

# Category 4 Resource Development

## Project Refectory 4-002

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## **Abstract**

“Healthy living starts with you, we’re here to ensure that.” With the high concern of unhealthy eating in our very own Hwa Chong Institution, we have decided to provide an informative and easy-to-use resource package to help prevent that. We hope to better educate students on concepts such as “My Healthy Plate” and help them choose their meals with more health-consciousness. We have taken nutritional values from the Health Promotion Board’s website.

## **1 - Introduction**

### **1.1 Rationale**

On average, Singaporeans consume up to 2600 calories and 60g of sugar per day, which is much much higher than the recommended value according to the Health Promotion Board. With the increase of snack foods being sold in our Hwa Chong Institution canteen, we were concerned and worried as to how students would plan their meals and diets. Uninformed food choices may result in many serious consequences, such as obesity or high blood sugar levels, which may lead up to other diseases if left alone. Students may also be more prone to falling ill or catching diseases when recklessly choosing types of food to eat. In fact, type 2 diabetes patients are getting younger and younger, with more young adults and even teenagers being diagnosed with it. If Hwa Chong Institution continues to eat unhealthy, this may turn into a huge issue not just for the school, but the entire nation. In the 2017 national rally, Prime Minister Lee Hsien Loong shared how Singaporeans are consuming more unhealthily by the years and how it poses a huge threat to the physical wellbeing of our citizens.

## 1.2 Objective

Through our resource package, we hope to teach students in Hwa Chong Institution how to achieve a more balanced and healthy diet. At the same time, we also hope to increase awareness of the nutritional values of the dishes in the canteen to allow students to make a more informed and healthier choice. Ultimately, if this project takes flight, we are aiming for a healthier, nutrition-smarter Singapore.

## 1.3 Target audience

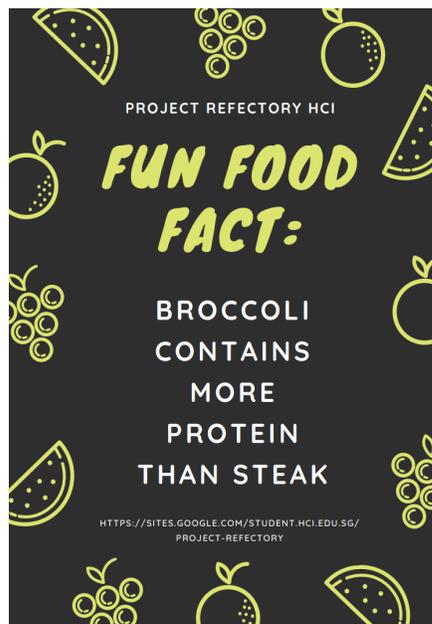
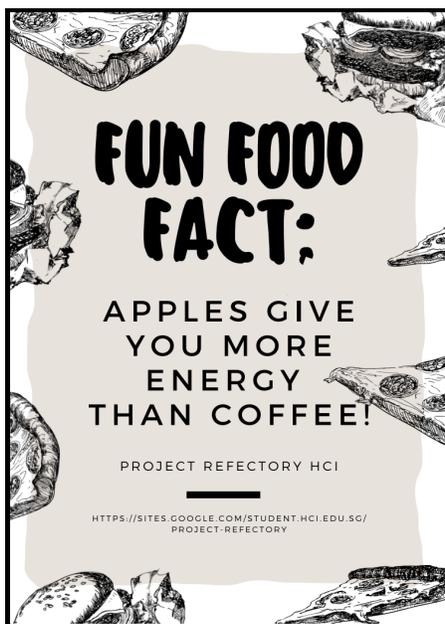
Our target audience includes staff, teachers and students in Hwa Chong Institution High School Section.

## 1.4 Resources

We have consolidated all our resource packages into one comprehensive and informative website. Our website contains an informational video that explains the importance of choosing your meals wisely. It also contains simple and attractive online posters, which contain interesting fun facts about different types of food. Lastly, the website contains the nutritional information (Calories, Sugar, Carbohydrates, Total fat & Protein) of each and every dish sold in the High School canteen.

