



NUTRIBOT

June 28, 2021 - Submission for COTM 3

Access the bot here: <https://krishyadav.com/Nutribot/nutribot.html>

Brief

Malnutrition is a serious problem in all parts of the world. To raise awareness on the issue, I have created Nutribot. Created to address, in a fun and interactive way, It is packed with multi-media like images and videos making it more engaging and interactive. The bot also consists of shortcuts for a seamless user experience in a short span of time. In the end, users can also try out a fun quiz on Malnutrition.

Questions

I. Greeting - Sends a message

Greeting tag deals with all Hi and Hello, and similar words

Questions

1. Hi
2. Hello
3. Anyone there

Answer

Namaste 🙏, I am Nutribot, I am an AI bot here to bring awareness about malnutrition.

Shortcut: Whats malnutrition

II. About - Card

About malnutrition

Questions

4. Whats malnutrition
5. Tell me about yourself
6. What's your purpose

Answer

According to OxfordLanguage, Malnutrition is a lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat. It is a very serious issue as 1.9 billion adults are overweight or obese, while 462 million are underweight.

Image credit: Pinterest

IMG: <https://i.pinimg.com/originals/cf/a6/39/cfa639c7117ed10b0a31d3f6c9baa15c.jpg>

Shortcut button

Show me a nice animated video

III. Video - video

Video shows video on the topic of malnutrition

Questions

7. Show me a nice animated video
8. Video, please
9. Do you have any video

Answer

Video: <https://www.youtube.com/watch?v=WWAl1tUICU>

Hope you liked it 😊

IV. Me - Sends a message

Me deals questions relating to “Am I malnutrition”

Questions

10. Am I malnutrition
11. Whoa, that's scary
12. How can I check if I am malnutrition

Answer

According to NHS.uk, the following are symptoms: You unintentionally lose 5 to 10% of your body weight within 3 to 6 months, your body mass index (BMI) is under 18.5 (although a person with a BMI under 20 could also be at risk) – use the BMI calculator to work out your BMI, clothes, belts, and jewelry seems to become looser over time.

Reduced appetite, lack of interest in food and drink, feeling tired all the time, feeling weaker, getting ill often and taking a long time to recover, wounds taking a long time to heal, poor concentration, feeling cold most of the time, low mood or depression.

Shortcut button

What to do next

IV. Todo - Sends a message

What to do to avoid malnutrition

Questions

13. I am malnutrition, what to do
14. What are precautions
15. What to do next

Answer

To stay out of malnutrition you need to eat a proper and healthy diet 🥗 as well as exercise regularly 🚴.

Shortcut button

Healthy diet

V. Diet - Cards set

Shows image on a diet

Questions

16. What's a healthy diet
17. Healthy diet
18. What does a healthy diet consist of

Answer

IMG1: <https://cdn1.sph.harvard.edu/wp-content/uploads/sites/30/2012/09/HEPJan2015.jpg>

IMG2:

http://www.sunriseseniorliving.com/~media/blog-images/march-2015/6-diseases-that-proper-nutrition-prevents_379_40044310_0_14113110_728.jpg

Shortcut button

Types of malnutrition

VI. Types - Card

Types of malnutrition

Questions

- 19. Are there different types of malnutrition
- 20. How many types
- 21. Types

Answer

Great question

IMG: From spring nutrition

Shortcut button

Types of malnutrition

VII. Kwashiorkor - Sends a message

Information about Kwashiorkor

Questions

- 22. What's kwashiorkor
- 23. Can you tell about kwashiorkor
- 24. Kwashiorkor

Answer

According to OxfordLanguages, Kwashiorkor is a form of malnutrition caused by protein deficiency in the diet, typically affecting young children in the tropics.

Shortcut button

Marasmus

VII. Marasmus - Sends a message

Information about Marasmus

Questions

- 25. What's marasmus
- 26. Can you tell about marasmus
- 27. Marasmus

Answer

According to Healthline, Marasmus is a form of severe malnutrition. It can occur in anyone who has severe malnutrition, but it usually occurs in children. It typically occurs in developing countries. Marasmus can be life-threatening, but you can get treatment for it.

Shortcut button

Deficiency disease

VIII. Disease - Sends a message

The image on deficiency disease

Questions

- 28. What are different deficiency diseases
- 29. Can you tell about deficiency diseases
- 30. Deficiency diseases

Answer

Our old friend NCERT class 6 science book is here to help:

https://c1.staticflickr.com/3/2820/33616979992_4d1d4b9241_o.jpg

https://c1.staticflickr.com/3/2942/33732698376_f8a4f1a149_o.jpg

Shortcut button

Types of malnutrition

VIII. Dislike - Sends a message

The image on deficiency disease

Questions

- 31. I hate eating healthy food
- 32. Can't control junk food
- 33. Yikes healthy food

Answer

I know it's hard to eat healthy food, but without pain, there's no gain.

Shortcut button

Types of malnutrition

IX. Help - Sends a message

The image on deficiency disease

Questions

- 34. How can I help
- 35. What more can I do
- 36. Sounds cool

Answer

Nice to hear that you are interested in helping, you can help by spreading awareness about malnutrition, to friends, families, and communities.

Shortcut button

Bye-Bye

X. Goodbye - Sends a message

Video shows video on the topic of malnutrition

Questions

- 37. Bye-bye
- 38. Tata
- 39. I am going

Answer

Thank you for your precious time, but remember this is not the end but a new beginning 😊. Hope you are aware of malnutrition and will make others aware too.

Stay happy, Stay healthy,

Best wishes

Nutribot

XI. Quiz - Sends a message

Start quiz

Questions

- 40. Quiz
- 41. Fun time
- 42. I want to test my knowledge