PERSONAL PROJECT PROCESS JOURNAL

Criterion A: Investigating

My goal for the personal project is to develop, design and create my own original coded website. This website will follow with multiple tabs that would incorporate and emphasize on the topic "science behind superfoods" through addressing various practices, phycology and information to back up the information suggested on the page.

My personal project is directly connected to the Global context: "Identities and Relationships", because it focuses on the following aspects:" Who we are: an inquiry into the nature of the self; beliefs and values; personal, physical, mental, social and spiritual health. human relationships including families, friends, communities and cultures; rights and responsibilities: what it means to be human." Especially the aspect of mental and physical health, that is in the desired focus of my product. I chose this global context, Identities and Relationships as it addresses the central research question for my product: "How do we explore the widen dept and significance of nourishing vitality?" By applying my focus based on this platform and context, it will help me to recognize upon how our health or how our body functions at its potential can be influenced and get stimulated through specific foods. I would be focalizing more on "superfoods" as it will help me to centralize my focus and study to specific contexts and prevent me from diverting my analysis to inefficient alternatives. I will inspect how different superfoods express their affect and significance on our health aspects and their capabilities, and how specific components, cooking skills and dietary practices are used for producing a desired result on our physical and mental health while also achieving a goal within the large spectrum of aspects in the global context of Identities and Relationships.

My goal ties directly into my choice of global context, "Identities and Relationships", as this Website aims to provide psychological enhancements, in the form of good health choices and physical health benefit. My drive towards such impact for my goal is very personal and related through the presence of close bonds and personal experiences.

- One of my closest school friends that has been with me since grade 4 has suffered through an eating disorder and despite being close to her I didn't find it out. And that got me thinking about the number of kids our age that might be going the same but might to be scared to open up, and I get it how sensitive this topic can be to many, so I'm here trying to focalize these issues and provide a solution through shifting our perspective o how we see food as just a substance to consume for pleasure and survival to see it as a nourishing form of vitality. Eating disorder research is constantly developing, and therapies are being created and modified in response to these discoveries. Given the complexities of eating disorders, it is unsurprising that the elements that lead to these diseases are numerous. The creation and development of an eating disorder is caused by a combination of numerous different compounding variables, each of which plays a part in the development and maintenance of these disorders. These elements might be biological, social, emotional, or environmental in nature. Therefore, in my product I will try to address all these factors and how they might affect the way we perceive food as, so my readers can relate and see where their root cause came from. Research has also stated, "Though most athletes with eating disorders are female, male athletes are also at risk—especially those competing in sports that tend to emphasize diet, appearance, size and weight. In weight-class sports (wrestling, rowing, horseracing) and aesthetic sports (bodybuilding, gymnastics, swimming, diving) about 33% of male athletes are affected. In female athletes in weight class and aesthetic sports, disordered eating occurs at estimates of up to 62%." Even if my product may not come as a solution to this problem, my centre goal to speak about this issue and not to invalidate anyone else's experience through it. I aim to educate myself in such

issues that are not commonly brought up in our society now a days, its crucial to keep one's health as a priority even if it might seem small to others. I hope for my product to seek a widen perspective on the topic of food because I understand how anyone going through such a thing can feel overwhelmed by the cloud of thoughts in their minds.

Criteria Success : (Table 1)

Objectives:	Criteria's to be assessed: Is/Does the story (have a):	Description:
Design	➤ There are bright pastel color schemes	Colors used, include, lavender, mint and yellow Using a lavender pastel color gives off a soothing tone with hints of uplifted feeling, sense of calmness and encourages creativity, as its psychological proven. This also helps bring all the content together with its simplistic look, creating a good balance of visual aesthetic. Using a mint shade colour gives off a soothing effect may be related to its connections with the natural world, according to colour psychology. Lighter hues of green, such as mint, are also symbolic of peace, health, and good fortune. Freshness and inventiveness are linked with them. People that like the colour mint are usually open-minded and innovative. This also helps bring all the content together with its grounding feeling, creating a more comforting mood.
Content	➤ Content Type	Blogging: - Blogging can be the key component of content marketing approach - There's a solid reason for this: blog entries don't take long to produce, they're easy to find on Google, people enjoy reading and sharing them, and it's a quick method to provide value. I typically opted for this content type is because blog articles are great for establishing relationships with your readers, which may assist with lead nurturing and conversions in the long run.
	➤ Content Details:	Details about the intentions and my purpose would be presented in the homepage to inform my audience what they could find in blog. There would be images visual elements to help attract my audience's attention towards my services. Since this website's main goal to bring up the awareness about the relationship we have with food, that means bringing up issues such as eating disorders, binge eating disorders, compulsive disorder etc, all though the information provided, as a more consulting advise section- one of the services I intend to provide to my audiences. These are information that they would notice while visiting the website, with both the intention for a guidance and recipes to build that healthy relationship with food,

