

# Computing group project. (groupA19)

## Project proposal.

## Creating nutrition application.

### INTRODUCTION.

Sri Lanka first published dietary guidelines for Sri Lankans in 2002. A revised version was released in 2011. In 2020, the Ministry of Health's Nutrition Division undertook the task of re-reviewing and updating the dietary guidelines for Sri Lankans with the latest evidence-based information aligned with the global concept of environmentally sustainable food. It provides timely and relevant guidance on healthy diet and lifestyle that can be adopted by the community in time. A healthy diet includes foods from different food groups in recommended amounts and in a variety. Eating healthy diet throughout life can help prevent non-communicable diseases and all forms of malnutrition, as well as improve immunity. However, changes in the lifestyle of the community have led to changes in eating habits. People eat too many foods high in calories, fat, sugar, and salt, as well as processed foods, and many don't eat enough fiber-rich fruits, vegetables, and whole grains. In addition, insufficient physical activity is a global risk to health.

Our app is designed to guide the normal Sri Lankans on a healthy diet. Its aim is to adapt everyone in the community to a healthy diet that can achieve a better nutritional status. Our nutrition app is important to consider user goals. For example, our app focuses on weight loss, mindful eating, and nutrition education. That app is offered reliable and helpful nutrition information. Our app is easy to use and intuitive to navigate. Apps can be a great tool to improve health through better eating and planning. Smartphones offer inexpensive options allowing for more engagement, empowerment, and communication with health care providers. Apps can be superior to traditional methods at helping track food intake, making better food choices, and losing weight. A nutrition app can help make life easier. The nutrition app is becoming popular among users because of its great usability and amazing convenience.

### OBJECTIVES.

To guide its users towards a healthy diet and assist them to achieve their health goals. Once our user specifies the goal like desired weight goal, body type, food habits, and preferred food items, our app must suggest them with a proper diet accordingly.

## TARGET USERS.

- 1 .adults
- 2 .teenagers
3. health industry workers

## APPLICATION FEATURES AND DESCRIPTION.

### 1.DIET PLANS.

Help users maintain a healthy diet by offering diet plans. Usually a diet plan includes real suggestions , nutritional tips ,recipes and recommended total calorie intake per week or day.

### 2.BLOG

A lot of users want a diet and nutrition application share some diet tips to help them improve eating habits . we can share the latest food and nutrition research, news and health tips.

### 3. RECIPE BOOK.

Users will appreciate the opportunity to find healthy recipes in our app . we are include pictures, video and even voice instructions in our recipes.

## TIME FRAME.

Planning and research														
prototyping														
Designing app														
development														
testing														
release														
maintenance														
	Oct 1- 14	Oct 15- 30	Nov 1- 14	Nov 15- 30	Dec 1- 14	Dec 15- 30	Jan 1- 14	Jan 15- 30	Feb 1- 14	Feb 15- 28	Mar 1- 14	Mar 15- 30	Apr 1- 14	Apr 15- 30

(2weeks)

TIME.

ACTIVITIES.

Student name:- Dilanka sewwandi Nagasinghe.

Student ID number:- 10898567

Student e-mail address:- 10898567@students.plymouth.ac.uk