Universiti Teknologi MARA

Development of Diet Recommendation Mobile Application System (MyDietRec)

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ABSTRACT

Mobile Application of Diet Recommendations System (MyDietRec) is an application of diet recommendations system that can help people who practice diet. This application prompt user for their profile and preferred type of diet and then calculate and recommend a suitable diet meal plan based on the input. This system will benefit people that are trying to lose weight. This project is a mobile application that can be installed into any Android Phone and be used by any people if they intend to. This system were developed using mobile application development life cycle (MADLC). Limitations of MyDietRec includes the quality of results is dependent on the user's input and have poor and incomplete database. Furthermore, the project was focusing on the functionality of the modules and functions of the system instead of focusing on the interface of the system. System's interface of MyDietRec should be improved to increase user satisfaction and to gives positive overall appearance. Other than that, the system also should be able to justify and check the accuracy of user's input. Diet meal plan database also should be expanded to enhance more recommendations for user. Furthermore, MyDietRec also should be developed in IOS platform so that IOS mobile phone's users can also install and use MyDietRec.

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CHAPTER 1

INTRODUCTION

This chapter focus on project background and the problem statement. Other than that, there are also the description of research significance, scope and objectives.

1.1   Project Background

Many diet mobile applications available today are free to be downloaded and installed on personal mobile devices especially smartphones. However, research have concluded that existing applications for diet management are not very effective and is used not for a long duration (Ahmad Yusof Fadhil, Noorminshah A.Iahad & Abdul Hafidz Omar, 2013). The statistics have also shown that the rate of obesity in Malaysia is increasing over the years (Ahmad Yusof Fadhil et al., 2013). Wan Abdul Manan Wan Muda, Kuate, D., Rohana Abdul Jalil, Wan Suriati Wan Nik and Siti Azima Awang(2015) stated that obesity is excess body fat, and overweight is defined as the body weight is higher than the ideal weight. It is also stated that in order to prevent or to get cured from obesity, people need to have a balanced and healthy diet (Mazlina Mansor & Nor Zalina Harun, 2014). Thus, a plan to design and develop a new mobile application for diet management must be constructed in order to treat or manage these problems. This research will focus on to develop a diet recommendation system named as MyDietRec that can help people who practice diet. In order to make a clearer understanding with the current problems, a preliminary investigation has been conducted. The method used is interview in order to define more about intended user, identify user expectations, what would be automated and to gain more understanding of the tasks. This system were developed using mobile application development life cycle (MADLC) proposed by Anand Kumar and Tejas Vithani (2014). This lifecycle includes 6 phases that is Identification phase, Design phase, Development phase, Prototyping phase, Testing and Maintenance phase.