The Food Calorie Specified Menu

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Why choosing the problem :

*People tend to visit restaurant more often these days, and they are not aware of the energy content in the food they usually order.

*A lot of people are not aware of their energy need, which is a reason of a lot of health problem due to increase consumption.

How to help:

Creating a new menu which contain the caloric content of the food, healthy choices, and instructions is our solution for this problem.

Creating the new menu:

The first step was choosing a restaurant, and it's done based on:

Location: a restaurant presents in the center of the city.

How often the restaurant is visited.

NourZad restaurant was our choice because of its location and number of visitors.

Project plan:

The project was done by two lines:

1- calculating the caloric content of food choices in the conventional menu.

2- adding some healthy choices and instructions in the new menu.

There are different methods to calculate caloric content in food:

- ***To use bomb calorimeter to analyze a sample of food and get the caloric content.**

- ***To gather information about the ingredient of food**

and use software programs to get caloric content.

*To get the ingredients and calculate them manually

Using references like exchange lists.

-

We used exchange
lists and software's in
our project.

Steps of working: ☺

☺*The first step was meeting the chef of the restaurant and the crew, in order to give us information about their meals and the quantities they use, there were several visits and meetings.

☺**The second step was getting the exact amount and calculating the caloric content, in order to do this we used items like measuring cups and a food balance.**
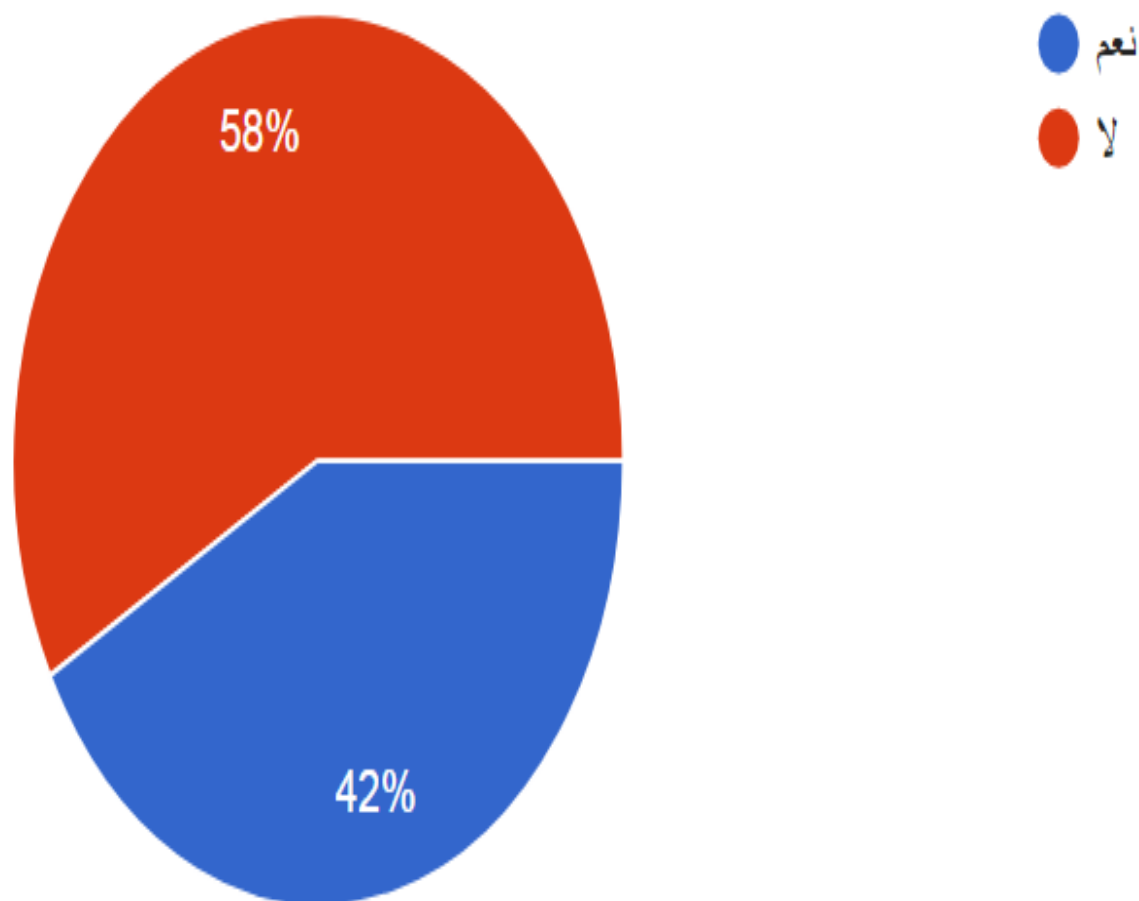
it was a very important thing to see how much people are interesting in the new thing and wither they like it or not, so we did an online questionnaire containing some questions about the project.
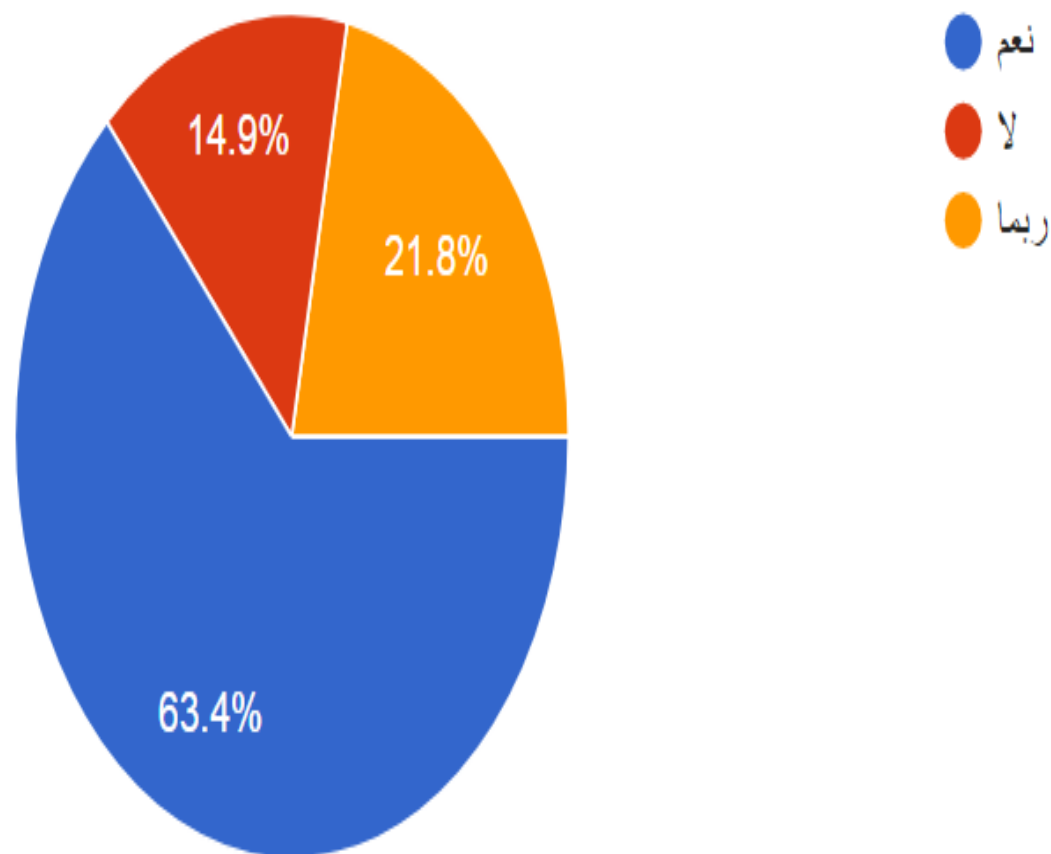
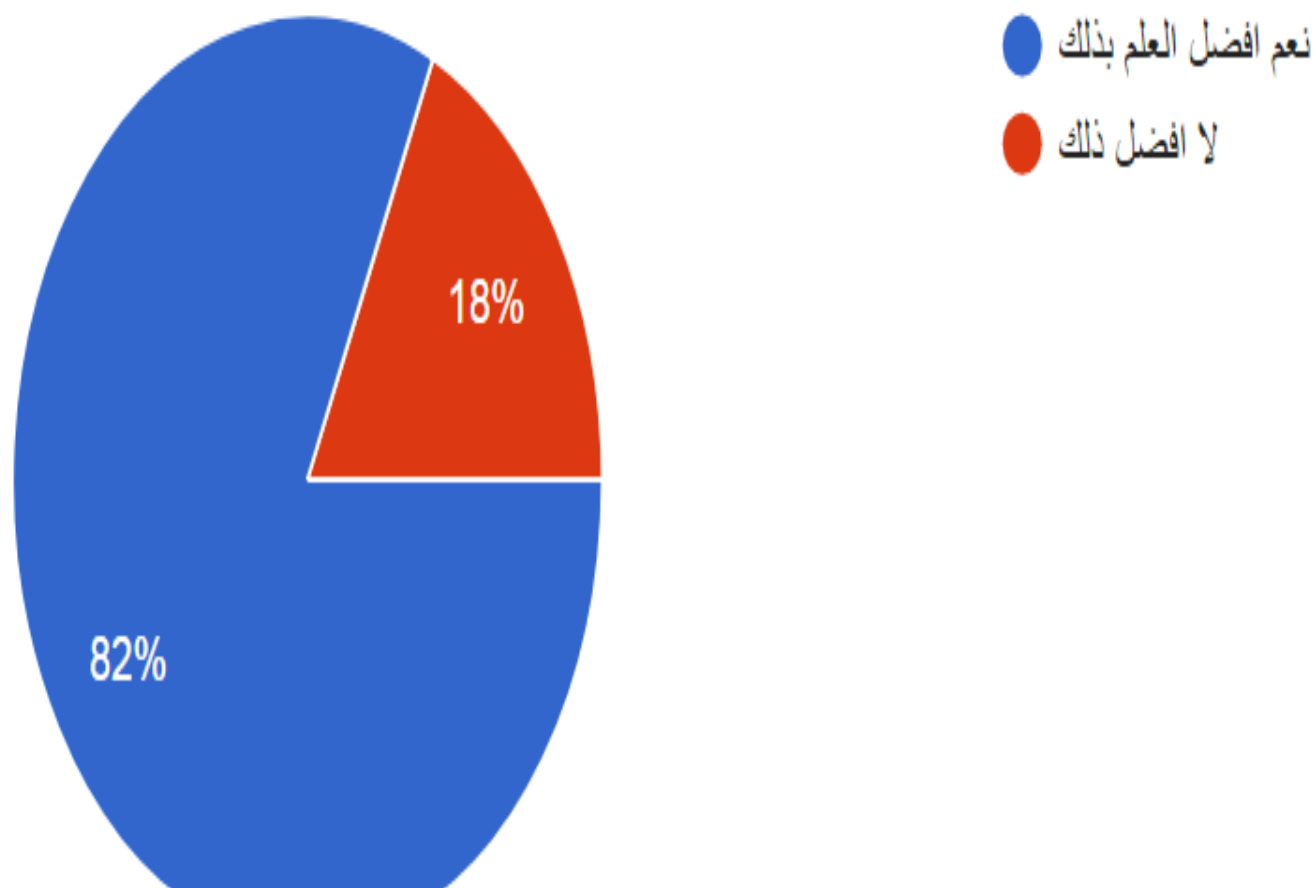# هل تعلم كم احتياجك من السعرات الحراريه في اليوم