Examples of:

### 1) Online posters



2) Website (<https://sites.google.com/student.hci.edu.sg/project-refectory>)

Project Refectory      Home    Nutritional values ▼    Balanced diet    **Level of concern**

# Level of concern

Why are we concerned about this matter and make this website? You will find out the cold hard truth about Singaporean's food consuming status. Please read below to find out more.

Menu	Calories(cal)	Fat(g)	Protein(g)	Sugar(g)	Carbs(g)
1. <b>Chicken char siew rice</b>	653.019	35.60	44.90	6.401	37.90
▪ Char Siew	255.019	12.70	28.60	6.20	6.20
▪ White Rice	140	0.50	2.80	0.10	31.10
▪ Braised/ Fried Egg	258	22.40	13.50	0.0010	0.60
2. <b>Roasted chicken rice</b>	584.91	35.62	43.570	0.1111	32.55
▪ Roasted Chicken	226.91	12.72	27.27	0.01	0.85
▪ White Rice	140	0.50	2.80	0.10	31.10
▪ Braised/ Fried Egg	218	22.40	13.50	0.0010	0.60
3. <b>Steamed chicken rice</b>	565.543	29.6	39.0	0.101	31.70
▪ Steamed Chicken	167.543	6.70	22.70	0	0
▪ White Rice	140	0.50	2.80	0.10	31.10
▪ Braised/ Fried Egg	258	22.40	13.50	0.0010	0.60

3) Video - [https://youtu.be/qdA0Xg83\\_wE](https://youtu.be/qdA0Xg83_wE)

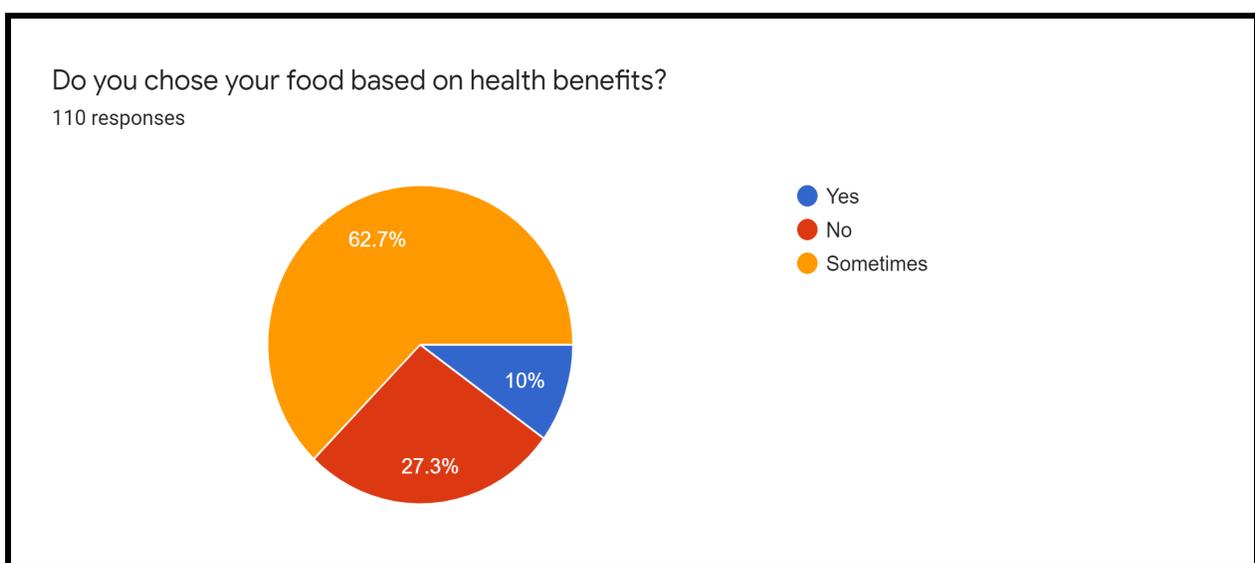
## 2 - Review

The current resources provided to the general public of Singapore do not specifically cater to the Hwa Chong institution high school canteen,so we created our own website and compiled the different nutritional facts for different foods from our Hwa Chong High School section canteen for easier and quicker access for students.

