**Abstract**

Eating a home cooked meal is one of the pleasures of the world, but having it cooked is one of the biggest nightmares one is bound to experience. This proposal provides a solution to this problem by offering a brand that makes home cooked meals and delivers the meals to individualsmostly students around campus who have a longing for a home-cooked meal. The name of the brand will be Home Foods which is also an explanation of what products as well as services we will be offering. This proposal seeks capital that will ensure that Home Foods provides products as well as services that are top notch from the word go given that we will be highly dependent onword of mouth for our expansion.

**Introduction**  Eating a home cooked meal is one of the pleasures of the world, but having it cooked is one of the biggest nightmares one is bound to experience. Sometimes you will want to sit on your couch and enjoy a simple or even complex warm cooked meal without the hustle of lifting a finger to cook it yourself and without the worry of having to wash dishes and cleaning up after. With the economy on a dip people often have to work extra hours or extra shifts to make ends meet and by doing so leave no time to cook and enjoy their home-cooked meal. Hiring a chef or a house-help that can always be at home to cook has become a luxury that is no longer affordable making pizza and Chinese take outs the only viable meal for individuals after having a long day at work.

The Proposal

The proposed project is a brand that makes home cooked meals and delivers the meals to individuals mostly students around campus who have a longing for a home-cooked meal. The name of the brand will be Home Foods which is also an explanation of what products as well as services we will be supplying. Students within the campus often have a limited number of

EXISTING SYSTEM:

Throughout the system analysis, an in-depth, study of end-user information is conducted, for producing functional requirement of the proposed system. Data about the existing ordering system is collected through several fact-finding techniques such as website visit and document review, at the beginning of this stage. The data collected facilities information required during detailed analysis. A study on the current system is performed based on the collected data. As a result, user requirement of the proposed system is determined. At the end of this stage, requirement specification is produced as deliverable. The existing system happens to be a non-computerized operating system were all operations are done manually by the waiter carrying paper and to take down the order of the customer or making an order over the counter. This leads to mistakes because the waiter might not understand what the customer had ordered therefore serving him/her a different menu. This could be so embarrassing because the customer might not take it lightly with the waiter which may lead to misunderstanding.

**Fast Food Disadvantages**

**Obesity**

One of the most obvious fast food disadvantages is obesity. Obesity is a common medical condition in most countries with a fast food culture. The high levels of sugar and fat in fast food can lead to an increased risk of obesity. Studies show that over the past twenty years, the number of obese children has doubled and the number of obese teens has tripled. This is because of the high-calorie contents of fast food. Extra sugar and food dye are put into fast food to make it more appealing. These addicting ingredients contribute to the increasing number of obesity cases. Obesity is not only bad for your physical appearance, it can also lead to health problems including heart disease and reduced life expectancy.

**Unhealthy Food Choice**

Even though many fast food joints are now offering healthier food choices, most of the fast food is still quite unhealthy. In addition to the fast food disadvantages, is the fact that fast food ingredients are mostly artificial? They are high in sugar and fat and are not meant to be eaten on a regular basis. Consuming these ingredients regularly can lead to health issues including heart disease, diabetes, and cancers.

**Kidney and Cardiovascular Diseases**

Most fast foods like French fries, burgers, pizzas have high salt and cholesterol content which when consumed excessively can cause problems with kidney or cardiovascular system. High levels of sodium from fast food will increase your blood pressure, which can also increase the risk of heart attack or stroke over time. Cholesterol can also clog the arteries, increasing the risk of having a heart attack or stroke. In addition, the high level of salt in fast food contributes to the probability of developing kidney diseases.

**Adverse Effects of Additives and Preservatives**

Most fast food products contain food additives and preservatives. A lot of these additives and preservatives are harmful to the human body.  Some of the preservatives have been known to contain carcinogenic materials which can cause cell damage and may lead to certain types of cancer if taken in excessive amount or frequency.

**Effects to the Environment**

To add to the list of fast food disadvantages is the effects of fast food on the environment. The production and selling of junk food put a significant negative impact on the environment. The environmental consequences are another rather large disadvantage of fast food that one has to consider. Excess packaging, excess processing of food, not to mention the chemical waste that occurs, not only from the preservatives for the fast food but also from the factory farms that house the millions of chickens and cows used in fast food production.

Overall, disadvantages of fast food are now beginning to outweigh the convenience it offers. Fast food may be the fastest way to satisfy your hunger, but it is not healthy at all. Fast food is now a fast way to increase your risk of [heart attacks](https://www.mayoclinic.org/diseases-conditions/heart-attack/basics/causes/con-20019520) and other health-related issues, including cancer. You should learn to choose fast food carefully and limit your intake. So before you go order a happy meal, take a moment to think about the bigger consequences

**ADVANTAGES OF PROPOSED SYSTEM:**

Apart from reduction in storage costs data outsourcing to the cloud also helps in reducing the maintenance.Avoiding local storage of data.By reducing the costs of storage, maintenance and personnel.It reduces the chance of losing data by hardware failures.Not cheating the owner

**Refrence**- Books, Internet

**Proposed System**

* When you prepare your own meals, you have more control over the ingredients. By **cooking** for yourself, you can ensure that you and your family eat fresh, wholesome meals. This can help you to look and feel healthier, boost your energy, stabilize your weight and mood, and improve your sleep and resilience to stress. Saves money. Eating homemade foods is usually much cheaper than eating at a restaurant or buying processed foods from the market. ...
* Saves time. ...
* Healthier ingredients. ...
* Avoid food allergies and sensitivities. ...
* Portion control. ...
* Brings family together. ...

A **food** is something that provides nutrients. Nutrients are substances that provide: energy for activity, growth, and all functions of the body such as breathing, digesting **food**, and keeping warm; materials for the growth and repair of the body, and for keeping the immune system healthy.

**Conclusions**

131. The Meeting recognized that good nutrition is fundamental for children’s current and future health, as well as their development and learning. The benefits of developing healthy dietary and lifestyle patterns from an early age onwards can positively impact on people’s nutrition and health throughout their adult lives, and enhance the productivity of individuals and nations. Nutrition education is an important element in an overall strategy aimed at improving food security and preventing all forms of malnutrition. Schools (from pre-school to secondary) are ideal settings for promoting lifelong healthy eating habits and lifestyles.

132. Most countries in the region implement school health and nutrition programmes, including school feeding, deworming, vitamin and mineral supplementation, etc. Innovative, creative and effective school nutrition education programmes exist in some countries in the region. However, these are often small-scale and implemented as pilot projects, focus on children with special needs and prioritize the transfer of knowledge over the promotion of active learning and the creation of appropriate attitudes, life skills and behaviors. Generally, nutrition education is not systematically integrated into school curricula in the region.