

**This problem statement provides a clear challenge while leaving room for creative solutions. It identifies the target audience (teenagers), the issue (unhealthy eating habits), and the context (urban areas), prompting participants to explore various aspects of the problem and generate innovative ideas.**

# Project description

## Introduction:

UrbanEats is a project aimed at addressing the growing concern of unhealthy eating habits among teenagers in urban areas. With rising rates of obesity and related health issues, it's crucial to empower teenagers to make healthier food choices.

## Objectives:

- To create a user-friendly solution that encourages teenagers to adopt healthier eating habits.
- To increase awareness and understanding of nutrition among teenagers.

**Solution Overview:** UrbanEats encompasses a multifaceted approach to promoting healthier eating habits among urban teenagers. Our solution incorporates elements of technology, education, community engagement, and accessibility to create a comprehensive platform for positive behavior change.

## Key Features:

### 1. Mobile App:

- Personalized meal plans based on individual preferences and nutritional needs.
- Access to a database of healthy recipes and nutritional information.

### 2. School Wellness Program:

- Collaboration with schools to revamp cafeteria menus and offer nutritious meal options.

- Cooking workshops and nutrition education sessions for students.

### 3. Interactive Food Trucks:

- Mobile food trucks offering a variety of nutritious and appealing meal options.
- Cooking demonstrations and wellness workshops held at food truck locations.

### 4. Digital Health Platform:

- Personalized nutrition plans and meal tracking features.
- Database of healthy recipes with step-by-step instructions and nutritional information.

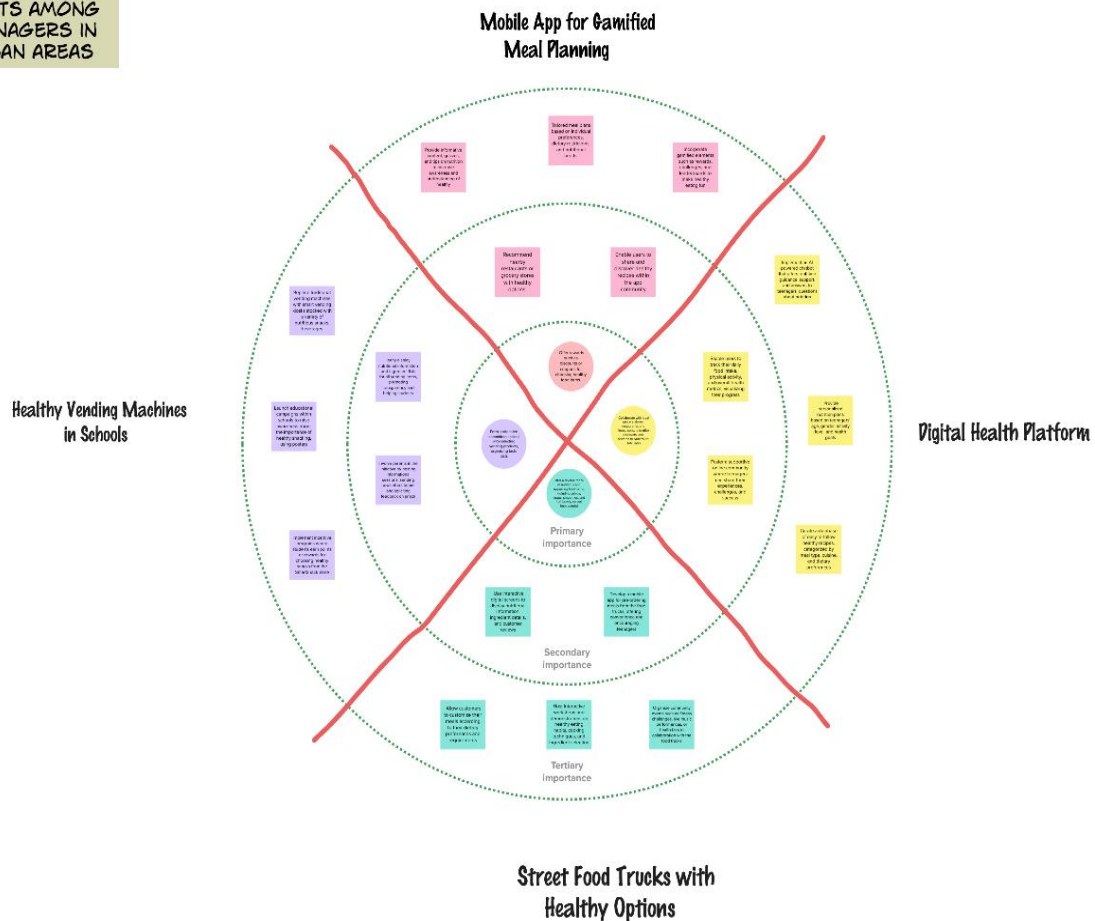
### 5. School-based Healthy Vending Initiative:

- Educational campaigns within schools to promote healthy snacking habits.
- Student involvement committees for selecting vending products and gathering feedback.

**Conclusion:** UrbanEats aims to revolutionize the way urban teenagers approach food choices by providing them with the tools, resources, and support they need to make healthier decisions.

# Worked Template with explanation

ENCOURAGING  
HEALTHIER EATING  
HABITS AMONG  
TEENAGERS IN  
URBAN AREAS



## **GitHub Link:**

<https://github.com/hariharasudharsan317/Design-Thinking-Project.git>