

Cat 4 Resource Development

Food4Health

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Abstract

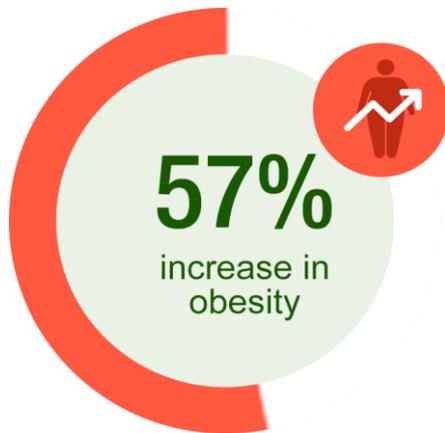
Food4Health is a significant project that aims to help the Hwa Chong students by encouraging a healthier lifestyle. This is achieved by a e-cookbook that we created. The e-cookbook is an online platform consisting of a few healthy recipes that were modified by ourselves. The e-cookbook is an accurate and useful guide for Hwa Chong students as the the recipes provide a wide variety of recommended food for them to eat. The recipes are created specially for Hwa Chong students and are adjusted just to suit their needs, so that the Hwa Chong students will lead healthier and more nutritious lives. The recipes in the e-cookbook are recipes found from other sources but modified by our project group and reviewed by experts. The reason why we decided to make a e-cookbook instead of an ordinary cookbook is because students are becoming more tech-savvy nowadays, and so they are more likely to access most information from their smartphones. Hence, the e-cookbook is sure to be effective and convenient and with this e-cookbook, Hwa Chong students will be able to cook their own healthy dishes at home and lead a healthier lifestyle.

Introduction

1.1 Rationale

From the very beginning, our group already had our own ideas, hence we decided to have a discussion in the canteen. As we were discussing, having not done this before, we didn't have much results in the discussion as we did not manage to all agree on the topic that we wanted to do. However, during our discussion, we heard a conversation between a group of sec ones. With a little bit of eavesdropping, we realised that they were discussing on how unhealthy their diet was. Then, we immediately whipped out our phones and computers and started to research about singaporean diets, whether they were healthy or not. To our horror, the statistics on the internet clearly shows us that Singaporeans diets are VERY unhealthy resulting in statistics like how many people in singapore have diabetes, high blood pressure, and other diseases. Even prime minister Mr Lee Tsien Loong talked about diabetes in Singapore. Also, nowadays, it is evident that students do not eat healthily and many of them always eat unhealthy food outside their homes. Knowing that students will never bother to buy a cookbook, a plan was derived to solve this problem, which was

to create an online e-cookbook. There is a Chinese proverb “病从口入，祸从口出”. This is the reason why we decided to create this e-cookbook.



The National Health Survey 2010 showed that 1 in 9 Singaporeans aged 18 to 69 is obese; a 57% increase from 2004.

Singaporeans are facing an increased risk of chronic ailments such as heart disease, diabetes, and certain types of cancer. With a diet containing mostly refined carbohydrates and bad fats and oils with few fruit and vegetables, Singaporeans need to eat more healthily and reduce calorie intake to enjoy a better quality of life. My Healthy Plate is intended to help Singaporeans all take a step in this direction.

1.2 Objectives

Hence, the ultimate aim is to improve the health of students in Hwa Chong Institution through healthy eating.

1.3 Target audience

As we did not want our scope of the project to be too huge, we decided to stick to Hwa Chong students only. The resources created for this project was an ebook that includes 10 recipes (ingredients and method) with their modifications.

