University Teknologi MARA

Dr. Chef (Smart Mobile Application for Healthy Recipes)

NorBaizura binti Mohd Zain

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Abstract

A healthy lifestyle is very important for everyone. It can be considered as an important priority to live a healthy and full life. There are many factors that can affect our health including food intake. Uncontrolled and non-nutritious food intake can contribute to a variety of chronic diseases such as obesity. Thus, this project, Dr. Chef (mobile application for healthy recipe) is aimed to help people to have nutrition meal through healthy recipe based on BMI (Body Mass Index) level. The domain area of this project was about healthy recipe. Furthermore, this project has used Mobile Application Development Life Cycle method to manage the project plan, smooth the development process, and meet all requirements and objectives. This method consists of requirement gathering and analysing, designing, developing, testing, and launching and maintaining phases. Moreover, the evaluation of this project was conducted by using black box testing method which requires 5 users to test the prototype. The result of this prototype evaluation was fully function and produced accurate output. In conclusion, this project was in the form of mobile application that suggested healthy recipe with the consumption amount.

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CHAPTER 1

INTRODUCTION

1.0   Introduction

Good nutrition is very important because it contributes to a healthy lifestyle. A healthy lifestyle can help consumer to reach and maintain an ideal weight, reduce the risk of chronic diseases and promote the positive overall healthy life (President's Council on Fitness, Sports & Nutrition, 2017). The choices of daily intake affect to health for today, tomorrow and future. However, a busy life makes consumer not have enough time to prepare nutritious meals and practice a healthy lifestyle. Therefore, some of them practices unbalanced diet and exposed to chronic diseases. However, there are a variety of applications that can help the consumer to practice a healthy lifestyle such as tips to lose weight, daily exercises and information about health application.

1.1   Project Background

The era of technology today, cell phones are a necessity for everyone as life is also getting busier day by day. There are many applications that can help consumer in daily life such as in health, entertainment, and education. Other than that, there are also many simple intelligent applications developed to react like a human that can learn and understand, make decision and solve problem.

Intelligent application is very useful because it changes the way people interact with the application. In addition, the idea to create artificial intelligence is to make the life of human easier. Artificial intelligence has a few states which are game playing, natural language understanding, robotics, and machine vision. According to Fekety (2015), artificial intelligence can