## 3 - Methodology

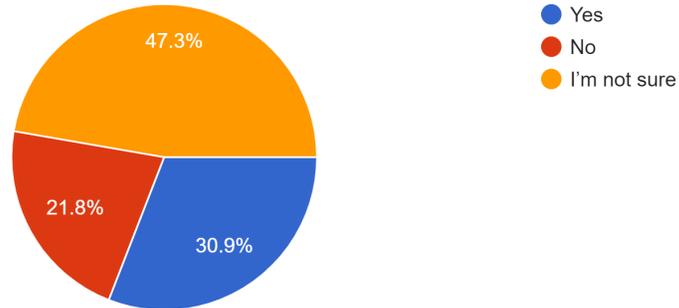
### 3.1 Needs Analysis

We conducted a survey to find out more about students' eating habits and whether or not they are informed about how they are consuming. We had over 100 responses to our survey and the majority of the respondents (47.3%) said that they were unsure of whether or not the food which they consume is considered healthy and nutritious.62.7% mentioned that they sometimes choose their food based on health benefits.When they were asked if they would use our website, 68.2% said that they would. The survey results have led us to believe that our website will be greatly beneficial to the people in our school.



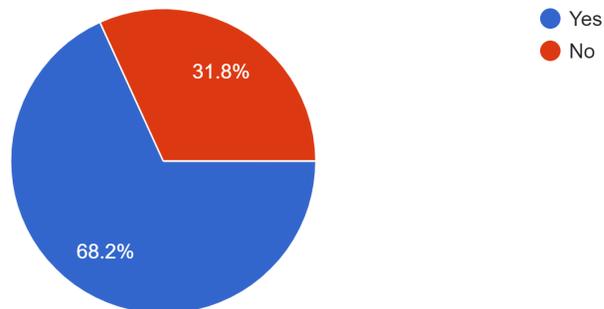
Do you think that the food you usually order is considered healthy and nutritious?

110 responses



If you were given a website about the nutrition of food in the High School canteen (eg. Amount of calories, amount of fat, etc), would you use it?

110 responses



### 3.2 Development of Resources

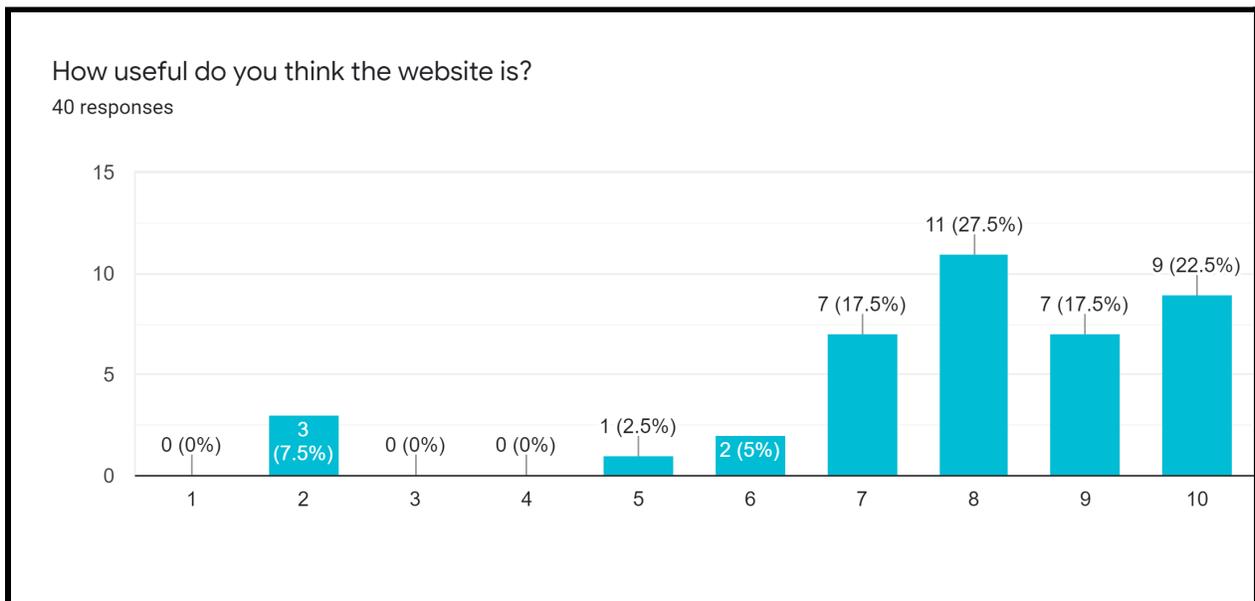
Through extensive research online, we ended with an analysis of the nutritional values (Carbohydrates, Protein, Sugar, Calories & Total fats) of each and every dish sold in the canteen. We also listed and calculated the nutritional values of each ingredient in every dish to create a more detailed resource package through the use of the same

method. The posters and video were made using other softwares like adobe.

