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Individualisierte Ernährungspläne

Aufbau

- ▶ Motivation & Zielsetzung
- ▶ Konzeption des Soll-Zustands
- ▶ Arbeitsweise
- ▶ Umsetzung
- ▶ Probleme und Schwierigkeiten
- ▶ Demo

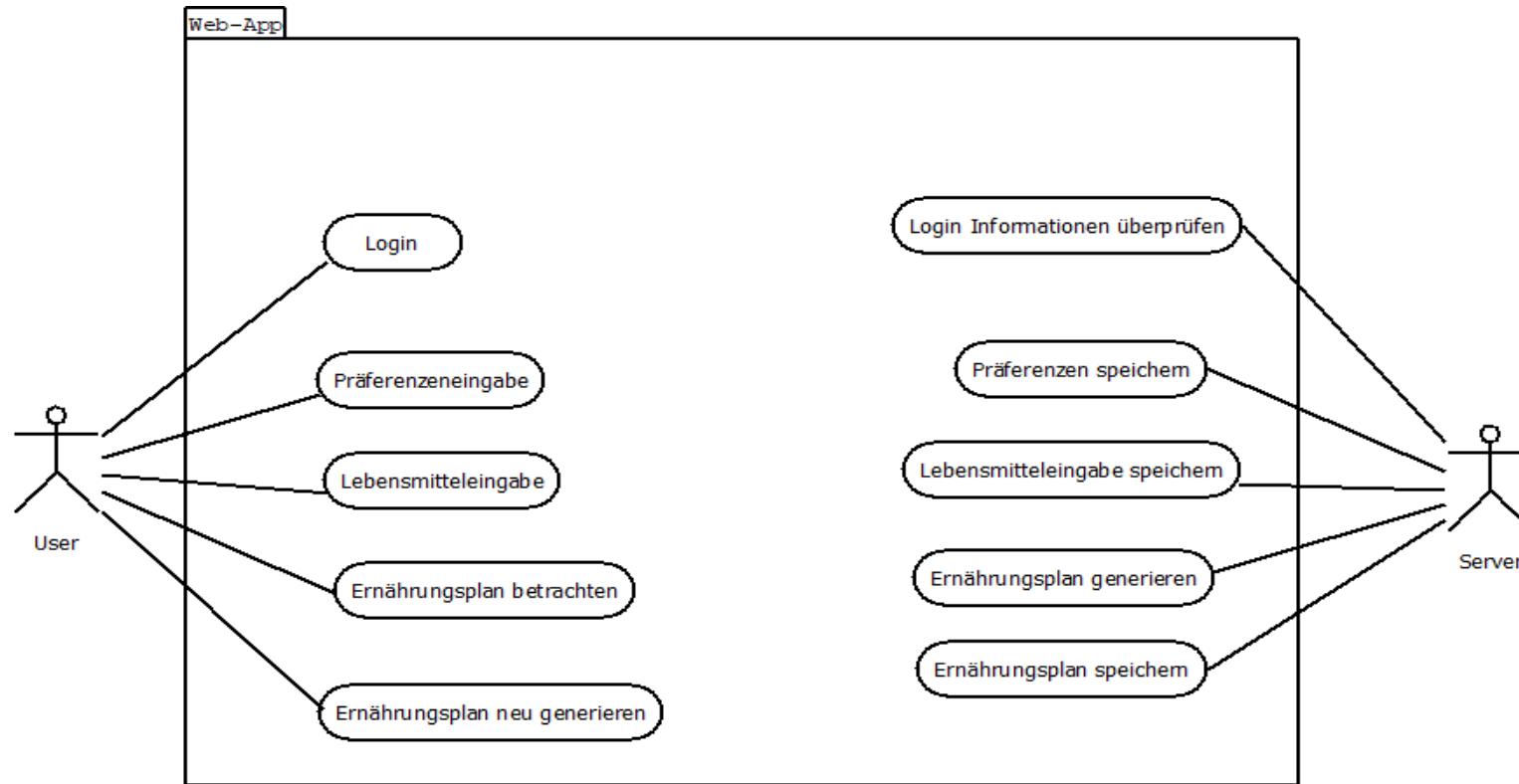
Motivation

- ▶ Menschen fällt es schwer, auf sich abgestimmte Ernährungspläne zu erstellen
- ▶ Gründe hierfür:
 - ▶ Persönliche Vorlieben oder spezielle Ernährungsweisen (z. B. Vegan, Vegetarisch, etc.)
 - ▶ Unverträglichkeiten (z. B. Laktoseintoleranz, Glutenunverträglichkeit, etc.)
 - ▶ Keine Zeit
 - ▶ Mangelnde Kreativität (Was kann ich mit den Zutaten in meinem Kühlschrank kochen?)

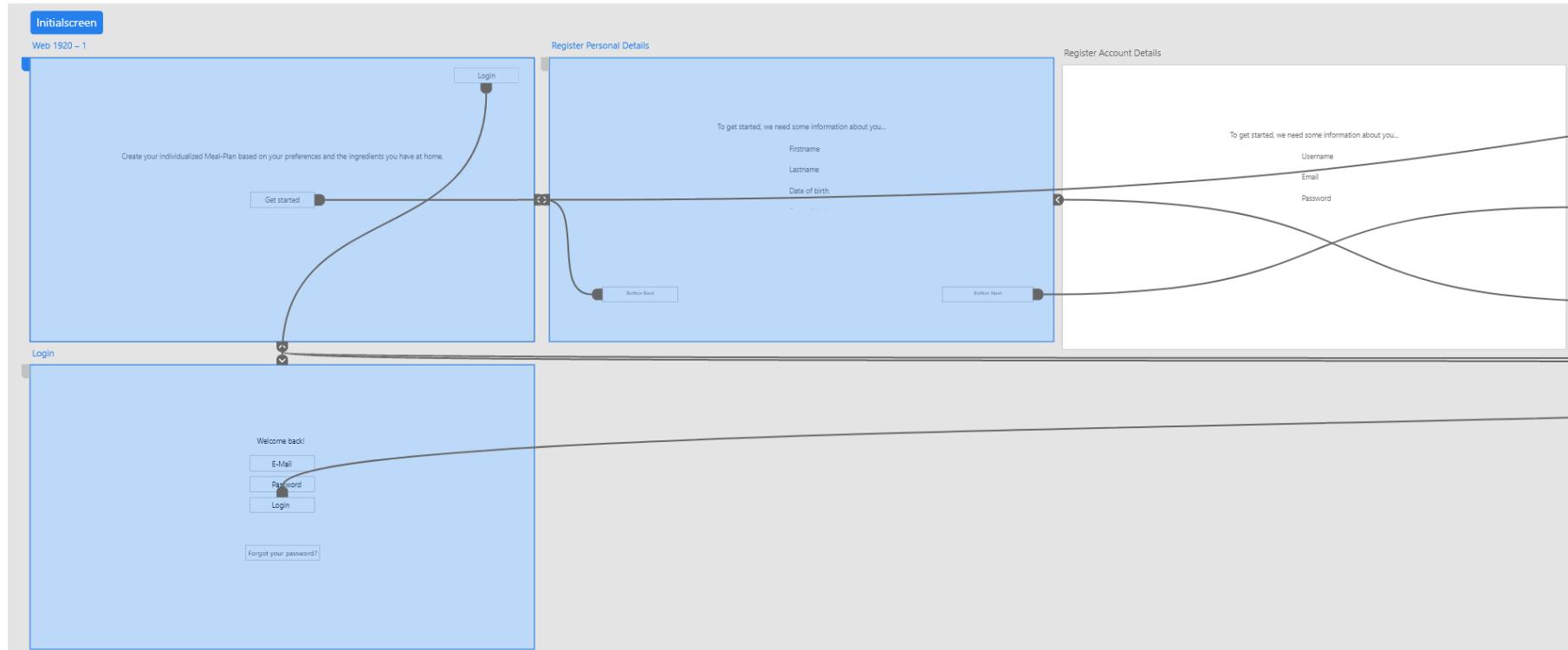
Zielsetzung

- ▶ Nutzern Rezeptideen vorschlagen, die auf ihre Bedürfnisse abgestimmt sind
 - ▶ Hierfür sollen der Ernährungsstil, eventuelle Unverträglichkeiten und die im Haushalt vorhandenen Lebensmittel berücksichtigt werden
 - ▶ Anwenden soll auf Basis ihrer Eingaben Vorschläge für die drei üblichen täglichen Mahlzeiten erstellt werden
 - ▶ „Reroll“-Funktionalität
 - ▶ Überblick über Nährwerte
 - ▶ Anzeige von fehlenden Zutaten & ausdrucken der Zutatenliste