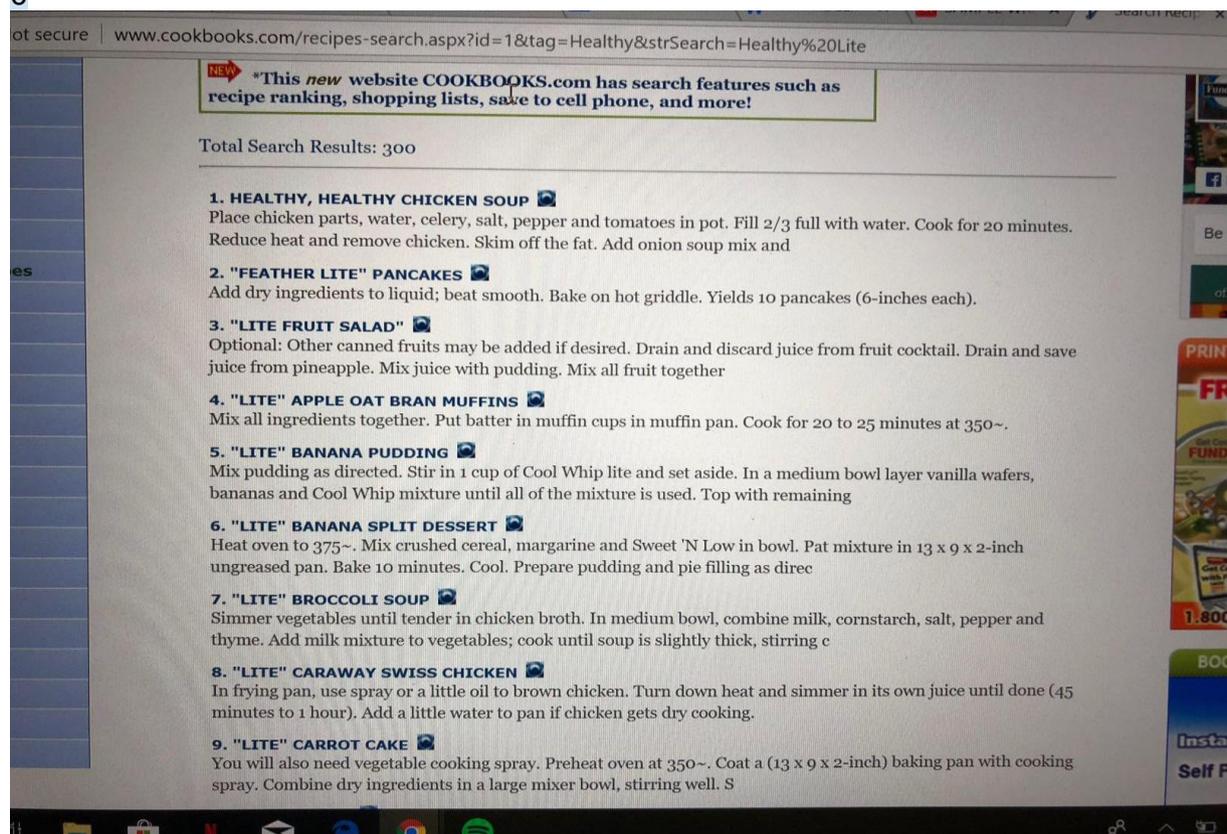
1.4 Resources

The resources created for this project was an online cookbook, and a brochure to advertise the cookbook. The online cookbook consists of ten recipes and the brochure contains a URL for the link to the online cookbook.

2 Review

Online cookbooks do NOT focus on healthy recipes. Even recipes that are under the category “healthy”, only focus on salads or soup which really does not appease someone from hwa chong as honestly speaking not many will actually eat salad. Moreover salads are already healthy what is the difference? That’s why we have made this ecookbook which will definitely catch the attention of the hwa chong students as we actually modify dishes into a healthy one yet still carrying the taste of the original.

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The descriptions are also very vague!

Methodology

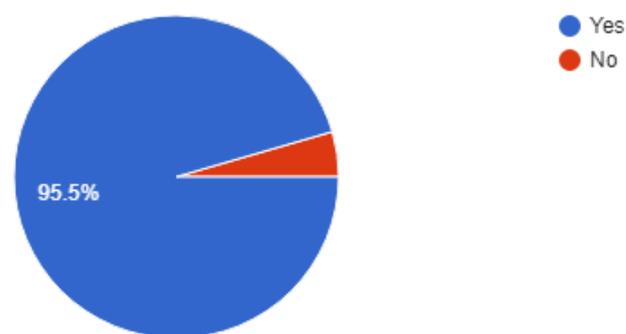
3.1 Needs analysis

Since the proposal evaluation we have done different types of needs analysis based on the specific needs of the HCI students. For example a child involved in sports CCA will have to take in a larger amount of calories for them to have enough energy for their CCA, an overweight child has to consume food with less calories to lose weight, students before exams have to eat nutritional food to keep their concentration and attentiveness, etc.

3.2 Survey results

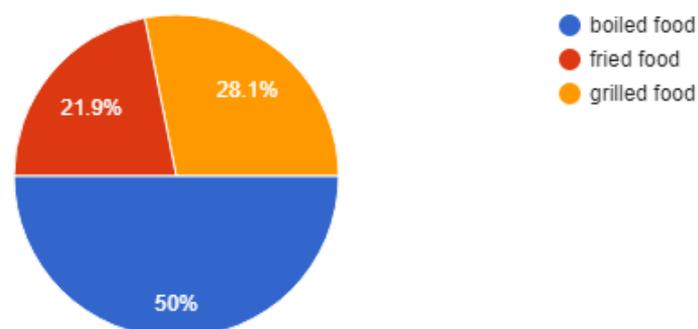
Do you think that having a healthy lifestyle is important?

