

MALAYSIAN HEALTHY EATING DECISION SYSTEM

NURRUL AKMA BINTI MAHAMAD AMIN

UNIVERSITI TEKNIKAL MALAYSIA MELAKA

BORANG PENGESAHAN STATUS TESIS*

JUDUL: **MALAYSIAN HEALTHY EATING DECISION SYSTEM**

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 / TIDAK TERHAD

(TANDATANGAN PENULIS)

Alamat Tetap: 147, Kg. Kubang Batu,
Jalan Pekan To'Uban, 17050 Pasir Mas,
Kelantan.

Tarikh : 19 JUN 2008

(TANDA TANGAN PENYELIA)

Pn. Zarita bt Mohd Kosnin

Tarikh : 19 JUN 2008

CATATAN: ****Tesis dimaksudkan sebagai Laporan Projek Sarjana Muda (PSM)**
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MALAYSIAN HEALTHY EATING DECISION SYSTEM

NURRUL AKMA BINTI MAHAMAD AMIN

**This report is submitted in partial fulfillment of the requirements for the
Bachelor of Computer Science (Software Development)**

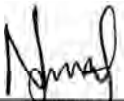
**FACULTY OF INFORMATION AND COMMUNICATION
TECHNOLOGY UNIVERSITI TEKNIKAL MALAYSIA MELAKA
2008**

DECLARATION

I hereby declare that this project report entitle
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is written by me and is my own effort and that no part has been plagiarized
without citations.

STUDENT



(NURRUL AKMA BINTI
MAHAMAD AMIN)

Date: 19 June 2008

SUPERVISOR

: 

(PN ZARITA MOHD KOSNIN)

Date: 19 June 2008

DEDICATION

To my beloved mother, Pn.Che Esah bt Sulaiman, my whole family, my supportive supervisor, Mrs Zarita Mohd Kosnin and all my understanding friends. Thank you for the support and guidance given throughout the completion of my PSM.

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Finally, I would like to thank all who are involved directly or indirectly with my project.

THANK YOU.

ABSTRACT

The project that had been developed is going to help users in getting the information and menu of Malaysian diet in their daily life. This project title is Malaysian Healthy Eating Decision System (MHEDS). There are five major modules included in the MHEDS which are the Admin Module, Information Module, Decision Module, Searching Module and Forum Module. Problem of the existing systems had been analyzed and from that, requirement analysis had been made. MHEDS is created to solve problems such as no decision making, only focus on displaying information and only a few web sites that contain forum. MHEDS is going to be used by three different users which are administrator, registered user and unregistered user. Differentiation between registered and unregistered user is where registered users allow joining forum provided. MHEDS will help users in making decision based on their selected requirements. The software development method used in this project is Rational Unified Process (RUP). MHEDS is developed using PHP as the programming language and MySQL as the database. To develop the system, designs were made to cover the system architecture, user interfaces and database design. This system is hoped to help users in choosing their suitable daily Malaysian diet food.

ABSTRAK

Projek yang akan dibangunkan adalah untuk membantu pengguna dalam mendapatkan maklumat dan menu diet dalam kehidupan seharian. Projek ini bertajuk Malaysian Healthy Eating Decision System (MHEDS). Terdapat lima modul utama di dalam MHEDS iaitu Modul Admin, Modul Informasi, Modul Pemilihan, Modul Pencarian dan Modul Forum. Masalah-masalah yang timbul dalam sistem yang sedia ada telah dikenalpasti dan digunakan untuk menghasilkan keperluan analisis. MHEDS dibina untuk mengatasi masalah-masalah yang wujud pada sistem sedia ada seperti tiada nilai bantuan memilih, terlalu fokus kepada memaparkan maklumat dan tiada laman web tempatan yang menyediakan ruangan forum untuk saling bertukar pendapat. MHEDS akan digunakan oleh tiga klasifikasi pengguna iaitu admin, pengguna berdaftar dan pengguna yang tidak berdaftar. Perbezaan di antara pengguna berdaftar dan tidak berdaftar ialah di mana hanya pengguna berdaftar sahaja yang akan dibenarkan oleh sistem untuk akses ke dalam forum yang disediakan. MHEDS akan membantu pengguna dalam membuat keputusan untuk memilih menu diet berdasarkan keinginan dan keperluan tertentu. Projek metodologi yang digunakan dalam projek ini ialah Rational Unified Process (RUP). PHP digunakan sebagai bahasa pengaturcaraan dan MySql digunakan sebagai pangkalan data di dalam pembangunan MHEDS. Untuk menghasilkan sistem yang memenuhi kehendak pengguna, rekabentuk telah dibuat meliputi seni bina sistem, antaramuka pengguna dan rekabentuk pangkalan data. Sistem ini diharapkan dapat membantu pengguna Malaysia untuk memilih menu diet yang betul dan sesuai dengan diri masing-masing.