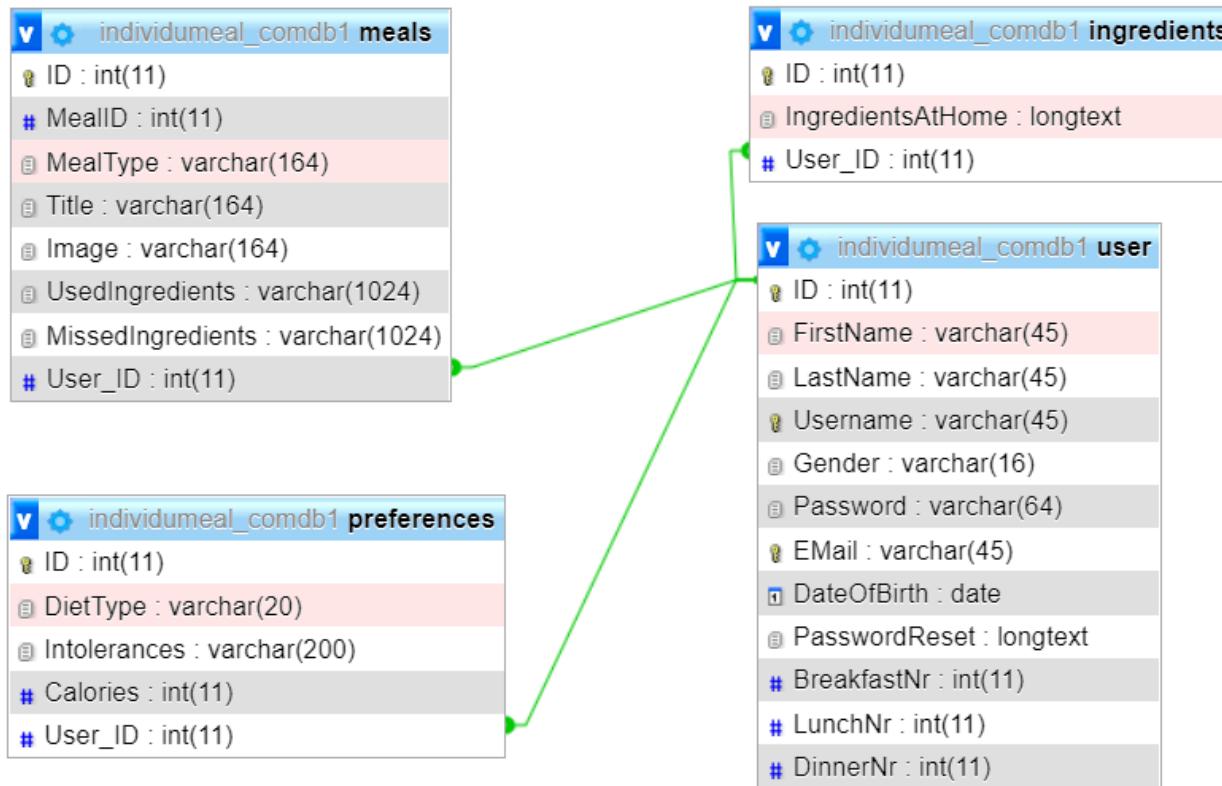
Konzeption des Soll-Zustands: Anforderungsanalyse



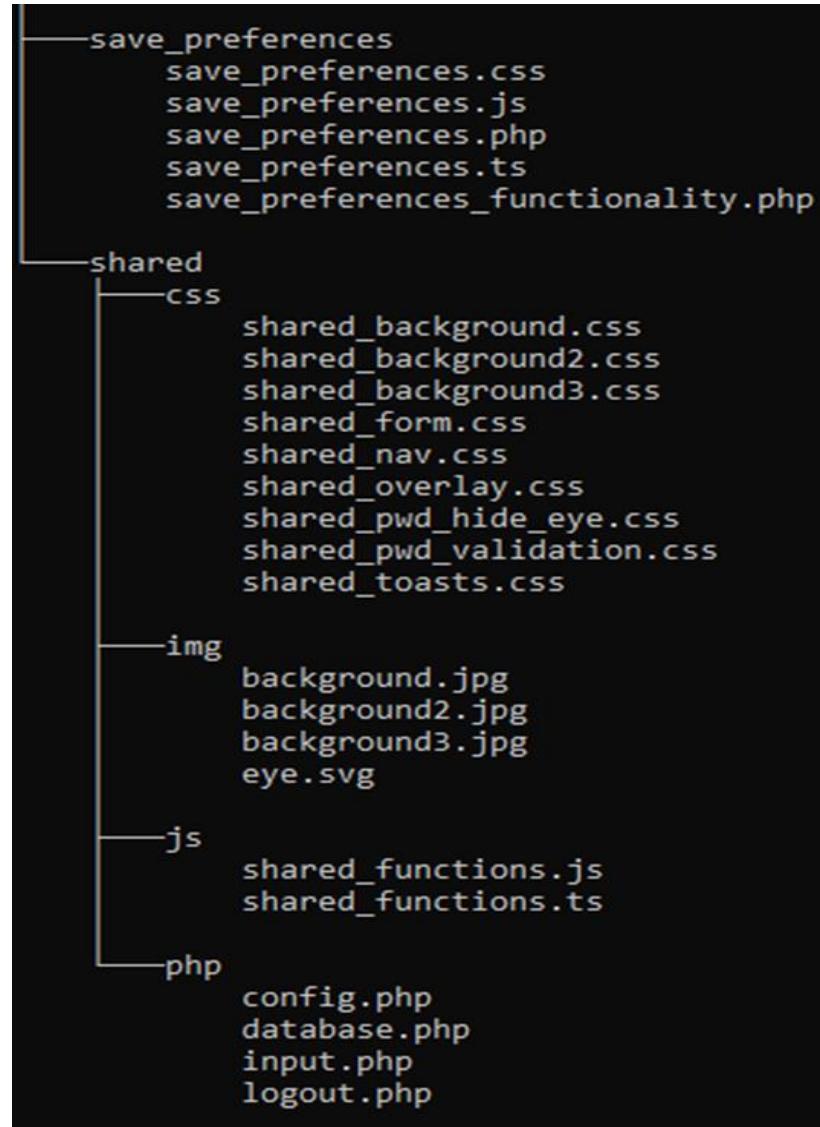
Konzeption des Soll-Zustands: vorläufiger Prototyp



Konzeption des Soll-Zustands: Datenbankschema



Konzeption des Soll-Zustands: Projektstruktur



Konzeption des Soll-Zustands: Verwendete Technologien

- ▶ Frontend-Design: CSS & Bootstrap
 - ▶ CSS alleine zu zeitintensiv
- ▶ Frontend-Funktionalität: Bootstrap & TypeScript
 - ▶ TypeScript: aufgrund der geringen Einarbeitungszeit und der Typsicherheit
- ▶ Backend-Funktionalität: PHP
 - ▶ War allen Entwicklern vertraut
 - ▶ Einarbeitungszeit für Framework zu zeitintensiv

Arbeitsweise

Kommunikationstools

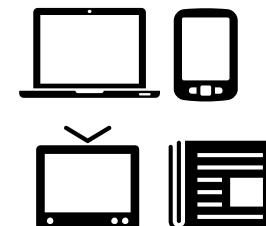
- Microsoft Teams

Programmiertools

- Visual Studio Code
- IntelliJ
- XAMPP

Verwaltungstools

- Jira
- Github



Arbeitsweise: Github

The screenshot shows a GitHub pull request page for the repository `ordass00 / IT-Projekt`. The pull request is titled "Cook instructions and other enhancements #26". It has been merged by `ArminShinobi` 2 days ago. The pull request has 1 commit, 0 checks, and 14 files changed. The commit message from `ArminShinobi` includes:

- Create a function "createShoppingList" that will create the content of the ingredients to print
- Added the nutrition visualization to the "tast_and_nutrition_visualization"
- Adjusted the css to overflow: auto to create an auto scrollbar
- Changed from RapidApi to direct Spoonacular API
- Added a error message when there aren't enough recipes for his preferences
- Added a new site "recipe_card" to display the cook instructions

A review from `Zylesto` is shown, pointing out double whitespace between row and justify. The pull request summary on the right side states: "University IT-Project: Web application for creating a nutrition plan based on...".

Conversation 3 **Commits** 1 **Checks** 0 **Files changed** 14 +491 -129

ArminShinobi commented 3 days ago

- Create a function "createShoppingList" that will create the content of the ingredients to print
- Added the nutrition visualization to the "tast_and_nutrition_visualization"
- Adjusted the css to overflow: auto to create an auto scrollbar
- Changed from RapidApi to direct Spoonacular API
- Added a error message when there aren't enough recipes for his preferences
- Added a new site "recipe_card" to display the cook instructions

Zylesto reviewed 3 days ago

`meal_plan_overview/recipe_card.html` Outdated

```
29 +      </div>
30 +      <div id="anchor" class="m-2" style="display:none"></div>
31 +      </main>
32 +      <div class="row justify-content-around">
```

Zylesto 3 days ago

double whitespace between row and justify

Reviewers: Zylesto, ordass00

Assignees: No one—assign yourself

Labels: None yet

Projects: None yet

Milestone: No milestone

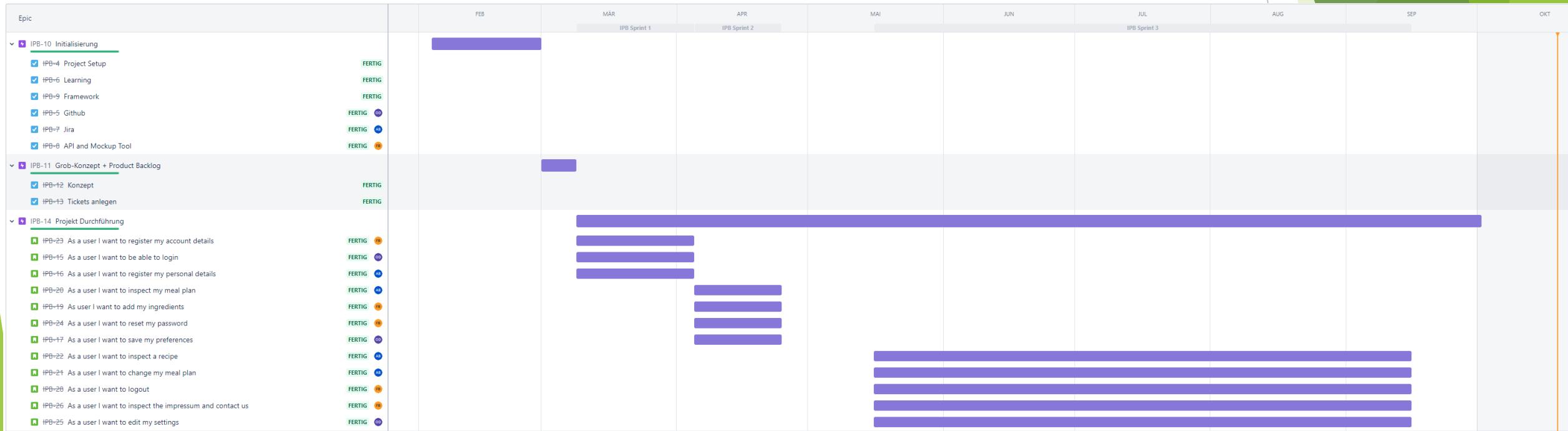
Linked issues: Successfully merging this pull request may close these issues.