100 responses

- نعم
- لا

58%

42%

هل يهمك مصطلح كالوري او سعرات حراريه

101 responses

نعم
لا
ربما

14.9%

21.8%

63.4%

هل تفضل العلم ب كميه السعرات التي تتناولها بالوجبه ام عدم المعرفه بذلك

● نعم افضل العلم بذلك

● لا افضل ذلك

18%

82%

برأيك هل هناك علاقه بين السعرات الحراريه والوزن

101 responses

- نعم
- لا
- ربما

92.1%
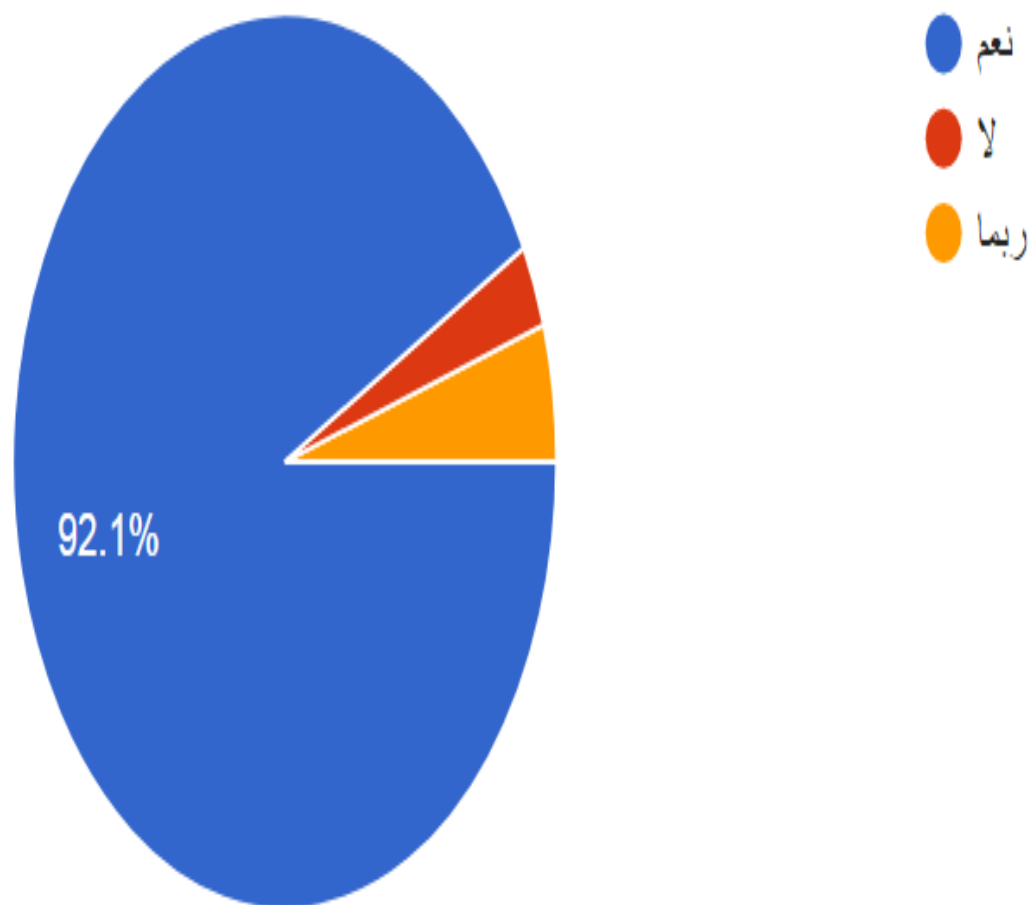
هل تؤيد اضافه قائمه بالوجبات الصحيه في المينو

101 responses

- نعم
- لا
- ربما

90.1%
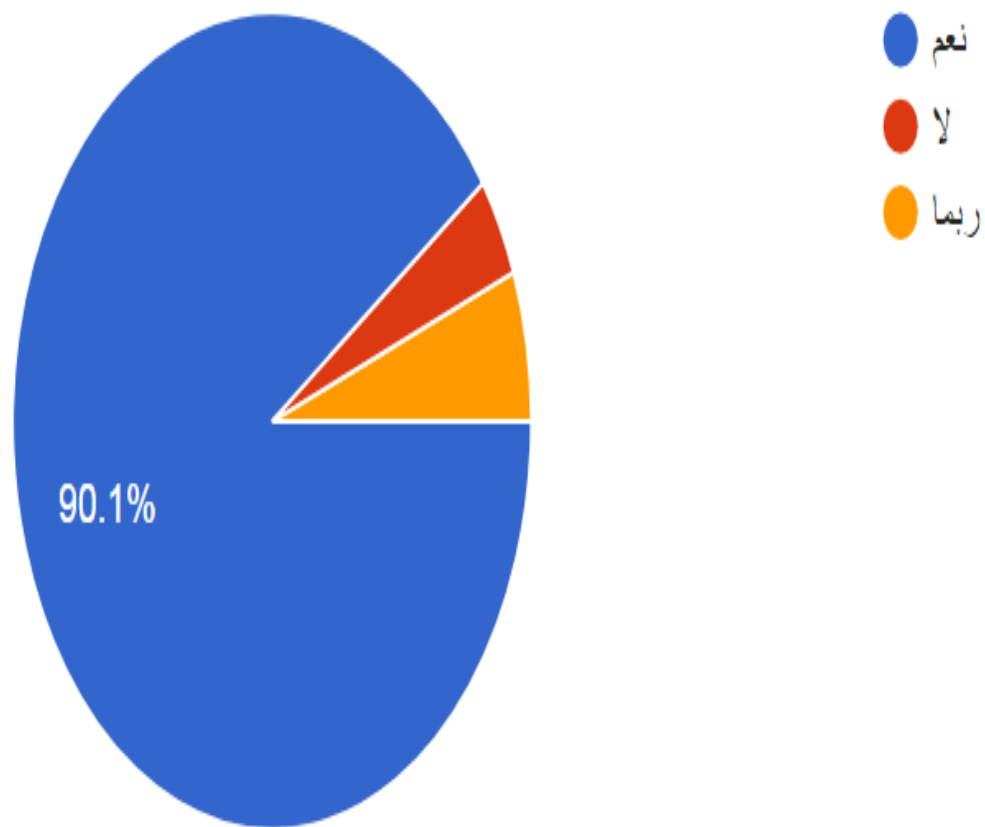
هل تفضل هذا التصميم ام المينيو التقليدي

