

THE KITCHEN

“How Unhealthy is Tasty Food, Really?”

1. Why I chose the field:

I picked the theme, “*How Unhealthy is Tasty Food, Really?*” because it’s a question that is often asked in modern kitchens – the food that tastes the best usually ends up being the worst for us. The kitchen, being the heart of food preparation, is the perfect place to dig into this. Every meal we make **has a story**: what ingredients we use, how much, and how we cook it.

I wanted to see if I could find patterns in “delicious” dishes, *while also eating those delicious dishes.* :)





2. Installation & Set-up:

I installed WSL using the Windows Terminal.

I downloaded Miniconda from the official site and created a new conda environment using `conda create -n kitchen-data python` and activated it with `conda activate kitchen-data`.

3. Data Collection Process:

I took photos of each dish I made and noted down the ingredients, oil used, spices, and estimated calorie count. I also rated how tasty each dish was after eating it.

4. Why I made multiple data files:

I made two separate files to keep things organized: one for ingredients and taste, and the other for nutritional values like sugar, protein and fat.

5. Explanation of the DATA captured:

From the data I captured, I noticed that the **tastier** dishes usually had **more** oil, fat, and carbs. Healthier ones like zucchini noodles had less of everything (including taste).