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LIST OF ABBREVIATIONS

CSS	Cascading Style Sheet
DSS	Decision Support System
ER	Entity Relationship
ERD	Entity Relationship Diagram
GUI	Graphical User Interface
IDE	Integrated Development Environment
MHEDS	Malaysian Healthy Eating Decision System
OO	Object Oriented
OOA	Object Oriented Analysis
OOAD	Object Oriented Analysis and Design
OOD	Object Oriented Design
RUP	Rational Unified Process
UML	Unified Modeling Language
WHO	World Health Organization

LIST OF APPENDICES

APPENDICES	TITLE
Appendix A	Gantt Chart
Appendix B	User Manual

CHAPTER I

INTRODUCTION

1.1 Project Background

This is a health decision application in order to support activities by the Ministry of Health Malaysia in Healthy Living Campaign and also to provide an interactive web to Malaysian people to get easy and quick information of healthy life. The Malaysian Healthy Eating Decision System (MHEDS) will be used by the Malaysian public and all the information are (diet food suggestion) suitable for Malaysian. The current system, focus only on displaying the information like healthy recipes, food nutrient compositions and other tips. The current systems ignore users' requirement to find suitable diet food with its nutrient content and composition.

The application is an online decision application solution. It is one effective way to help the public find or make a decision for daily diet food. The purpose of this application is to simplify the way of data searching, get a suitable suggestion about diet food and forum login to share opinion with other web visitor. Users just select their requirement such as sex, age, eating time, disease and calories value. The application can make a decision based on requirement which will be selected by user. The daily diet food suggestion and information will then be displayed based on users' requirements.

The application will also display the details about the menu and other information related to the daily diet food. Other than that, user can quick search about the healthy product information and view where to get it. This application will be maintained by administrator that will manage all the information and control the flow of forum.

This application is hoped to help users in making decision of their daily diet food based on their selected requirement. The modules included in the Malaysian Healthy Eating Decision System are admin registration module, decision module, information module, searching module and forum module.

1.2 Problem Statement

The development of this system application is taken ahead after making several observations in healthy eating web sites. There are three major problems in the current systems as stated below:-

No decision-making system

- The current system cannot help user to make decision. User need to find out all the information from the web sites and make their own decision without getting help from the system.
- Only focus on displaying the information
 - The current system ignores the requirement from user in order to find suitable diet food. Currently, there are too many information displayed. User need to analyze the information as well and it does not help user to get the suitable diet food.
- Only few web sites that contain a forum

- Only a few local web sites that provide a medium (forum) as a platform to share idea and opinion about healthy life within local publics.

1.3 Objective

The aim of this project is to build a web based system in healthy eating decision application. To accomplish the aim, the objectives are as follows:-

Add the decision-making feature to the system

- To give diet food suggestion based on user's requirement thus helping him/her in decision making.
- Not only focus on displaying the information
 - To provide useful information about diet food suggestion and other related information in healthy life.
- Add forum feature to the system
 - To provide a medium (forum) as a platform to share idea and opinion about healthy life within local publics.

1.4 Scope

The scopes are identified into three which are:-

Suggested daily Malaysian diet food

Breakfast

Lunch

- Tea

- Dinner

- User
 - Admin (person who assign to manage data)
 - Public user
 - Registered User
 - Unregistered User

- Functional / Modules
 - Admin Registration Module
 - This module is for admin to register administrators account, to set privilege to person who can manage the data and control the flow of forum such as do all basic function (add, delete, update) on topic and verify user is registered to join forum. Admin can control and block the topics in forum.
 - Information Module
 - To store the information related, including add, delete, update and display information
 - Decision Module
 - To make suggestions in helping user to make decision based on their requirements
 - Searching Module
 - To make quick search based on user requirements and display the expected result
 - Forum Module
 - As a platform to share idea and opinion about healthy life within registered user.

1.5 Project Significance

This application system is a healthy eating decision-making web site which will help user to make decision in choosing daily diet menu. The significance of this application will go to both public user and the system administrator. The system will help user in making a decision based on the requirement selected. All the information which are stored in the database system will help user in making decision on daily diet food. For the administrator side, the system will help in managing and updating all the information stored in the database. Besides that, administrator can also controls the flow of the forum that only allows registered user to join the forum.

1.6 Expected Output

The expected output from this project is a web based application which will have added value that is decision making. It will help Malaysian people/users in making decisions based on the selected requirement. The system also helps administrator to store data effectively and control the flow of the forum.

The system also will help user to gather related information about healthy eating and users can quick search about the healthy product information and view where to get it.

1.7 Conclusion

As a conclusion for this chapter, the problem statement, objective, scope, project significance and expected output are being identified in order to develop the system that will be used by the target user.

The new system is hoped to help user in making decision and display all the related information. It also will be one of the interactive local webs which can be accessed by anybody to get quick and related information.

After finishing this chapter, next chapter will discuss about literature review and project methodology. Chapter II will consist of introduction of that chapter, domain about related system, existing system, comparison of existing system, the methodology that will be used to develop this project, project requirements including the software, hardware and others requirement, project schedule and milestones about the planning of the project development and conclusion.