**Project Report: An Analysis of Modern Eating Out Habits**

**1. Project Summary**

This report presents an analysis of eating out habits based on a survey of 35 individuals. The goal was to understand the frequency of eating out, spending patterns, and health awareness among different age groups. With the rise of food delivery apps and busy lifestyles, this study provides insights into how these trends are shaping our relationship with food.

**2. Key Findings**

* **Frequency and Demographics:** The survey found that participants, on average, eat out **4.51** times per week. The highest frequency of eating out was observed in the **20-30** category, largely due to **socializing**.
* **Financial Impact:** Average monthly spending on eating out was calculated at **7495**. A significant portion of respondents, particularly in the **20-30** bracket, reported a **High** impact on their budget.
* **Health Awareness:** Of the respondents, **24**  people expressed concern about the health implications of eating out.
* **Food Choices:** The most preferred food source among respondents was **Restaurants**, followed by **Food Apps**. This indicates a preference for **Variety**.

**3. Visual Data**

*Figure 1: Eating Out Frequency by Age Group*

*Figure 2: Most preferred food sources*

*Figure 3: Monthly spending trend*

**4. Recommendations for Healthier Habits**

1. **Promote Mindful Ordering:** Encourage individuals to set a weekly budget for eating out to track spending and make more intentional choices. This can reduce both financial and health-related strain.
2. **Integrate Healthy Habits:** Suggest making small changes, such as preparing a simple meal at home at least once a day, to balance the frequency of eating out. This can lead to greater control over nutrition.
3. **Utilize Technology Wisely:** While food apps contribute to the problem, they can also be part of the solution. Encourage the use of filters to search for "healthy," "salad," or "high-protein" options when ordering to make better choices.