

# MIIEx2017

Melaka  
International  
Intellectual  
Exposition

## PROGRAMME ABSTRACT



**“Bridging Gaps with Creativity for Future Sustainability”**

# MIIEX2017



"Bridging the Gaps with Creativity for Future Sustainability"

## **EDITORS AND COMPILERS:**

Prof. Madya Dr. Shafinar Binti Ismail  
Mohd Halim Bin Mahphoth  
Aemillyawaty Binti Abas  
Fazlina Mohd Radzi  
Aidah Alias  
Ilinadia Jamil  
Nor Yus Shahirah Hassan  
Shafirah Shaari  
Farihan Azahari

## **COVER DESIGN:**

AFTI Sdn Bhd

## **PUBLISHED BY:**

Division of Research and Industry Linkages  
Universiti Teknologi MARA MELAKA  
KM26 Jalan Lendu,  
78000 Alor Gajah Melaka  
Tel +606-5582094/ +606-5582190 / +606-5582113  
Web: [www.miiex2017.com](http://www.miiex2017.com)

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## SMART HEALTHY DIET BOX AND PLATE

Gomathy Sankaran

OPEN UNIVERSITY

### Abstract

Malaysia is known as Asia's fattest country, recorded an increase in its obesity rate last year (2016) with the latest statistics showing that the overweight and the obese make up nearly half of its 30 million populace. The country's children and teenagers have a dietary problem that needs to be addressed immediately. The current research involving 8705 primary and secondary school students nationwide indicated that more female students 32.9% were overweight compared to their male counterparts (24.7%). So, national strategy needs to be developed to tackle dietary problem among Malaysian student's population. "Healthy diet box and plate" is designed to overcome the dietary problem among our students. Healthy diet box and plate is innovated based on the food pyramid. Inside the 'Healthy diet box and plate' there will be 4 to 5 food portion. The larger food portion is allocated for the green vegetables and fruits group. Two same size portions are allocated each for the grain group (bread, cereal, rice, pasta) and the meat& milk group. A very small portion is allocated for fats & oils. "Healthy diet box and plate" will help to keep their food intake of total fat and saturated fat low and also reduce their chances of getting certain diseases and help them maintain a healthy weight. The usage of "Smart healthy diet box and plate" needs to implement in all school in Malaysia because awareness of calorie intake is very important for students for them be more careful with their dietary habits. Students, teachers, parents, school canteen operators, social media and the government should be integrated and spend time for "Smart Healthy diet box and plate" to teach them to practice a healthy diet and lifestyle.