UNIVERSITI TEKNOLOGI MARA

HOW EFFECTIVE COOKING PLANNING APPLICATION AMONG UITM CAMPUS ALOR GAJAH STUDENTS

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ABSTRACT

Budget Cooking Planning is a mobile application designed to cater to the culinary needs of students who are on a tight budget. With the rising costs of living and limited financial resources, many students struggle to strike a balance between nutritious eating and budget constraints. The primary objective of Budget Bites is to provide an accessible and user-friendly platform for students to discover, plan, and prepare cost-effective , and delicious and easy meals. At the core of the application is an extensive database of affordable recipes, carefully curated and categorized to suit various dietary preferences and restrictions. From quick and simple meals such as breakfast, lunch, and dinner, Budget Cooking Planning offers a wide range of budget-friendly recipes that incorporate affordable ingredients readily available at local grocery stores or markets.

A smart shopping list is generated by the app based on selected recipes and the user's budget. This list lists the necessary ingredients and may suggest alternatives to meet the student's preferences in cooking a simple and inexpensive menu, thereby optimizing the budget-conscious cooking experience. In addition to its practical features, Budget Cooking Planning also provides detailed price information for each recipe ingredient. This empowers students to make easier and faster choices while maintaining a daily spending limit, to ensure their budget is not compromised in terms of nutrition.

In conclusion, Budget Cooking Planning seeks to revolutionize the way students approach cooking on a limited budget. By providing a variety of budget-conscious recipes and tools, the app empowers students to make informed and frugal choices while developing their culinary skills. Ultimately, Budget Cooking Planning aims to improve students' overall well-being and financial stability, making their journey through higher education more enjoyable and manageable.

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CHAPTER ONE

INTRODUCTION

This chapter discusses about the introduction of the topic, problem statement, research question , objective, scope, limitations and the research methodology of the study.

1. BACKGROUND OF STUDY

1.1.1 LIFESTYLE

Lifestyle is someone's way of living. Lifestyle can be explained as individuals, families, or societies' way of living which they display on day to day basis to survive in their physical, psychological, social, and economic environments. The term 'lifestyle' was introduced in the 1950s as the meaning of that "style in art".This can be expressed in the way of their work life or leisure life. Another definition states that it reflects the self-image how you look at yourself and what you feel about yourself (mbaskool, 2020).

The concept of *lifestyle* is commonly used as something that needs to be changed if we want to achieve sustainable development. But what does the concept of lifestyle mean? How is it defined? Educators and politicians, among others, need a definition to use the concept and understand how it is related to sustainable development. How should we understand the concept of *lifestyle*? The term is widely used in the media and research on sustainable development and health. It seems as if the concept is taken for granted, just meaning manner of living or way of living. The Latin expression *modus vivendi* means manner/way of living but should be understood in terms of values and attitudes. The argument presented here is that we have to understand lifestyle in a pluralistic way. In the field of sociology, as in other fields, the concept is often used to mean one of many lifestyles. An individual can, in the form of different practices, express him or herself through many lifestyles. For example, how to eat and what to eat and drink (Mikael Jensen, 2007)