**HEALTH VALUE**

***INTRODUCTION:*** We, the team member of group 3, have come up with the idea of making a directional app which will solve & continuously guide us with all the of food values. Mainly it will be a food map, which will guide us which food is good for us at that moment according to our physical condition by calculating BMI. If we have any serious physical condition like allergy, diabetes, high-blood pressure and so on , it will guide which food is harmful for us and which we should avoid for a healthy life. There will be another photo detecting feature, by which while clicking photo it will detect and calculate the calorie that the food contains. The calorie will be calculated again according to body mass index or BMI.

***PROCESS***: Obesity is really a global concern nowadays. People tend to eat outside and junk foods. Ignoring balanced diet ,irregular eating ,unhealthy oily food etc are the reasons of obesity. **HEALTH VALUE** app will help to calculate calorie of any food .It will notify which food intake is harmful for us. For calculating calorie and food intake amount one need to input his/her height, weight, serious health issues if any( allergies ,high blood pressure, diabetes etc ). After providing this essential data this app will provide how much calorie he\she should intake in lunch and if she\he is allowed to take carbs or protein .

Suppose , one takes a photo of pizza with topping of mushroom that she wants to eat for lunch, but she already provides the data that she is allergic to mushroom and she has obesity. As a result the app will notify her that she cant eat pizza that contains mushroom and she cant even eat pizza for lunch as it exceeds her calorie intake. Thus she will be able to lead a healthy routine bound life and consequently she will follow a balanced food chart.

***BENEFITS :*** This HEALTH VALUE app is a proper guideline of food chart and nutrition. For a healthy leading life it will be replacement of nutritionist. We will be able to detect about the food which is unhealthy or exceeding the calorie. Just by clicking a picture of egg , it will instantly show that it contains 74 calorie and how many egg you can eat over a day. Thus, a proper BMI will be followed and leading a healthy life and having a disease free body will be gained.The app will also work as a reminder of physical exercise timing. As a result no one will be able to avoid or forget the time of exercise.

***PROBLEM :*** The problem and hindrance that we find out while thinking about this idea was camera cant always calculate the proper calorie of any food. For example if we click a picture of egg it will show that it contains 74 calorie,at the same time if it is a fried egg the calorie will be 92 .Even if the fried egg is fried with butter or any other oil that contains much calorie , the ultimate calorie will be higher than ditection.Thus a proper calculation wont be shown to the applier .

***CONCLUSION : I***n conclusion, the application of design thinking to address the [specific problem or challenge] has proven to be a transformative and enlightening journey. Through the rigorous and iterative process of empathizing, defining, ideating, prototyping, and testing, we gained valuable insights into the needs and desires of our users.Our team successfully identified key points and uncovered opportunities for innovation that may have otherwise gone unnoticed. The empathetic understanding of our users allowed us to redefine the problem, leading to a more precise and impactful solution.

The ideation phase, marked by diverse brainstorming sessions, resulted in a wealth of creative concepts. The prototyping stage brought these ideas to life, enabling us to visualize and test potential solutions quickly.