101 responses

- تصميم الحديث مع السعرات الحراريه
- التقليدي بدون السعرات الحراريه

12.9%

87.1%
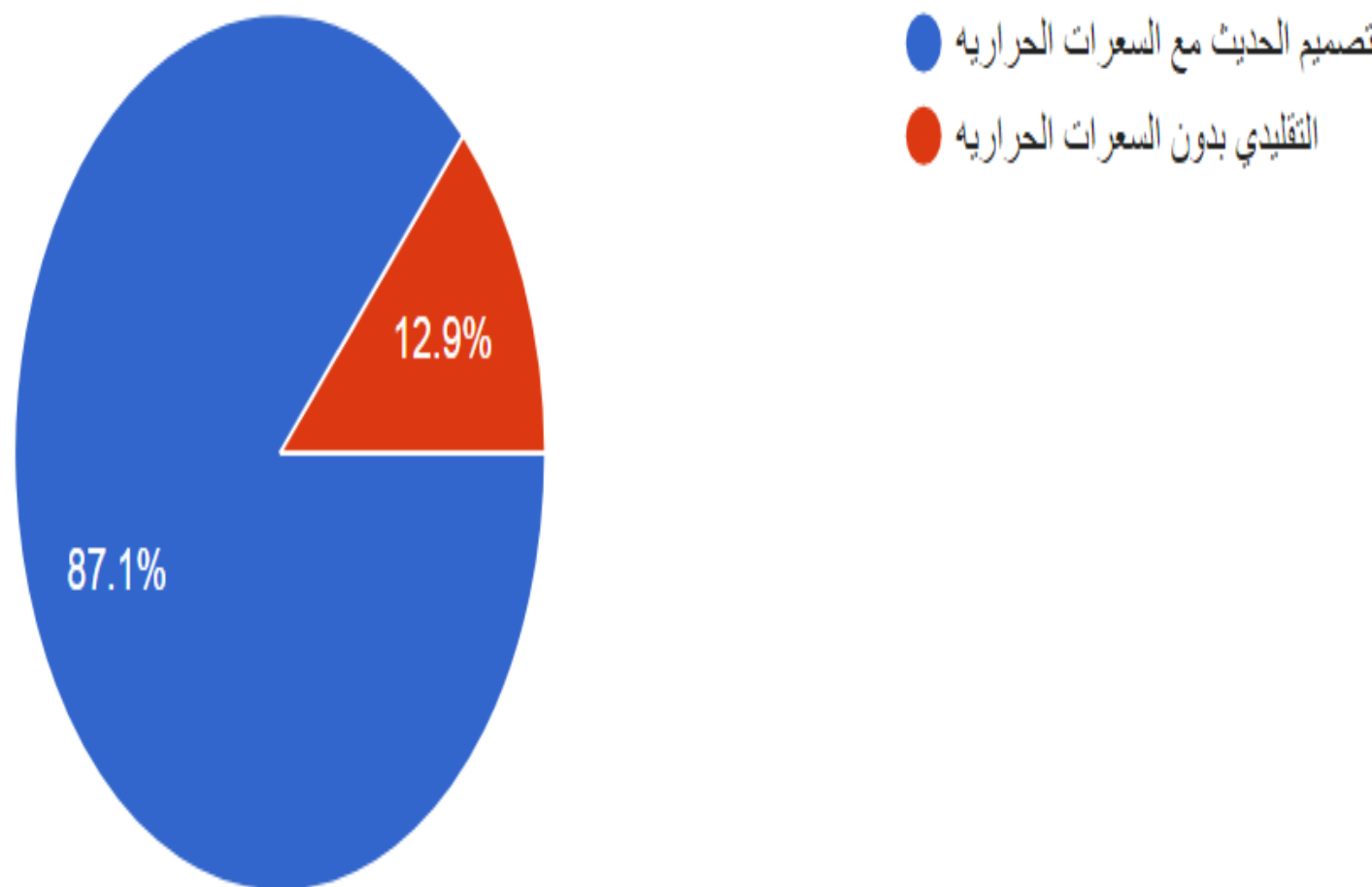
هل توافق تعميم هذا المينو على جميع المطاع