### 3.3 Pilot Test

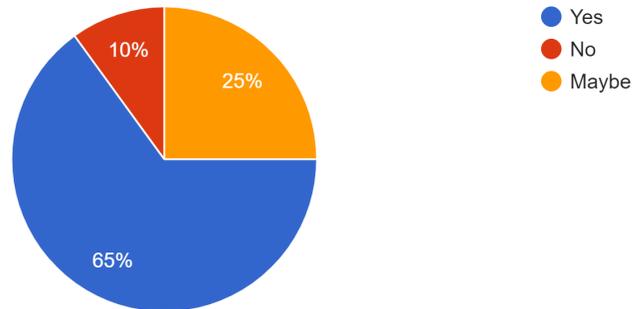
Most respondents said that the website would be useful, and would use the website.

Some also stated that “Some secondary 1’s are not familiar with the types of food sold in the canteen” and that the website would be helpful to them. Some also said that they would be more health conscious and would make better choices when eating after they see the nutrition facts of the foods.



Will you use the website?

40 responses



It is important to know how much we are eating, such as the fat and calories, so that we can make better and healthier choices for the food we eat

People really do not know or care about the concept of eating healthily and good nutrition, even me and this would help this would help them learn and add it to their lifestyle so that they are healthier.

**WHY DO YOU THINK THE WEBSITE IS USEFUL?**

It gives me information on the food choices so I can make the best choice which has my health in mind

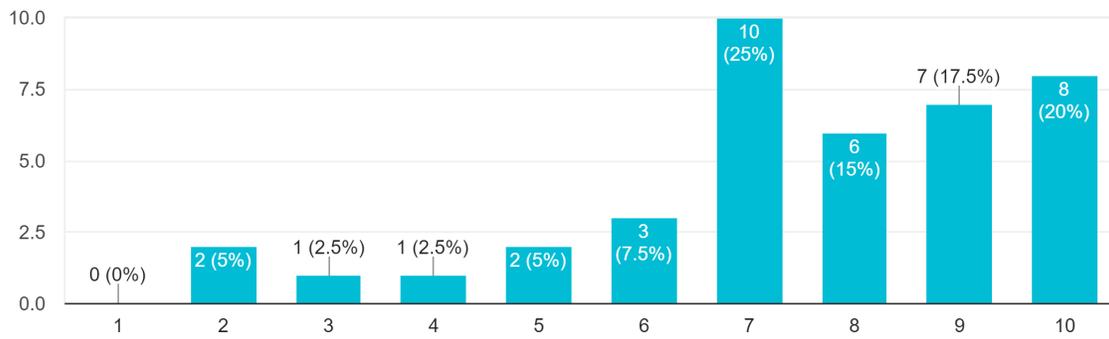
Some secondary 1s are not familiar with the types of food sold in the canteen, so the website would be beneficial to them

It can encourage healthy eating among students of Hwa Chong, which is useful as obesity and food-related illnesses will decrease

For the posters, most respondents thought that the posters would be useful, and 57.5% would want to read the posters. Some comments like, it would be easily accessible, shows that it would be more convenient and read more if the posters were placed around the places where students walk around most in the school.

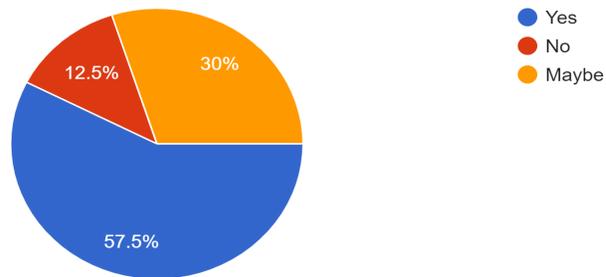
### How useful do you think the posters are?

