

## **Criterion A: Planning**

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## **1.0 Problem Description**

With the growing popularity of food delivery platforms such as Uber Eats and DoorDash, at-home cooking is becoming more and more obsolete among adults today. Due to its convenience and taste of food, many young people would rather order a meal after a busy and stressful day, instead of taking the time to cook one themselves. However, this lifestyle is not without cost. Major food delivery platforms only increase the price of meals, charging delivery and service fees and extra costs to the restaurant, increasing the price of food from the start. For example, UberEats takes a nearly 30% commission from restaurants who use the Uber delivery service.<sup>1</sup> Aside from economic strain, eating fast food on a regular basis has been linked to an increase in numerous health issues, including diabetes, obesity, and heart issues<sup>2</sup>. Home-cooked meals are typically more nutritious and economical, and home cooking has been shown to improve mental health<sup>3</sup>. It has also been proven that adults who cook meals at home can promote healthier eating habits for their children<sup>4</sup>. With all these benefits of home cooking, how are we to combat the insurgence of food delivery apps and encourage adults to start cooking meals?

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<sup>1</sup> *Products & pricing*. Products and Partnership Plans | DoorDash for Merchants. (n.d.). Retrieved October 25, 2022, from <https://get.doordash.com/en-ca/products>

<sup>2</sup> MediLexicon International. (n.d.). *Fast food effects: Short-term, long-term, physical, mental, and more*. Medical News Today. Retrieved October 25, 2022, from <https://www.medicalnewstoday.com/articles/324847#:~:text=In%20the%20short%20term%2C%20fast.health%2C%20obesity%2C%20and%20more.>

<sup>3</sup>Rees, J., Fu, S. C., Lo, J., Sambell, R., Lewis, J. R., Christophersen, C. T., Byrne, M. F., Newton, R. U., Boyle, S., & Devine, A. (1AD, January 1). *How a 7-week food literacy cooking program affects cooking confidence and Mental Health: Findings of a quasi-experimental controlled intervention trial*. Frontiers. Retrieved October 25, 2022, from <https://www.frontiersin.org/articles/10.3389/fnut.2022.802940/full>

<sup>4</sup> Hagmann, D., Siegrist, M., & Hartmann, C. (2020, February 19). *Acquisition of cooking skills and associations with Healthy Eating in Swiss adults*. Journal of Nutrition Education and Behavior. Retrieved October 25, 2022, from <https://www.sciencedirect.com/science/article/abs/pii/S1499404620300014>

## **2.0 Proposed Solution**

An application that allows users to make meal planning and preparation simple and efficient, leading to home cooking being more appealing than ordering food. Users should be able to quickly enter in their recipes and organize them according to the meal or type of cuisine for easy access. Users will have the option to gain insight into the nutritional information of the dishes they cook, including, for example, percentage of daily sodium intake, calories and fats. To promote home cooking amongst family and friends, recipes can be shared easily, or automatically formatted in a visually appealing way to be printed out. No matter if this application is being used by those new to cooking or seasoned home chefs, it should accommodate everyone's needs for making cooking and baking easier, streamlined, and ultimately more enjoyable. My client will be my sister who often relies on food delivery and would like an application that makes cooking more convenient. She will also serve as my supervisor since she is pursuing her Masters in computer science.

### **3.0 Success Criteria**

- Logging in
  - The first time the user logs in, they will be prompted for a username and password
  - Create a new account option
  - They will also have the option to skip the login step, for easier use so that every time they open their computer to view their virtual kitchen, they do not have to sign in and enter in their password
- Recording recipes
  - Rating bar to indicate food taste
  - Difficulty bar (medium, easy, hard)
  - Image drag and drop fields
  - Clean and visually appealing UI for adding ingredients and other elements etc...
- Managing recipes and meal sections
  - Easily edit recipes and meal sections
  - Delete recipes and meal section
- Nutrition information and health accommodation
  - Option for nutrition calculation (calories, fat, sodium etc...)
  - User is able to flag multiple recipes that they've had a reaction to, and ingredients common to all of them will be indicated as potential allergies
  - Recipes able to be scaled up according to selected portion size (including child serving sizes)
- Recipe searcher
  - Enter in ingredients that you have available, and searches through your previous recipes to find one that you can make with what you have - reduce wasted food
  - Substitution option (if you don't have some ingredients, auto-populated alternatives will replace it with scaled amounts for common ingredients ex. Eggs to be replaced with applesauce)

Word count: 378