01 responses

نعم
لا
ربما

9.9%

82.2%
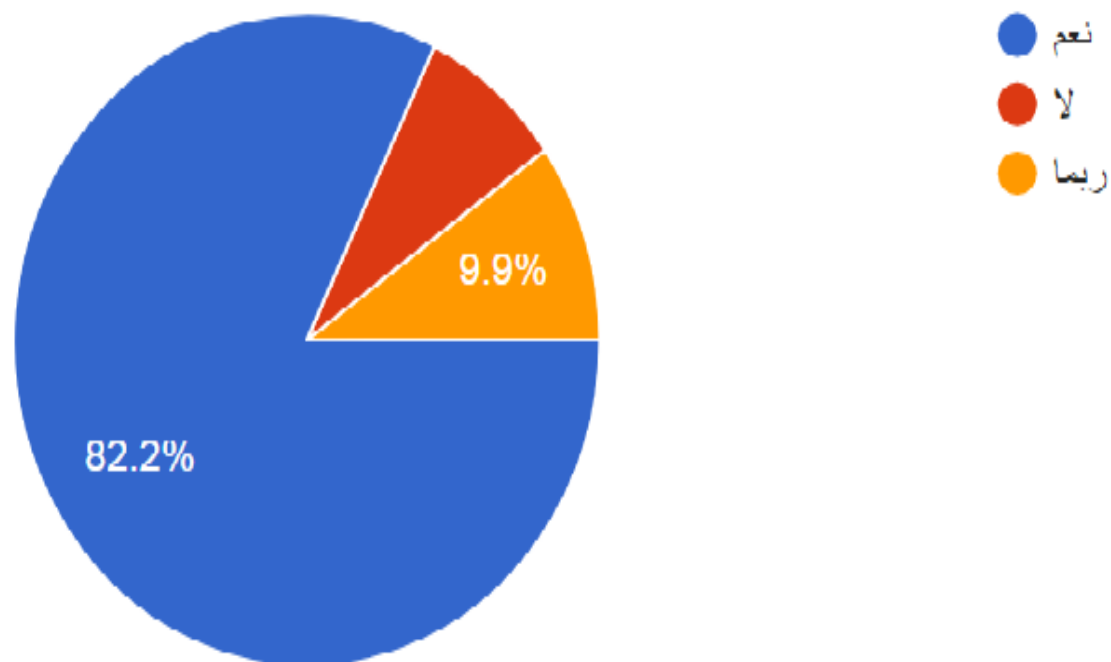
هل وجود مينو محدد السعرات الحراريه يساعدك في اختيارك للوج