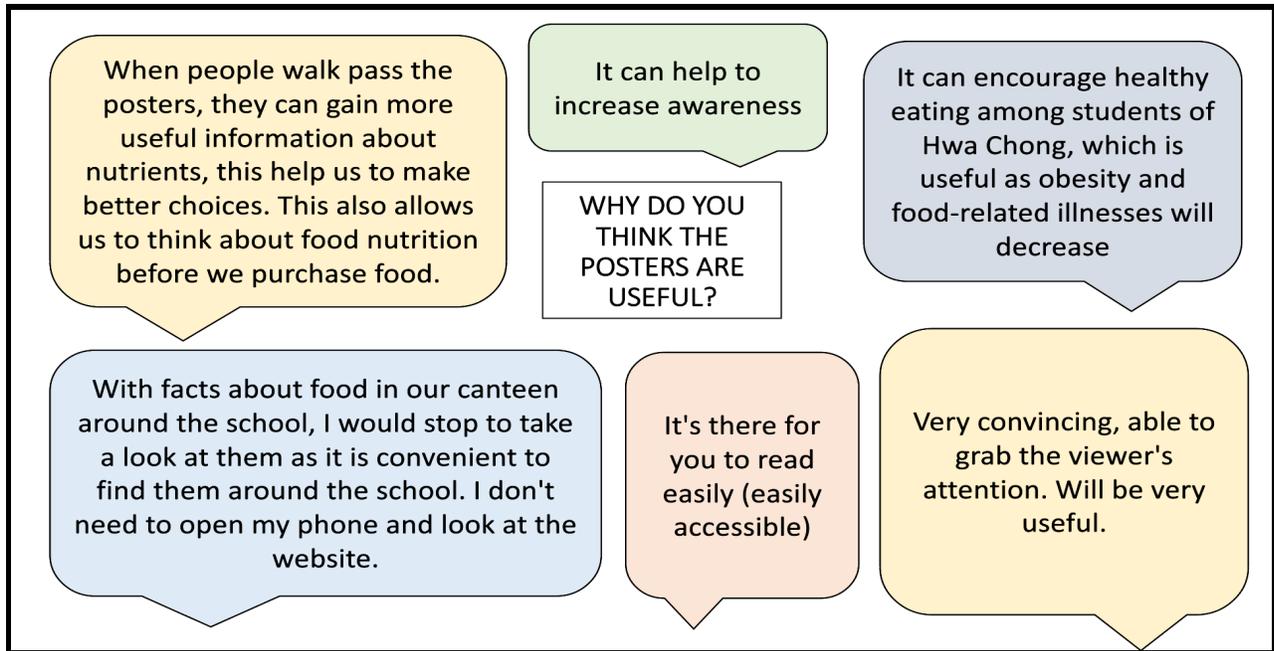
40 responses



### Will you read the posters?

40 responses





#### 4 - Outcome & Discussion

One limitation of our resource package is that the website gives a specific number for the nutrients of each food, which is based on one standard meal decided by the health promotion board. This would not be accurate for every dish as the amount given every serving is not standard, and the stall owners might give more or less than what we put. Another limitation is how the information might not be fully accurate. Our source of information is the health promotion board's nutrition website but the ingredients that the health promotion board gives for the different foods might not be based on the type of ingredients in the stall. For example, we saw that Lontong had shallots but we did not know which kind of shallots they are as there is more than 1 kind of shallot depending on what type of shallot it is, the nutrition values change. We could possibly further expand the project by moving it to the international school and JC sides of Hwa Chong if

we receive enough support and given the permission.

## **5 - Conclusion**

In conclusion, Project Refectory was not easy to achieve, since it was very time consuming and required in-depth research. There was a long period of HBL and holidays which we were not allowed to return to school, so our project took a hard hit as part of our project was school-based and required us to list the ingredients of the dishes in the canteen. We were unable to get the ingredients of each dish sold in the canteen and calculate its nutrition values for some time so we had to shift all our physical assessments and meetings to after HBL, nearing the deadline of our submission. We had to have a lot of perseverance and discipline to ensure that our target will be reached and we would be finished with the project. One thing we can improve on is our time management and learning how to plan for future interruptions. We hope this project is helpful and beneficial to everyone.

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