

1. Declaration

I, **Jeel Patel**, declare that this assignment, titled **Public Health Through Nutrition Education**, is my own original work and has not been copied from any other source except where explicitly acknowledged. I have not engaged in plagiarism, collusion, or any other form of academic misconduct in the preparation and submission of this assignment. All sources of information and data used in this assignment have been properly cited and referenced in accordance with the prescribed guidelines. I have not used unauthorized assistance in the preparation of this assignment and have not allowed any other student to copy my work. I am aware that any breach of academic integrity may result in disciplinary action as per the [policies of Monash University](#), which may include failing this assignment or the course, and further academic penalties.

Signature: Jeel Patel

Date: 12/09/2025





2. Github Check

Enter your Github details here.

Github Username <i>Enter your username here</i>	jpat0082
Repository Shared? <i>Have you started and shared your assignment repository with your tutor yet?</i>	Yes. I shared my repository with my tutor Amit Sir. Repository : nutrition-education Link: https://github.com/jpat0082/nutrition-education.git

3. Self-Evaluation

Rate your performance for each criteria. Put a  (tick) in the box where you think your work belongs.

Criteria	Exceeds Expectations	Meets Expectations	Needs Improvement	Fail to meet expectations
BR (C.1): Authentication				
BR (C.2): Role-based authentication				
BR (C.3): Rating				
BR (C.4): Security				

4. Screen Recording of BRs

<https://drive.google.com/file/d/1fGKo9xeV-8wuUigEydvsKwbkNDhDjTu3/view?usp=sharing>

5. Reflections: Implementation of C.4 Security

For security (BR C.4), I focused on preventing common issues like XSS (cross-site scripting) and weak authentication. One of the first steps I took was to sanitize user input whenever data was displayed on the page. For example, forum posts and reviews were stripped of any HTML tags that could inject malicious scripts. I also added client-side validation for fields like email, password, and phone number, which helped avoid invalid or potentially unsafe inputs.

In authentication, I avoided storing plain passwords in localStorage and ensured that default passwords (for admin-created users) could be changed by the user. I also implemented simple role-based checks so that only admins could access CRUD features for recipes and users.

While these are basic measures, testing them gave me confidence — e.g., when I tried to paste `<script>alert("xss")</script>` into inputs, it displayed as plain text instead of executing. This showed that my sanitization worked. For the scope of this assignment, these lightweight security steps are sufficient to demonstrate awareness and prevent misuse.

6. Reflections: Challenges

The most challenging part of this assignment was connecting all the business requirements (BRs) into one working system while keeping it simple enough to run without external paid services. Initially, I struggled with deciding how to persist user and recipe data. Since Firebase required billing for some features, I had to come up with a localStorage-based approach that still felt realistic. This stretched me because I had to design a mini “registry” system for users and make sure both the authentication and the admin dashboard were reading and writing from the same source of truth.

Another challenge was debugging routing guards. At first, even non-logged-in users could access the Tools and Meal Planner pages. Fixing this taught me how to use `meta.requiresAuth` and `beforeEach` navigation guards in Vue Router.

Overall, this assignment pushed me to think beyond just “coding” — I had to balance functionality, security, and user experience. It felt like working on a small real-world product where every feature is connected to others.

7. Declaration: Additional Help

Name	Description
<i>ChatGPT for brainstorming ideas</i>	<i>I used ChatGPT to brainstorm project ideas and clarify requirements when I was unsure how to approach certain features.</i>
ChatGPT (OpenAPI)	I used ChatGPT to help me understand responsive design principles (e.g., how to ensure the web app looks good on mobile, tablet, and desktop).
ChatGPT (OpenAPI)	I used ChatGPT to explain how to structure my project files (Vue components, assets, utils) so that the app remains organized and easier to maintain.
ChatGPT (OpenAPI)	I used ChatGPT to brainstorm additional UX features and the Admin CRUD Operation feature.