Graduation Project

Nutrition related Website for children under one year of age

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Feeding a child in the first months of his life is a big challenge, and it comes from the difficulties that is faced the mothers and their inability to obtain reliable information about child’s nutrition at this age or being not satisfied by the child with eating any type of food and the difficulty of accepting new types.
The reason for choosing this project is that there is no Arabic website dedicated to publishing the correct information about how to feed a child children under one year of age, and give ideas for meals suitable for infants at this age. Most mothers turn to social media as a way to obtain information.
Content of the website?

- Ideas for meal recipes and analysis according to age.
- Basic Information about weaning and breastfeeding and solid food.
- Questions may be asked by mothers as FAQs
- Guide for growth indicators.
جدول متوسط الوزن والطول في أول عام من عمر طفلي

تسعى كل أم إلى الوصول بطفلها إلى المعدلات الطبيعية والصحية في كل شيء، وخاصة الوزن والطول.
Method

- Collect information and translate to Arabic.
- Find suitable recipes and analyze them using nutrition software analysis “Nutrium”.
- Design the website using blogger.com.
Method

• Share a post on Facebook to ask mothers who have kids under one year and Send them website. “60 responses were included “

4 days were given to browse ,then questionnaire was given to them to fill it electronically.

Website was slightly adjusted according to the feedback of mothers.
Results

 عمر طفلك؟

وَرَمَّتْهُ مُبَارَكًا
عدد الأطفال عند الأم
59 رداً
مكان السكن؟
Results

مستوى تعليم الأم

59 رذًا

مستوى الدخل

59 رذًا
Results

هل تواجهين صعوبة في الحصول على معلومات متعلقة بتغذية طفلك؟

![Pie chart showing percentages of responses to the question.](chart.png)

- نعم: 52.5%
- لا: 35%
- أحياناً: 6.8%
- الإنترنت، الأقارب، الدكتور/ستشفى: 53%
Results

ما مقدار سهولة فهم المعلومات في الموقع الالكتروني؟

كيف كانت سهولة العثور على المعلومات بالموقع؟
Results

What is the quality of the data on the site?

- Poorly acceptable: 45%
- Average: 46.7%
- Moderate: 8.3%

What is your level of satisfaction with the site?

- Excellent: 28.8%
- Good: 50.8%
- Average: 16.9%
- Poor: 2.4%
Results

 هل ممكن أن تتخذ موقع مامز كمرجع دائم؟

 بشكل عام، موقع مامز يلبغ احتياجاتي من معلومات بشكل؟
Recommendations and future development

- Add more recipes and topics to the website.
- Make short videos for the recipes.
- Include the website topics for older children.
- Turn the website to app.