

## Project proposal

Jiaxin Lou

This will be a "public facing" web site which calls for healthy eating habits.

As some common diseases can be prevented by taking specific nutrients, the website will show some diseases and the nutrients people should take to prevent from getting the diseases. Several kinds of food which contain specific nutrients will also be recommended in the page of each diseases. For example, night blindness may be caused by a lack of vitamin A and carrots will be recommended to eat to prevent night blindness.

In addition, users will be able to comment on the food to share their cooking method.

Since no proper dataset is found, I will create one by myself. The dataset will have 6 columns: food\_name, category, description, nutrients, related\_disease, and cooking\_methods.