Notifications: Customize

Description:

For our group IT-Project at the [University of Applied Science Georg Simon OHM](#) we built a website that is capable of suggesting recipe ideas to the user that are tailored to his needs. For this purpose, the diet style (e.g. vegetarian or vegan), the intolerances (e.g. gluten intolerances or intolerances to peanuts), the foods available in the household and the daily calorie target are taken into account. Based on this input, the website generates a diet plan tailored to the users needs. This diet plan provides the user with a personalized recipe for each of the usual three daily meals (breakfast, lunch and dinner). If the user does not like one of these recipes, he is able to have a new one suggested to him by means of a "reroll function". Furthermore, the user is able to get a quick overview of the contained nutritional values, possibly missing ingredients and a printout of the recipe list.

Arbeitsweise: Jira



Arbeitsweise: Jira

Projekte / IT Projekt Bachelor / Projekt Durchführung / IPB-23

As a user I want to register my account details

Anhängen Untergeordneten Vorgang hinzufügen Vorgang verlinken

Beschreibung

Acceptance criterias:

- Input username, email and password
- When the next button is clicked, the input will be verified
- Save the inputs into the database
- Username should be compared to existing usernames
- Password should be saved in hash-format
- Navigate to the next page "Preferences"

Fertig ✓ Fertig

Details	
Zugewiesene Person	FB Felix Berger
Label	Keine
Sprint	Keine +1
Story point estimate	Keine
Autor	AB Armin Bruckmann

Umsetzung: Startseite & Impressum



Umsetzung: Startseite und Impressum



Home Support & Imprint

Imprint

Information according to § 5 TMG:

Oliver Dassinger

Postal address:
Industriestraße 80a, 90537 Feucht

Contact & Support:

contact@individumeal.com
support@individumeal.com

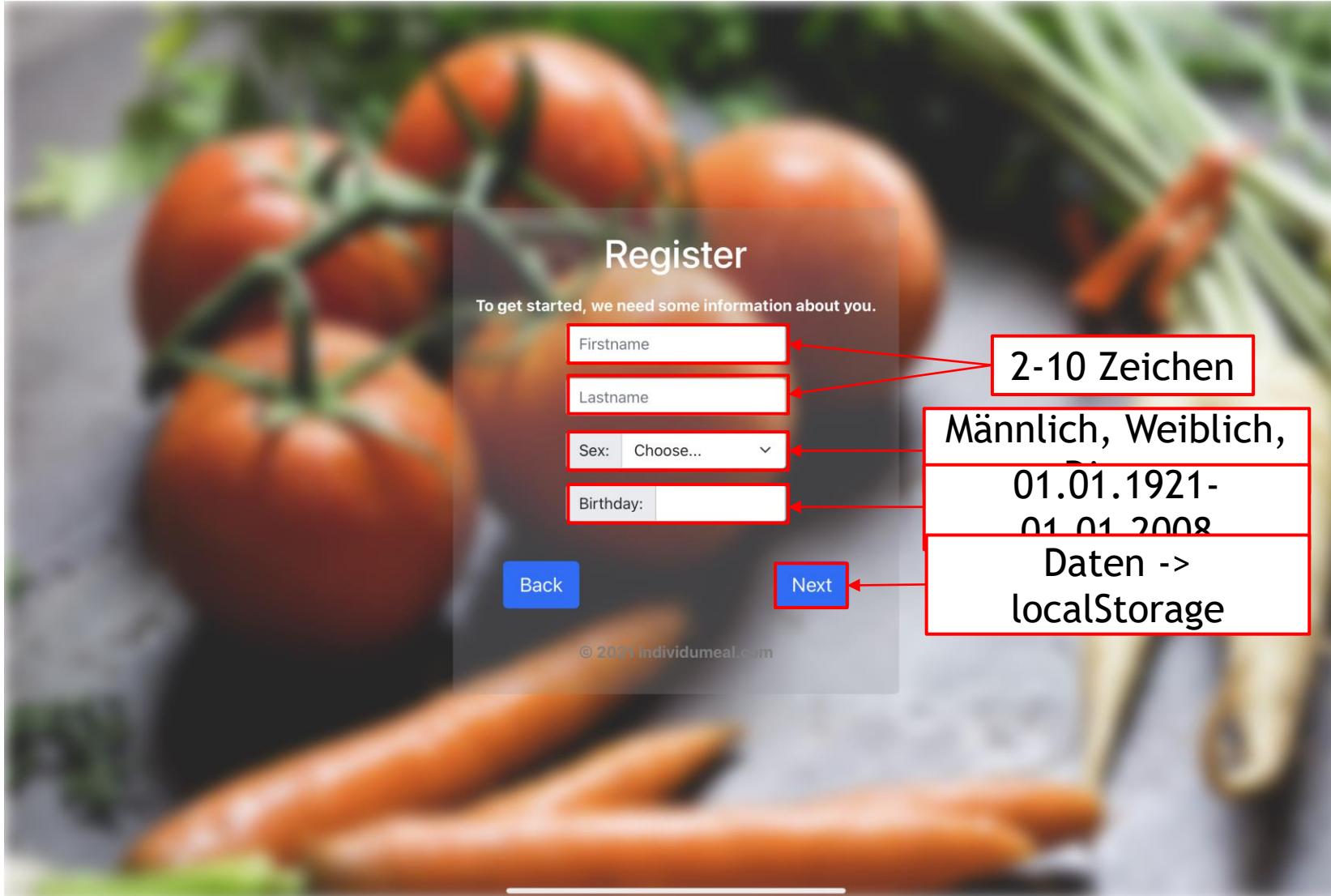
Represented by:
Armin Bruckmann, Felix Berger

Information about this website

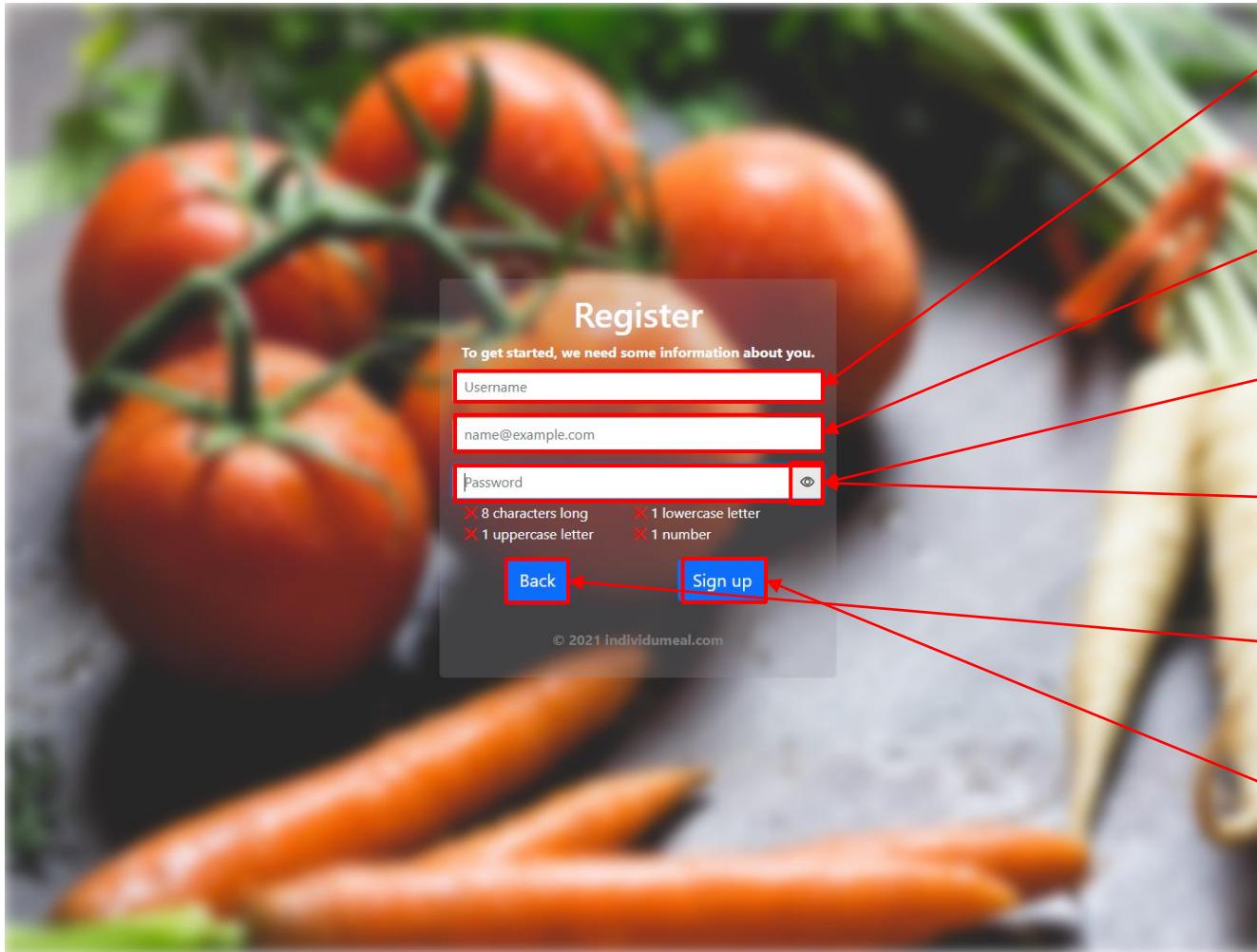
Copyright notice
Background photo by picjumbo.com & unsplash.com

