

UNIVERSITI TEKNOLOGI MARA

TECHNICAL REPORT

**MOBILE APPLICATION FOR ONLINE FOOD
DELIVERY SYSTEM WITH CALORY
CALCULATOR USING MIFFLIN ST JEOR
EQUATION**

P35M19

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TABLE OF CONTENTS

ACKNOWLEDGEMENT	i
TABLE OF CONTENTS.....	ii
LIST OF FIGURES	iii
ABSTRACT.....	iv
CHAPTER 1 INTRODUCTION	5
1.1 Background of Study.....	5
1.2 Problem Statement	7
1.3 Objectives.....	8
1.4 Scope of the study	8
1.5 Significance of the study	9
CHAPTER 2 LITERATURE REVIEW	10
2.1 Mobile Food Application using Android OS Platform	10
2.1.1 Attributes that a Mobile Applications of Ordering Food Should Have	10
2.1.2 Ordering Food Online	10
2.2 Basal Metabolic Rate	11
2.2.1 Calorie	11
2.2.2 Harris-Benedict Formula.....	12
2.2.3 Katch-McArdle Formula.....	13
2.2.4 Mifflin-St Jeor Formula	13
2.3 Rule-Based in Expert System.....	14
2.4 Conclusion.....	15
CHAPTER 3 METHODOLOGY	16
3.1 Application Process.....	16
3.2 Equation	18
3.3 Coding Process.....	19
3.4 Data Collection.....	20
3.5 Hardware and Software Requirements.....	20
3.5.1 Developer Requirements.....	20
3.5.2 End-User Requirements	20

3.6 Project Testing	20
CHAPTER 4 RESULT AND DISCUSSION.....	21
CHAPTER 5 CONCLUSION AND RECOMMENDATION	28
REFERENCES	29

LIST OF FIGURES

Figure 3.1 Application Process.....	16
Figure 3.2 Coding to Calculate BMR	19
Figure 3.3 Coding for Suggested Menu.....	19
Figure 4.1 Information Needed to Calculate BMR.....	21
Figure 4.2 Result of BMR Calculation	22
Figure 4.3 Category of Food.....	23
Figure 4.4 List of Restaurant in Mamak category	24
Figure 4.5 List of Foods, Types, Calories and Prices	25
Figure 4.6 Suggested Menu based on Calories.....	26
Figure 4.7 Billing Result.....	27

ABSTRACT

Good nutrition is a key part of a healthy lifestyle. People nowadays rarely thought about their daily calories intake. People are not expose that calorie intake plays an important role in daily life. Calories intake are very important to our body because it could lead to lack of nutrients if less calories are taken, meanwhile it could lead to obesity and many other diseases for excessive calories taken. Hence, an Android application is developed to help UiTM students in managing their calorie intake per meal. In order to monitor calorie intake, Mifflin-St. Jeor equation is used to find Basal Metabolic Rate of the person. Several rules are set up to suggest the best menu within the suggested calorie. In the end of this study, a mobile application is developed which can be used by UiTM Seremban 3 students to order food for themselves according to the calorie needed.