- 🔵 نعم
- 🔴 لا
- 🟠 ربما ,ليس لدي علم بتأثيرها

25.7%

14.9%

59.4%
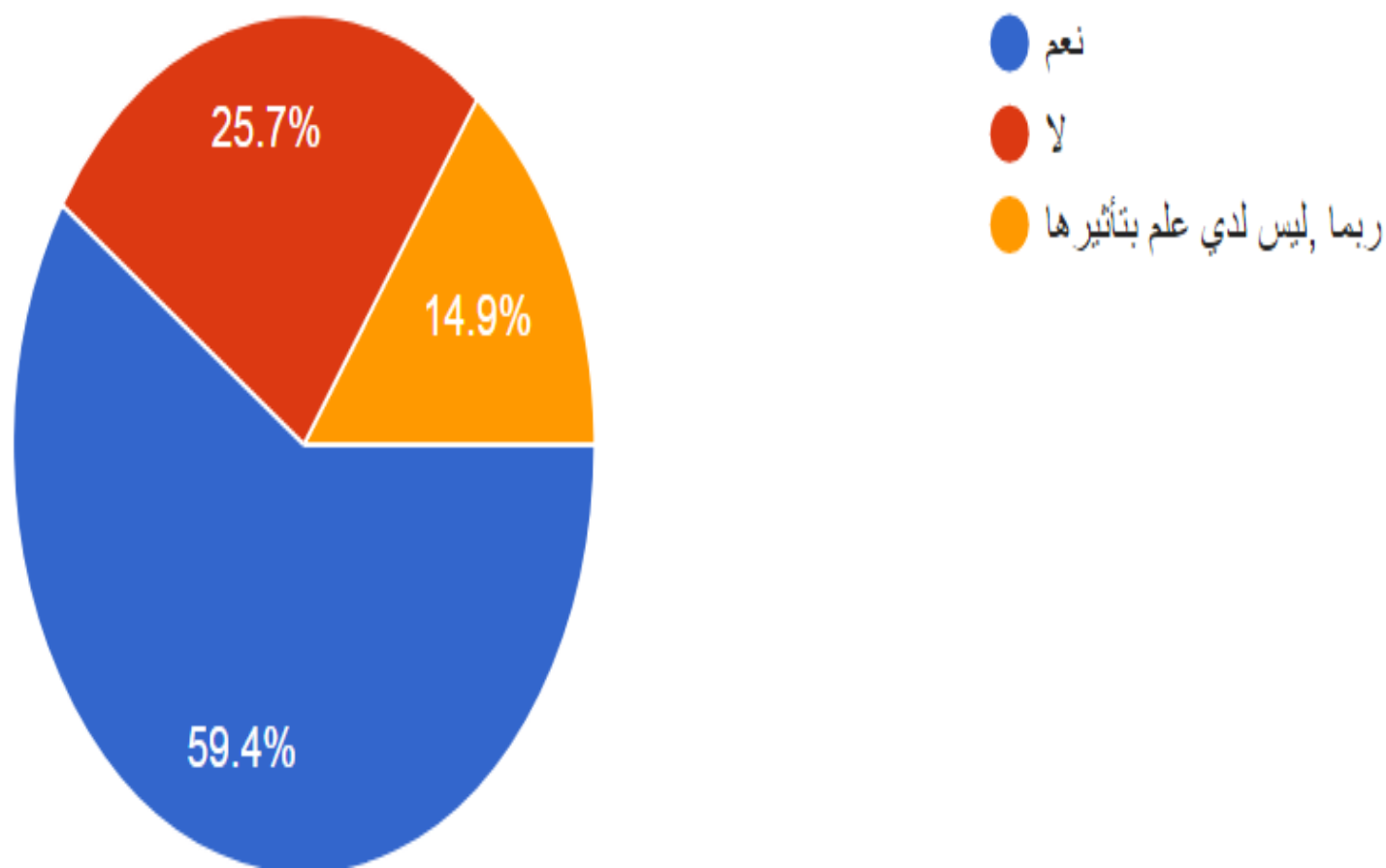
- https://docs.google.com/forms/d/1L3sbrRE_0uIGoki b2Ddtj-FyVBEIz20_xhWvFteAM4A/edit#responses

Conclusion:

*The questionnaire shows that a high percentage of people are not aware of their energy need, and that the new menu which contain an information about their needs and health is very helpful.

*Percentages of approval for the project are high which confirm that the new menu is very helpful in choosing meals.

How we can improve this project?

*There are some ways to improve the project like:

- ***Add the components of the meal under the it's name.**

- ***Add an alternative choices for high caloric meals.**

- **Create choices suitable for people with specific conditions like diabetes and hypertension.**

*Add some tips for cooking healthy meals.

*Add nutrient content of the meal.

 * it is Possible that we start a restaurant that provide a healthy food, which has low caloric content and high nutritional value and suitable price for all

Thank you