Information according to § 36 VSBG
In accordance with § 36 VSBG (Consumer Dispute Settlement Act - Act on Alternative Dispute Resolution in Consumer Matters), the operator of this website declares: We are neither willing nor obliged to participate in dispute resolution proceedings before a consumer arbitration board.

Umsetzung: Personelle Daten



Umsetzung: Registrierung - Accountdaten



3 - 45 Zeichen

45 Zeichen

Beliebig viele Zeichen
+ Validierung

Anzeigen des
Passworts

Löscht localStorage

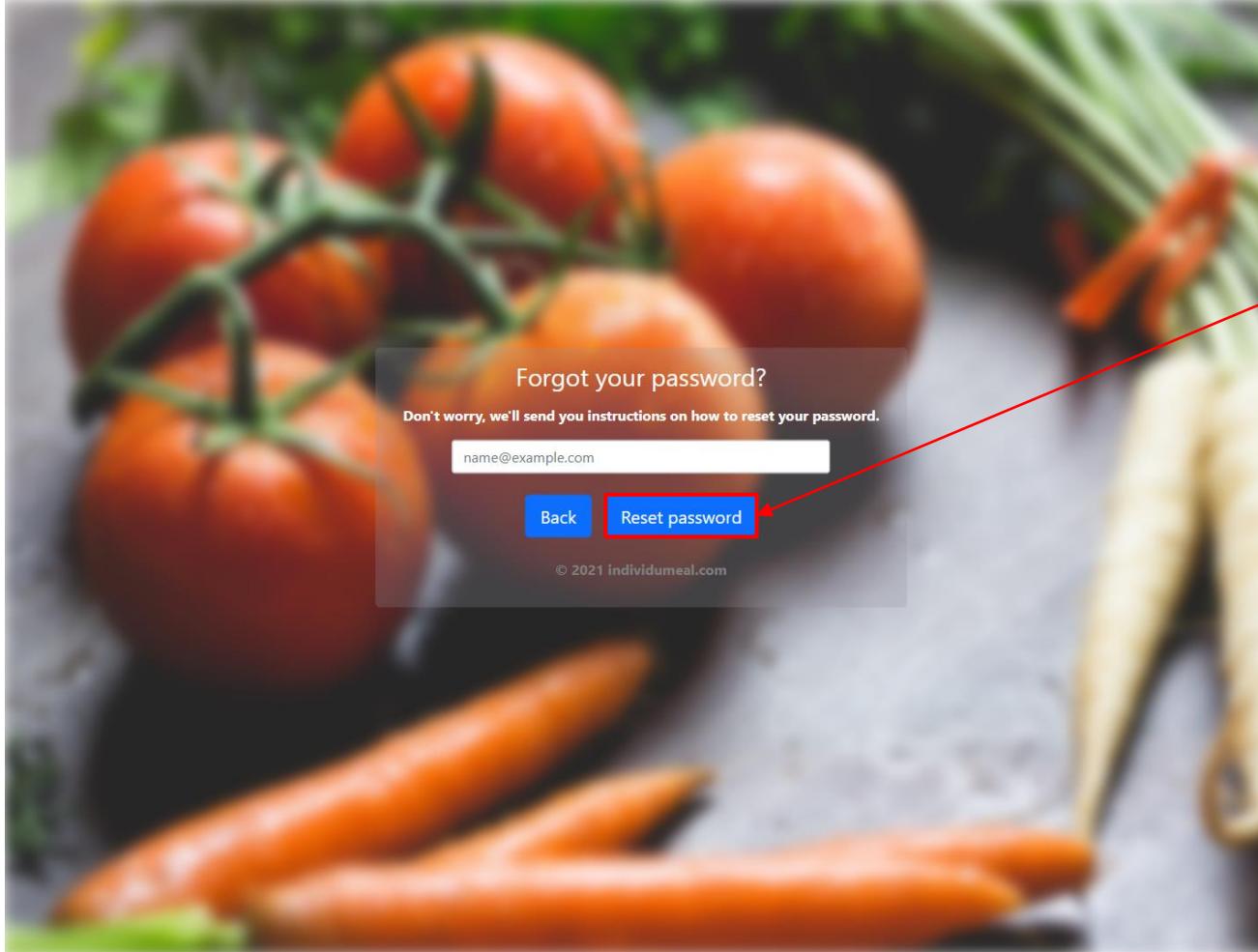
Prüft auf leere Felder
+ Duplikate und führt
Registrierung durch

Umsetzung: Login



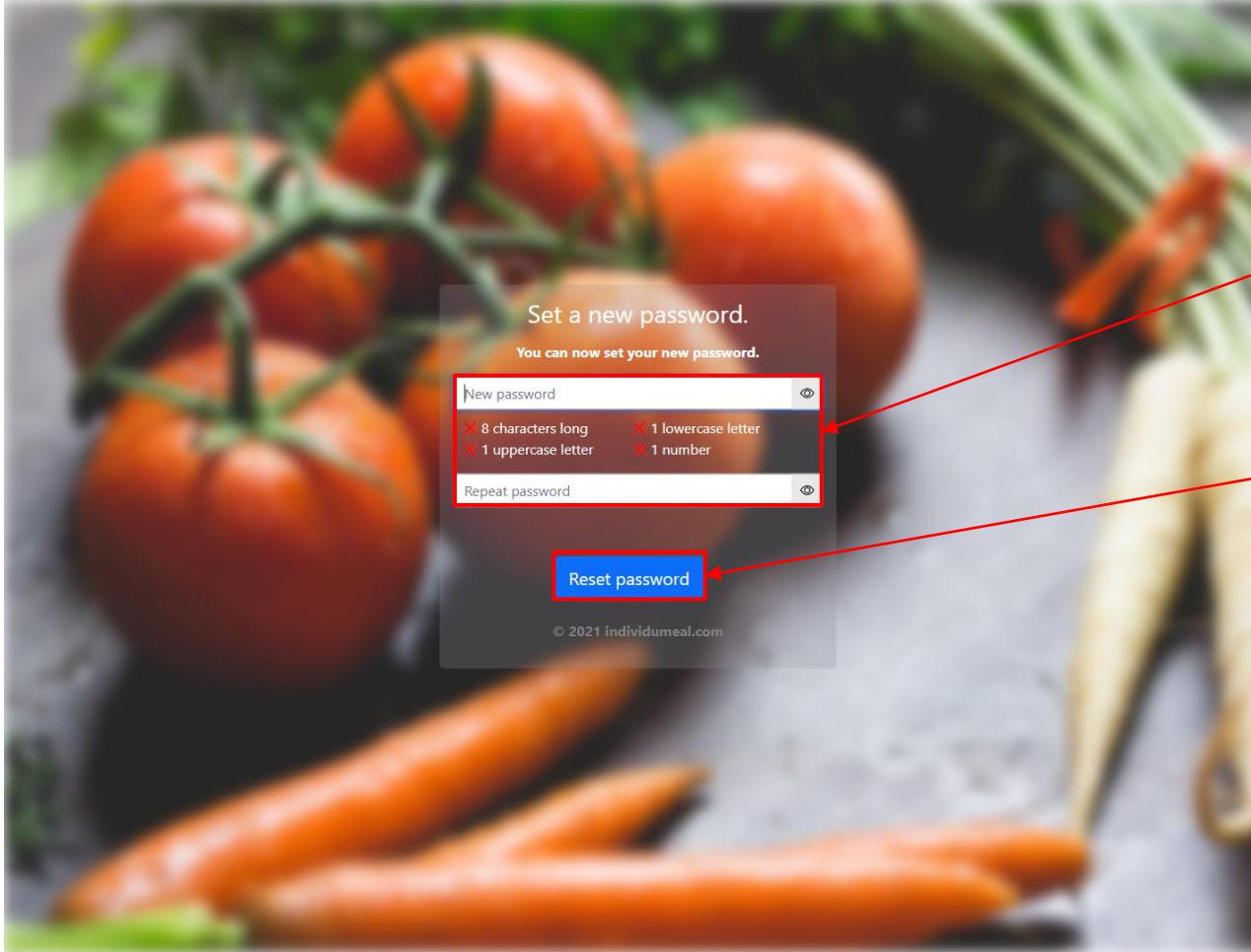
1. Prüft ob Input-Felder ausgefüllt sind
2. Prüft ob Account mit dieser E-Mail existiert
3. Prüft ob das eingegebene Password und das gehaschten Password aus der DB zusammenpassen

Umsetzung: Zurücksetzen des Passworts



1. Prüft, ob E-Mail vorhanden + kein Rücksetzversuch in den letzten 10 Minuten
2. Sendet E-Mail mit Rücksetztoken und Ablaufzeit

Umsetzung: Zurücksetzen des Passworts



Set a new password.
You can now set your new password.