111 responses



What kind of food do you usually eat?

128 responses



3.3 Development of resources

Information was collected through online research and Health Promotion Board. The information from every source was recorded and compared with other sources to ensure the accuracy and reliability of it. Some recipes were taken from online sources and modified ourselves. To ensure the effectiveness of our cookbook, we also invited a food specialist to check our cookbook and give us advice on it. The food specialist's advice was taken into consideration and we changed the cookbook according to the specialist's advice. Finally, all the information and recipes was compiled into an online e-book.

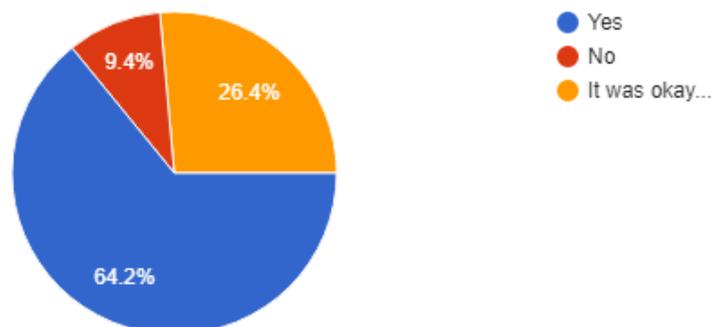
3.4 Pilot tests

We personally cooked the 10 dishes and brought it to our class for our classmates to taste. We cooked the dishes based on the recipes on our cookbook. Other than our classmates, we also tested the food on other classes. We also asked our classmates to try out using our recipes. Overall, about 50 students took part in the pilot testing. A feedback form was also made to collect the advise of the students and their opinions about our cookbook.

Results:

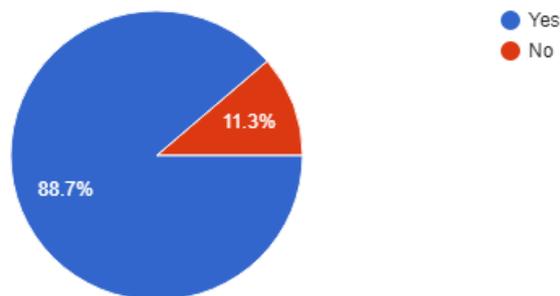
Did the food made according to our cookbook taste good?

53 responses



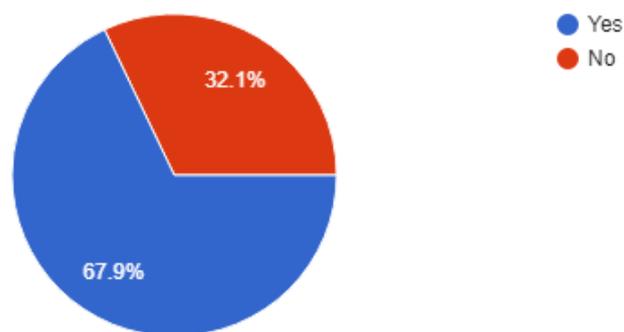
Would you want to try using our cookbook to cook your daily meals?

53 responses



Do you think our cookbook is worthy to be promoted?

53 responses



Outcome and discussion:

We initially wanted to make a printed cookbook but however, upon further discussion we decided to make a e-cookbook. We also decided to create around 10-15 recipes which are simple and healthy to help Hwa Chong students eat healthily and have a balanced diet. We then proceeded to select Singapore delicacies to modify as most of them are not very healthy. However, in the modifying progress, we made sure we retained some of the original flavors of the dish. Thus, we are coming up with this e-cookbook. We are still working towards making the cookbook simpler and more user-friendly. Due to difference in personal preference, some people may not like the way we cook the food. People may also find that the recipes have too little dishes.

Conclusion

Food4Health had been a challenging project to undertake as it required many hours of rigorous work to do research, conduct pilot tests, and modifying of recipes. The whole project journey had enabled the group to develop many skills such as critical thinking, creativity and a keen sense of observation were crucial during the initial stages of the project especially during the design stage. Persuasive skills were required especially in trying to get the various students to do our pilot tests, and getting the food specialist's advice. Perseverance and patience were the final elements that enabled the completion of the project as these motivated the project group to believe that they had made the correct choice.

Acknowledgements

We would like to thank our mentor, Mr Lim Beng Huat, food specialist Liu Han Zhi, and our Sec 1 batchmates for helping us in our pilot tests.

References

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Board: https://www.hpb.gov.sg/docs/default-source/default-document-library/healthier-catering-faqs_for-caterers.pdf?sfvrsn=f480ea72_0

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