New password ⓘ
✖ 8 characters long ✖ 1 lowercase letter
✖ 1 uppercase letter ✖ 1 number

Repeat password ⓘ

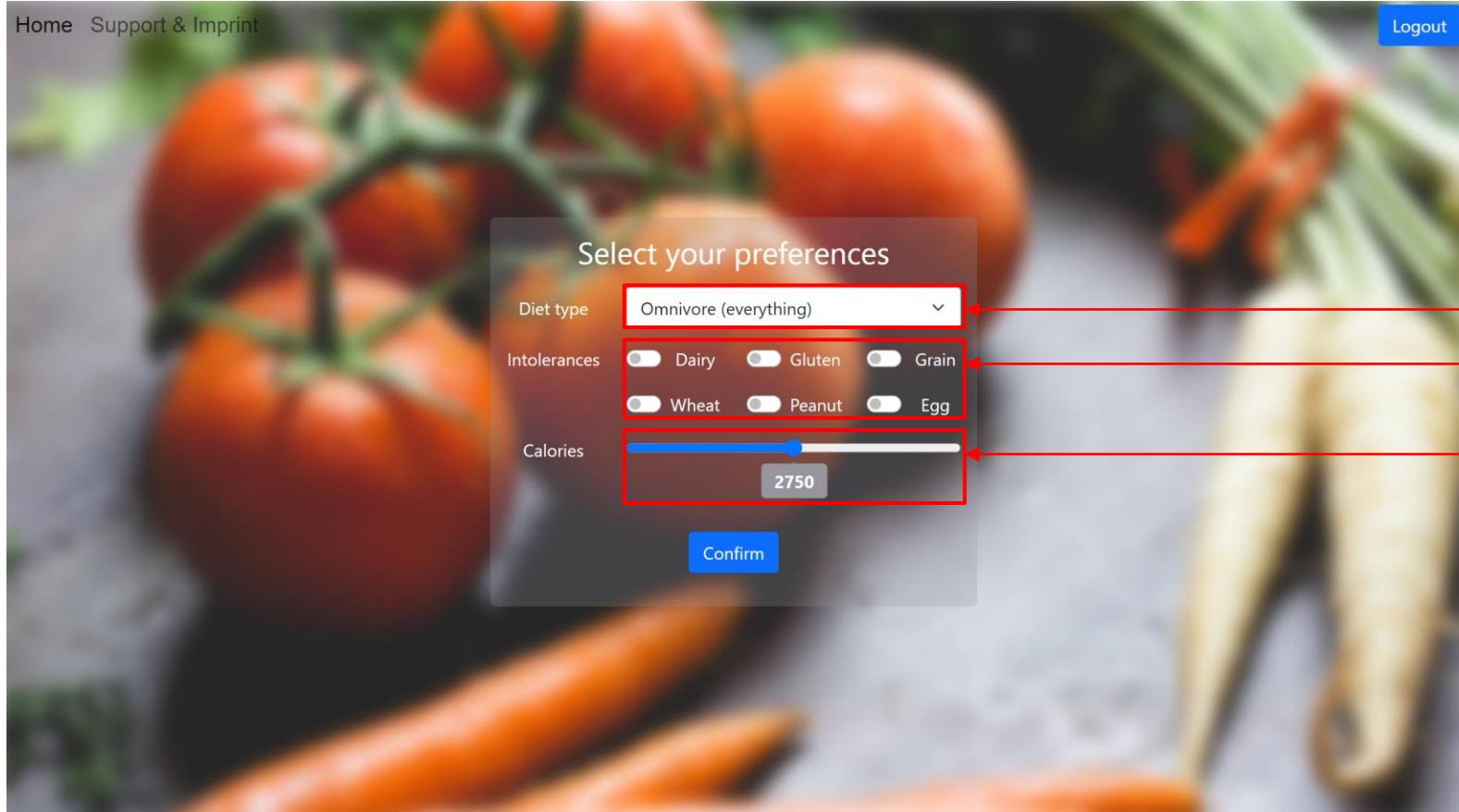
Reset password

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Beliebig viele Zeichen
+ Validierung

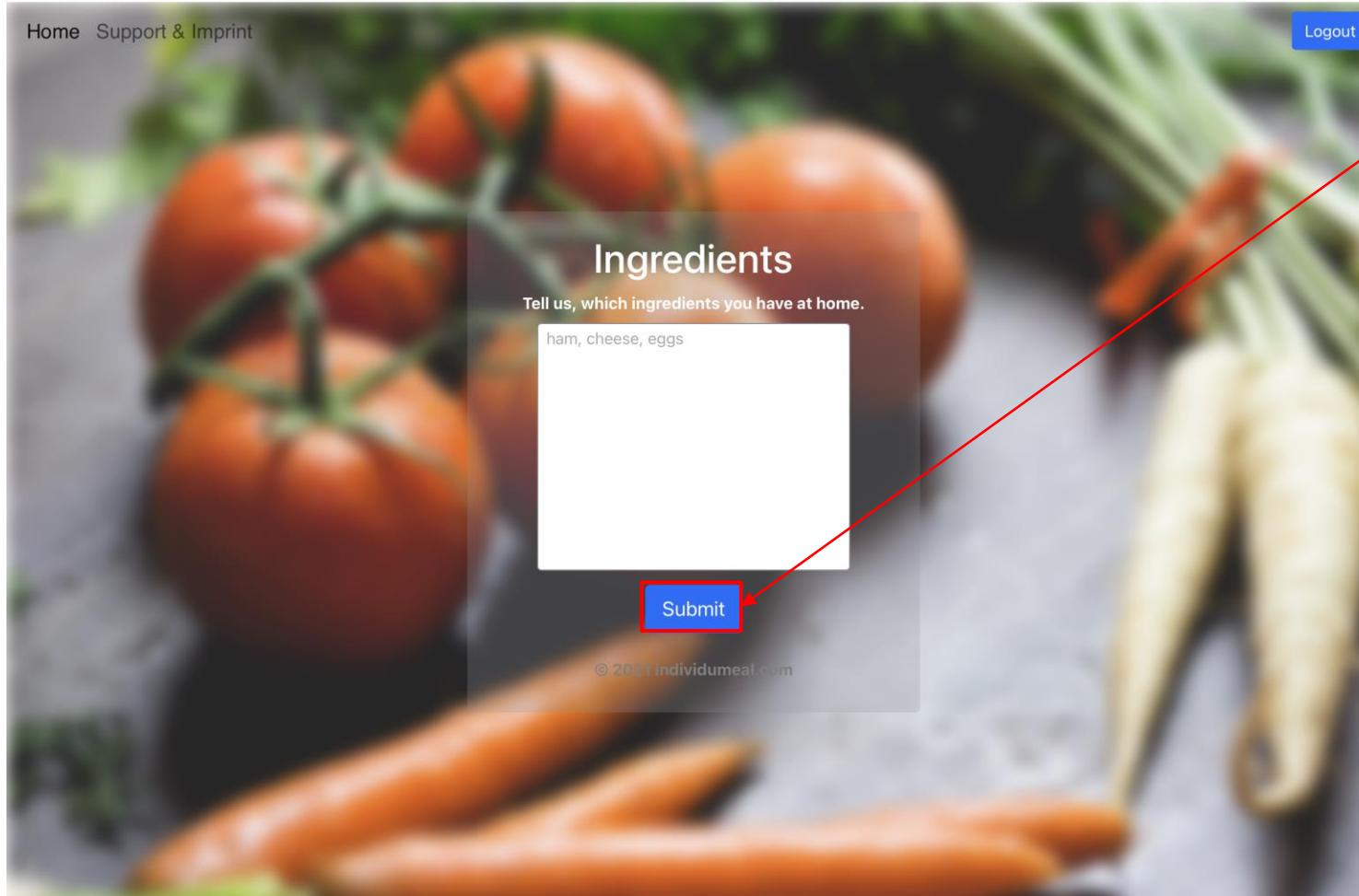
Gleicht erhaltenen
Token + Ablaufzeit mit
Datenbank ab und
setzt ggf. Passwort
zurück

Umsetzung: Eingabe der Präferenzen



**Ernährungsart
Intoleranzen
(Molkerei, Gluten,
Kilikalorien (500 -
5.000kcal)**

Umsetzung: Eingabe der vorhandenen Lebensmittel



Prüft auf ungültige
Zeichen + schreibt
Lebensmittel in
Datenbank

Umsetzung: Rezepte-Übersicht

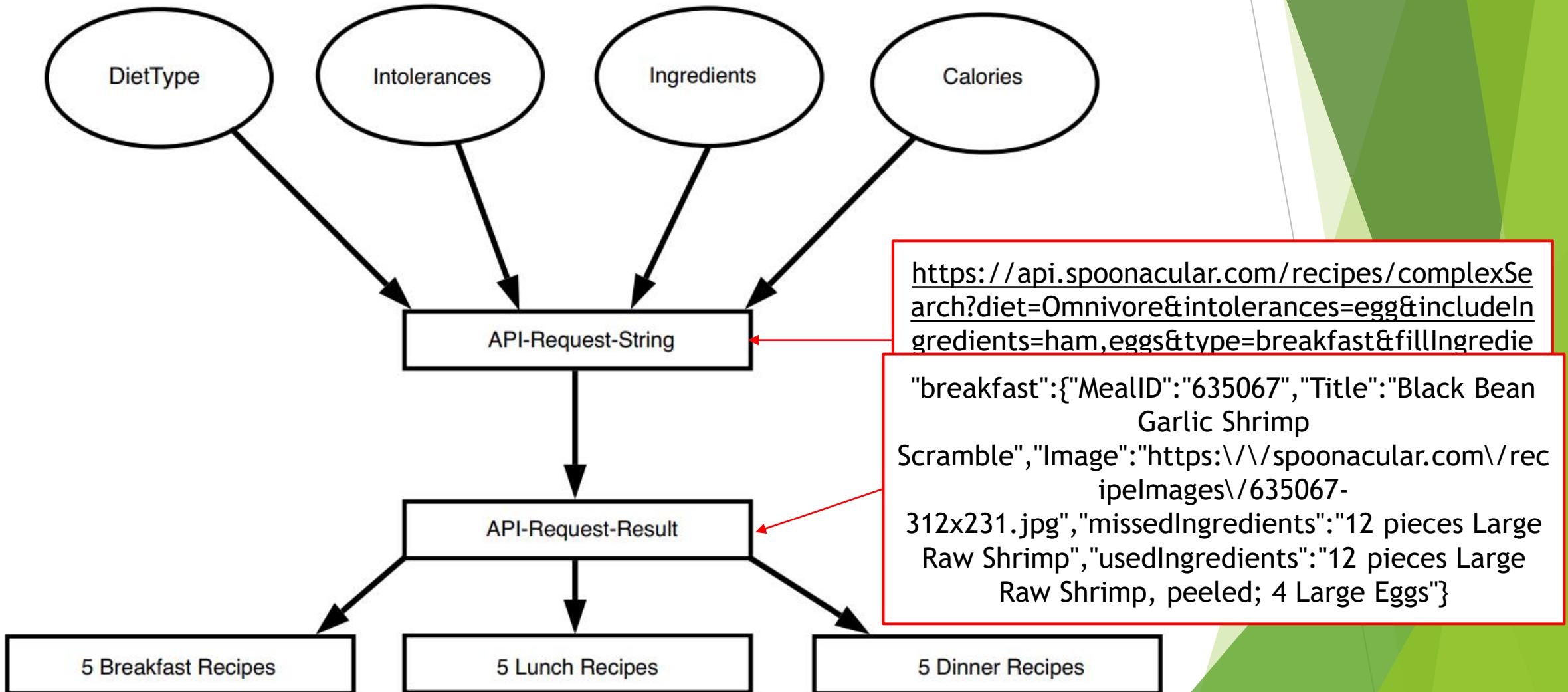
Meal Plan Overview Settings

Meal Plan Overview

The image shows a collage of three meal photos. On the left is a slice of Nutella Stuffed French Toast with powdered sugar. In the center is a Bacon Scallop dish with a lime wedge. On the right is a Cinnamon French Toast Stick with fruit compote and a drizzle of honey. The background features green leaves and a blue 'Logout' button.

Breakfast	Lunch	Dinner
Nutella Stuffed French Toast	Bacon Scallops	Cinnamon French Toast Sticks
Print Shopping List	Print Shopping List	Print Shopping List
Taste And Nutrition Visualization	Taste And Nutrition Visualization	Taste And Nutrition Visualization
Cook Instructions	Cook Instructions	Cook Instructions
Reroll Meal	Reroll Meal	Reroll Meal

Umsetzung: Generierung von Rezepten



Umsetzung: Ausdrucken der Einkaufsliste

12.10.21, 15:01

localhost:63342/IT-Projekt/meal_plan_overview/print_shopping_list.php

Nutella Stuffed French Toast

Used Ingredients:

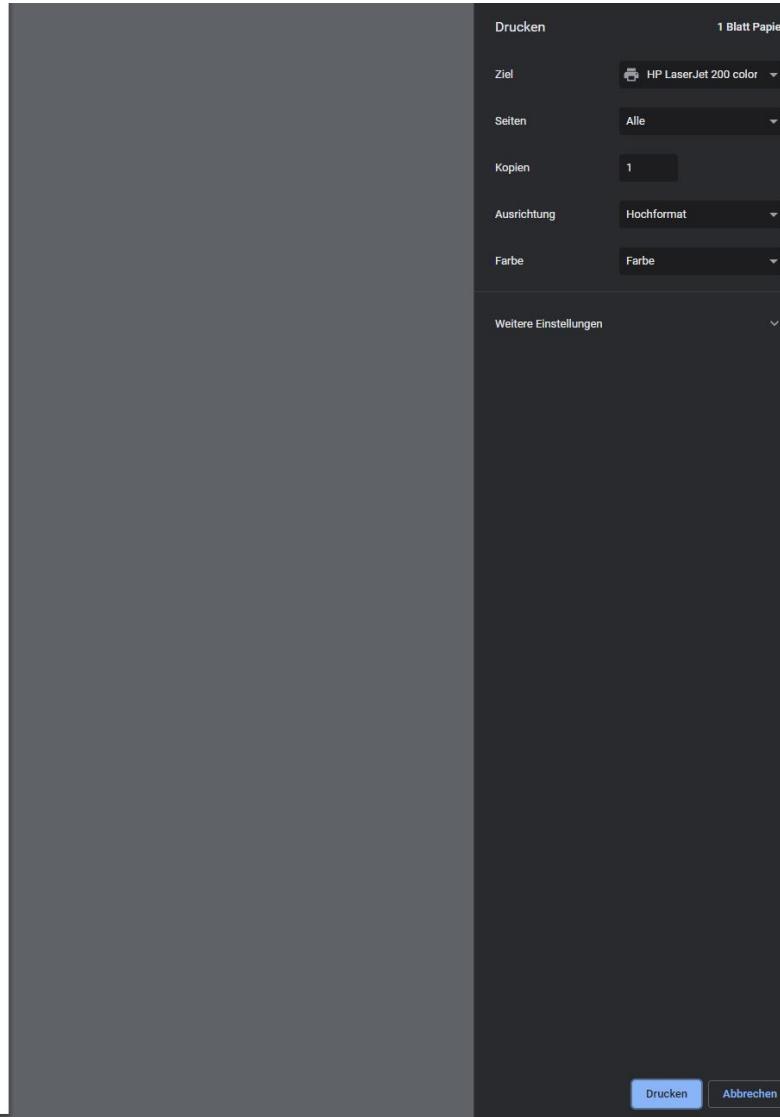
- 1/4 cup milk (I used 2%fat milk)
- 4 large slices of stale bread, thickness - 3/4 to 1 inch each

Missed Ingredients:

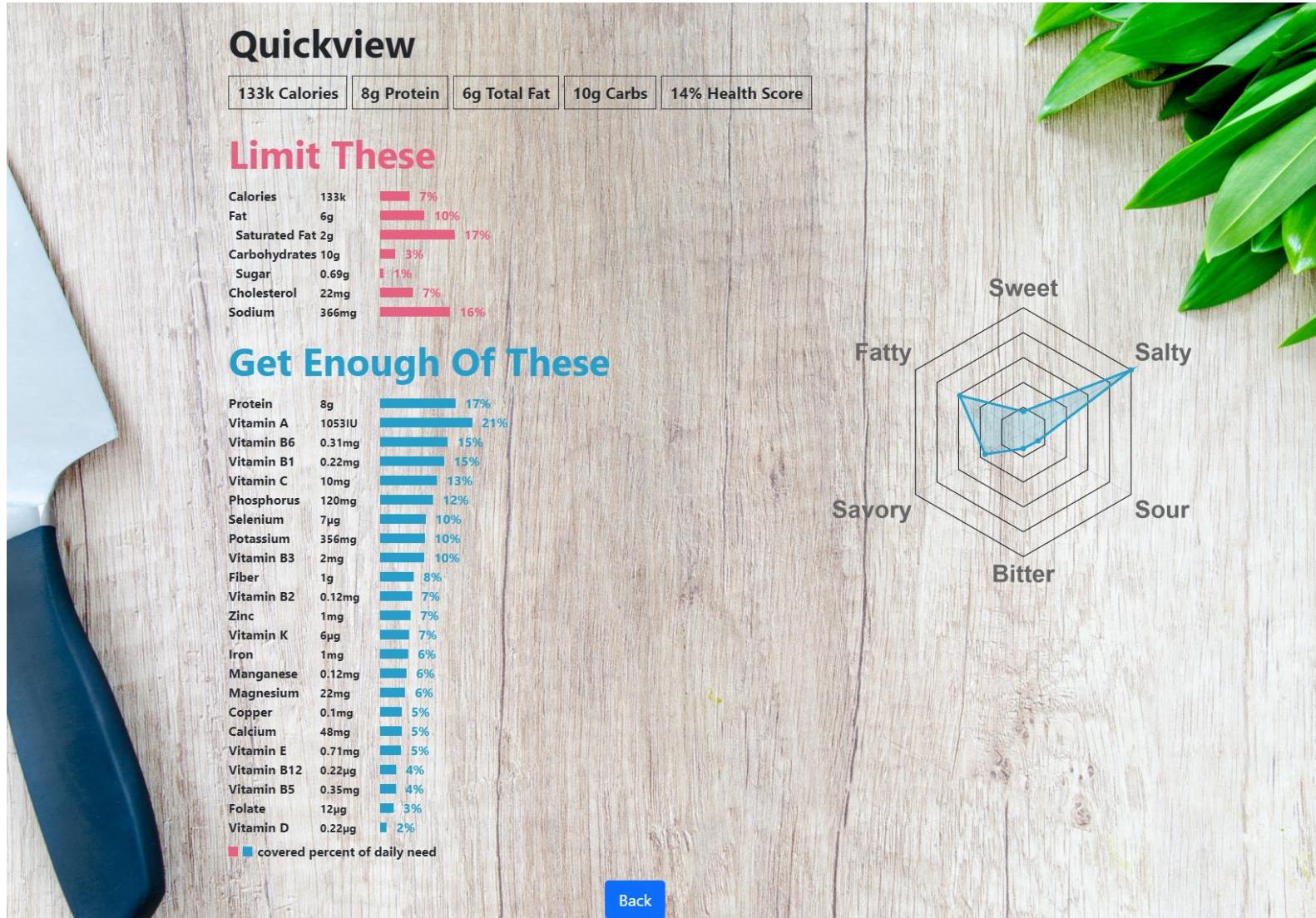
- 2 eggs
- 1/2 tsp cinnamon powder
- 2 Tbsp nutella
- Butter for cooking

localhost:63342/IT-Projekt/meal_plan_overview/print_shopping_list.php

1



Umsetzung: Visualisierung Geschmack und Inhaltsstoffen



Umsetzung: Kochanleitung



Umsetzung: Meal Plan Overview: Reroll

Meal Plan Overview

Breakfast	Lunch	Dinner
		
Nutella Stuffed French Toast	Bacon Scallops	Cinnamon French Toast Sticks
Print Shopping List	Print Shopping List	Print Shopping List
Taste And Nutrition Visualization	Taste And Nutrition Visualization	Taste And Nutrition Visualization
Cook Instructions	Cook Instructions	Cook Instructions
Reroll Meal	Reroll Meal	Reroll Meal



Meal Plan Overview

Breakfast	Lunch	Dinner
		
Gluten-Free Buckwheat Pancakes	Bacon Scallops	Cinnamon French Toast Sticks
Print Shopping List	Print Shopping List	Print Shopping List
Taste And Nutrition Visualization	Taste And Nutrition Visualization	Taste And Nutrition Visualization
Cook Instructions	Cook Instructions	Cook Instructions
Reroll Meal	Reroll Meal	Reroll Meal

Umsetzung: Ändern der Einstellungen - General Information

The screenshot shows a meal planning application interface. At the top left, there's a navigation bar with "Meal Plan Overview" and "Settings". The "Settings" item is highlighted with a red box and an arrow pointing to it from the text "Navigation über Navbar". The main content area has a background image of fresh vegetables (tomatoes and carrots). On the left, a sidebar menu is open, showing "General Information" (highlighted with a red box and arrow), "Change Password", "Change Preferences", "Change Ingredients", and "Delete Account". The main panel displays "GENERAL INFORMATION" with fields for First name (Oliver), Last name (Dassinger), User name (ordass), Email (oliverdassinger@yahoo.de), and Birth day (21.06.2000). To the right, a second "GENERAL INFORMATION" panel shows placeholder fields: First name (Firstname), Last name (Lastname), User name (Username), Email (name@example.com), and Birth day (tt.mm.jjjj) with a calendar icon. A "Save changes" button is located between the two panels. Red arrows point from the text labels at the bottom to their corresponding elements in the interface.

Navigation über
Navbar

Aktuelle Userinformationen

Ändern der Userinformationen

Field	Current Value	Change Value
First name	Oliver	Firstname
Last name	Dassinger	Lastname
User name	ordass	Username
Email	oliverdassinger@yahoo.de	name@example.com
Birth day	21.06.2000	tt.mm.jjjj

Umsetzung: Ändern der Einstellungen - General Information

GENERAL INFORMATION

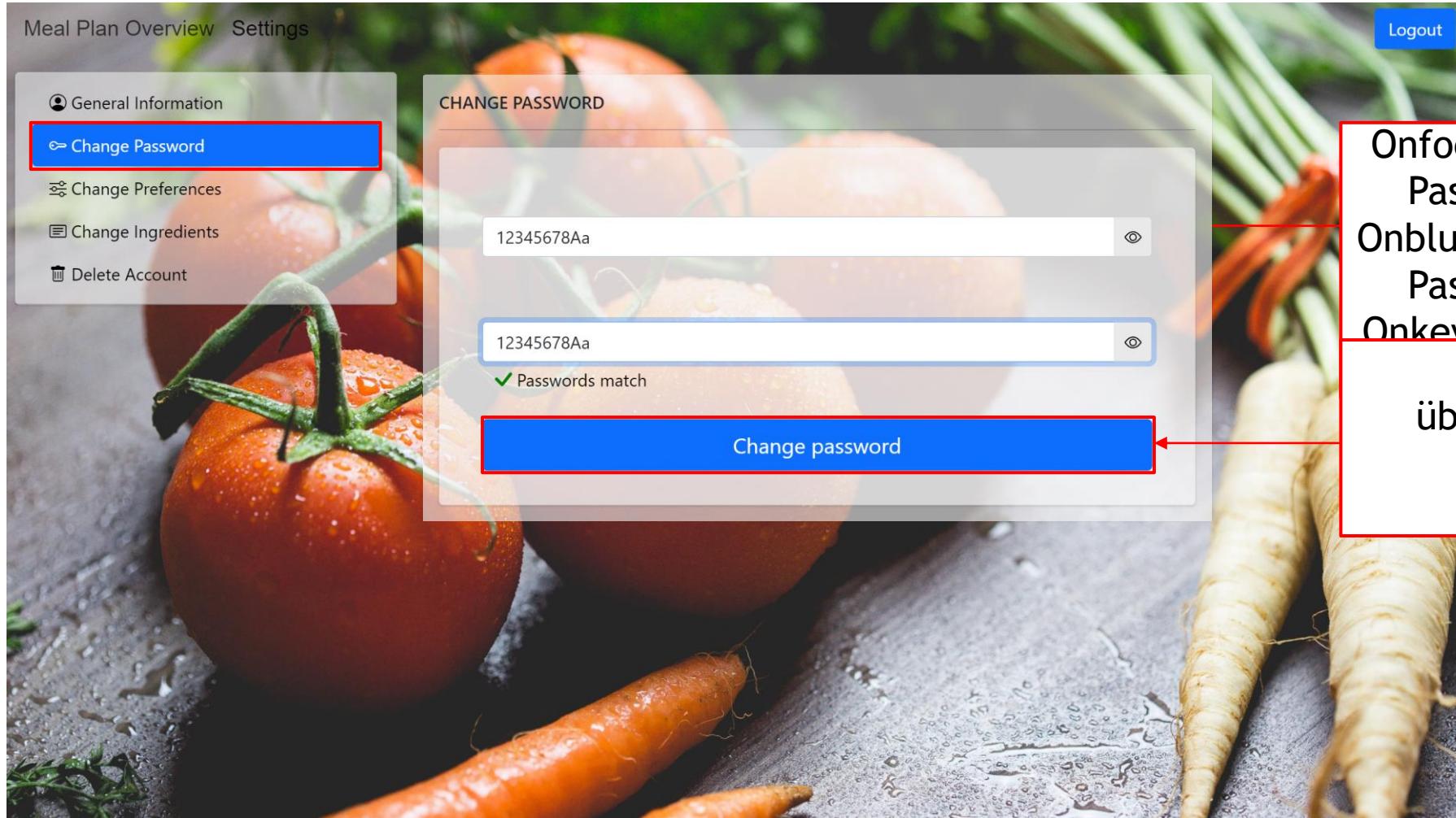
First name	Oliver
Last name	Dassinger
User name	ordass
Email	oliverdassinger@yahoo.de
Birth day	21.06.2000
First name	Firstname
Last name	Lastname
User name	Username
Email	name@example.com
Birth day	tt.mm.jjjj <input type="button" value=""/>

Success! Your personal information has been successfully updated!

GENERAL INFORMATION

First name	Felix
Last name	Berger
User name	febe
Email	felixberger@icloud.com
Birth day	24.06.1999
First name	Felix
Last name	Berger
User name	febe
Email	felixberger@icloud.com
Birth day	24.06.1999 <input type="button" value=""/>

Umsetzung: Ändern der Einstellungen - Change Password



Onfocus-Event: Erscheinen der
Password-Voraussetzungen

Onblur-Event: Verschwinden der
Password-Voraussetzungen

Onkeyup-Event: Validierung der
Prüft ob Passwörter
übereinstimmen und dem
geforderten Format
übereinstimmen

Umsetzung: Ändern der Einstellungen - Change Preferences

The image shows a meal planning application interface. At the top left are navigation links: 'Meal Plan Overview' and 'Settings'. On the right is a 'Logout' button. The main content area has a background image of fresh vegetables (tomatoes, carrots, parsnips). A sidebar on the left contains links: 'General Information', 'Change Password', 'Change Preferences' (which is highlighted with a red box), 'Change Ingredients', and 'Delete Account'. The central part of the screen is a 'CHANGE PREFERENCES' dialog box. It includes fields for 'Diet type' (set to 'Omnivore (everything)'), 'Intolerances' (checkboxes for Dairy, Gluten, Grain, Wheat, Peanut, Egg, all of which are off except Dairy), and 'Calories' (a slider set to 2750). A 'Submit' button is at the bottom. Red arrows point from the German text on the right to the corresponding elements in the dialog box: one arrow points to the 'Diet type' dropdown, another to the 'Calories' slider, and a third to the 'Submit' button.

Logout

Meal Plan Overview Settings

General Information

Change Password

Change Preferences

Change Ingredients

Delete Account

CHANGE PREFERENCES

Diet type

Omnivore (everything)

Intolerances

Dairy Gluten Grain
Wheat Peanut Egg

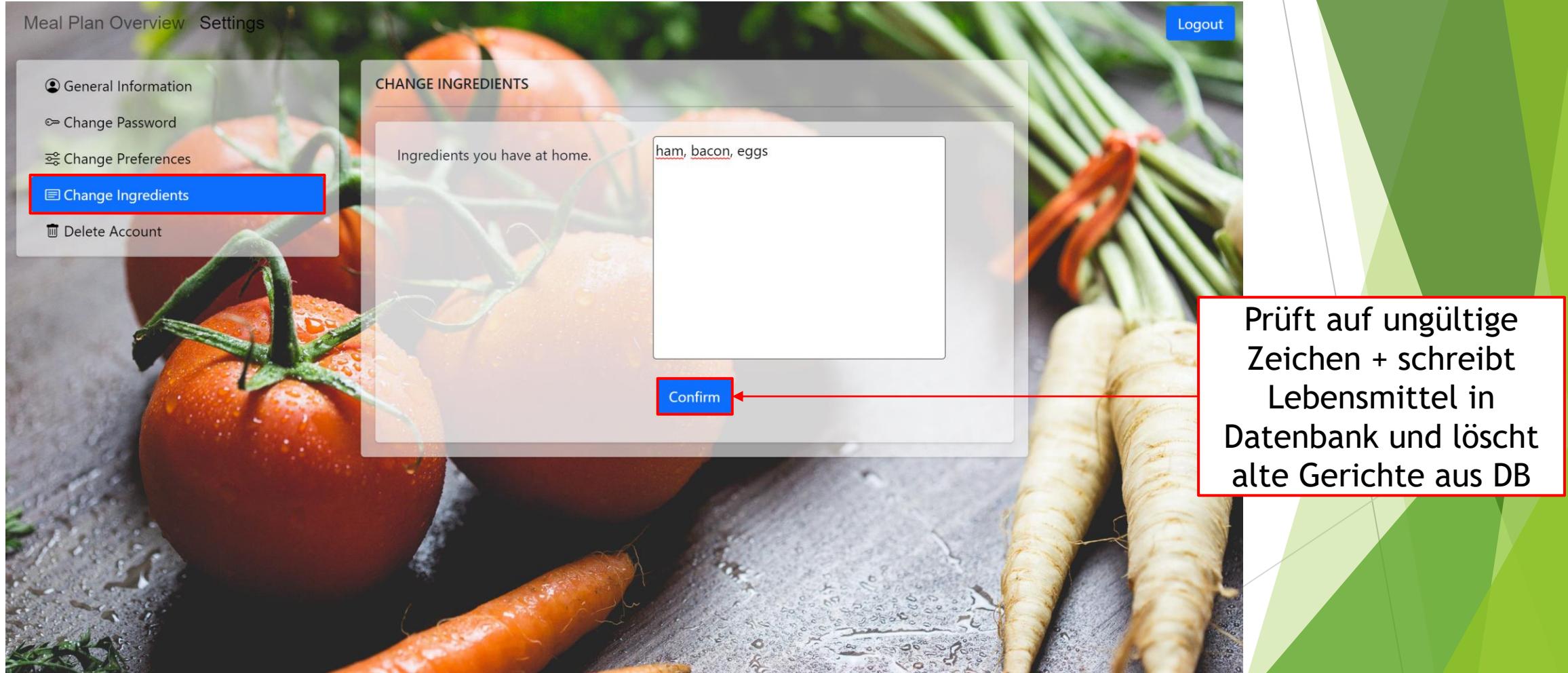
Calories

2750

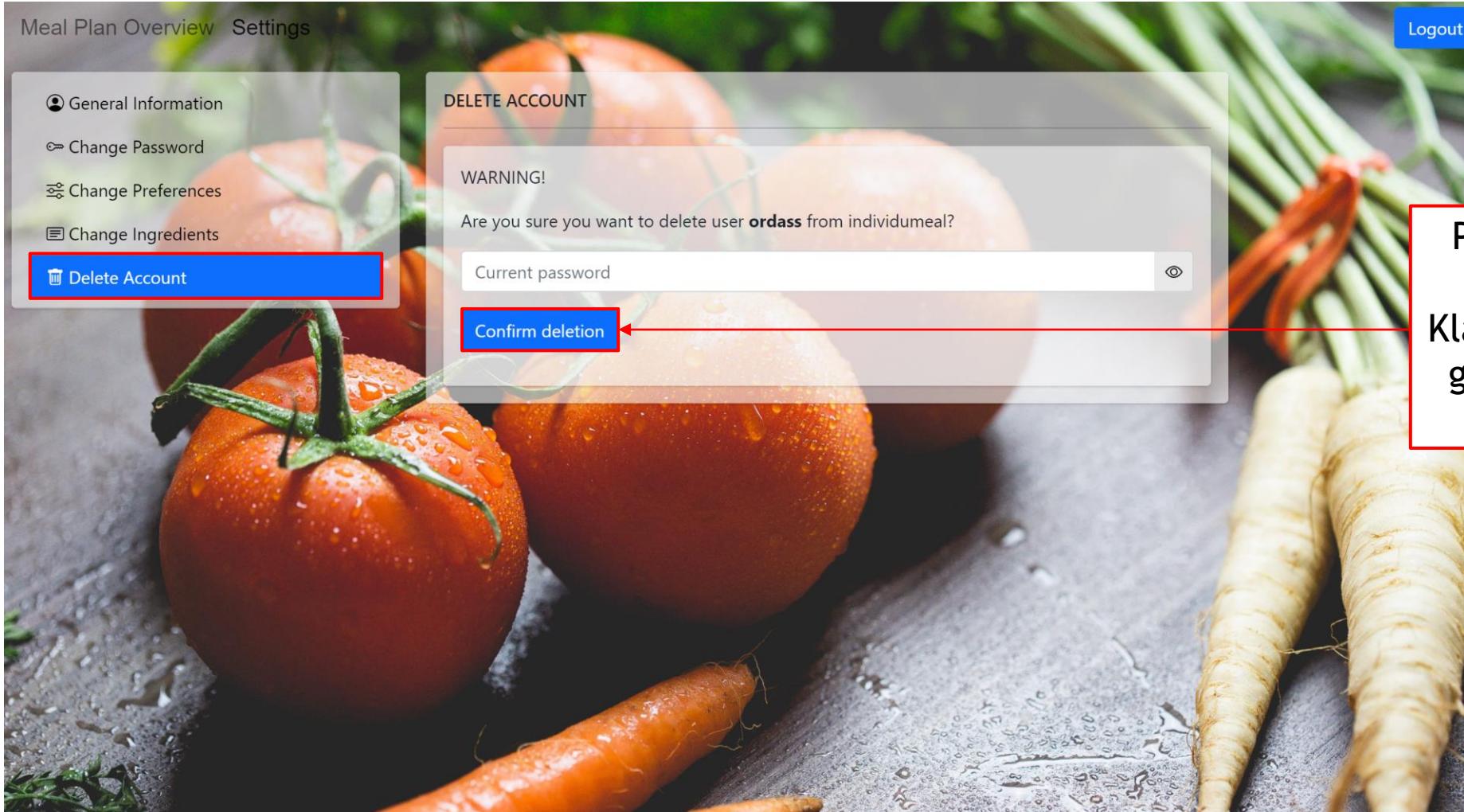
Submit

Ernährungsart
Intoleranzen
(Molkerei, Gluten,
Kilokalorien (500 -
5 000kcal)
Speichern der neuen
Daten in DB + alte
Gerichte aus DB
löschen

Umsetzung: Ändern der Einstellungen - Change Ingredients



Umsetzung: Ändern der Einstellungen - Delete Account



Prüft ob Feld ausgefüllt
ist und ob das
Klartextpassword mit dem
gehaschten Password aus
der DB übereinstimmt

Probleme/Schwierigkeiten

- ▶ Keine große Erfahrung mit eigener Projektentwicklung
- ▶ API-Probleme:
 - ▶ Bugs in der benutzten API -> Falsche Ergebnisse
 - ▶ Schlechte Kommunikation
 - ▶ Bezahlter Studentenzugang hat Einschränkungen

Vielen Dank für eure Aufmerksamkeit!