		looking at this as a source of life and not only a source of pleasure. Images and texts captions that promote healthy practices should be certainly added to catch my audience's eye to change the mentality of how they perceive food.
	➢ Purpose	The website will designed with the intention to attract audiences that is trying to find a safe place to relate and also learn something new or regain a perspective on a topic that might seemed to be neglected. I hope to educate and provide consolation towards the relationship we share with our consumption of food, meaning behind every importance of ingredients and help guide to imply this importance in a recipe that not only satisfy their taste buds but also nurtures the body. I want to make my audience realize the actual function of food in our lives. My client will provide me with the necessary information of her experience through the disorder she use to face with, giving me a more wider insight to how it have had a huge toll on the physical and mental health. My main priority is to study every experience and insight of many others to properly overcome any hinder of information. Educating myself is necessary as such topics can be really sensitive and personal to many people. Additionally, this blog will partially promote the field of other content producers makers providing related content. Hence, this website should acknowledge the conditions, disorder and insights to this sensitive topic experienced by many and to give guidance along with practical solution.
	➢ Audience	- People suffering from eating disorders or other food-related concerns - Children (since having a good attitude and relationship with food at a young age is vital so they can grow up in a stable environment that will help their health) - People who are really looking for a healthier alternative of food recipes to improve how they feel about their body

Appearance	- The pages wouldn't be overfilled with lot texts or images. Having a good structure with a balance of visual and informational content would help bring out the best of my product to my target audiences. -The structure of the information's shouldn't be so monotonous. There should be form and body to the way the website is being created, it allows me as the creator to have creative freedom along with the audience to be captivated by the information. - The content should also be shortened with limited spacing to present them systematically, providing a more professional look to the blog. - The background color of the website would be ranging the pastel shades for a more comforting appeal to the views. I picked pastel shades because it's not too bright to be distractive and not too light to look dull. Psychologically the pastel colors give soft silhouettes, making it feel gentle and soothing. - The image should be in HD quality so it can be comprehensible - The texts should be at the perfect font size for it is not too big for the views to adjust on their end, but not too small for the views to zoom in. - For the text style, I plan to go with a more interesting font for it not to give a monotonous appearance to the blog.	
Global context	➢ Portrays the themes and global context in a proper manner.	Ensure that the global context: "Identities and relationships" is properly portrayed in the game and the focused aspects of mental health in particular, should be stimulated and ensure provision of healthy brain responses in the user, and maximize their coordination, moods and reflex to prevent degenerative function of brain and other traumas that could possibly arise due to unhealthy conditions and lifestyles.

Plan for Achieving the product:

With the two separate timelines for my project; one being criteria success that would help me have a criterion to base my product on, more like a general checklist as I progress through making my product, and another one based on specific product procedure where I would include all due dates, with step-by-step pan until the due date for m project. By referring to these two plans I can focus on specific product requirements and goals that I set for myself to achieve in my product, while also being organized and on top of the list of things to check off in the second timeline.

Product Progress Timeline: (Table 2)

Dates:	Task:	To do:	Relevant Success Criteria:	Progress notes:
13th October 2021	Coding tutorial, lessons on coding from Udemy (Coding for Beginners 1: You Can Learn to Code!)	- Prepare notes - Inquire doubts - Record lessons for future needs	Design, context, and appearance	DONE

25th October	Create website: - Download KompoZer - See tutorials and examples on how to work KompoZer and how to code a website	- Include skills acquired from course - Add relevant content as planned	Content	DONE
1st November	- Start coding - Adding basic feature; background color, adding pictures - Add structure to the website	- Incorporate skills learnt from course - Use bright pastel colors that compliment each other (green and purple, whit light pastel yellow)	Content, and Appearance	DONE
9th November	- Research	- Research aspects on phycology of food - Discuss and place my aim for my product	Context, global context	DONE
27th November	- Add textual information	- Add in tables to organize information - (Discussing about the connection of food and mental state, recipes, etc.) - Add mind maps to present your ideas	Context and global context	DONE
5th December	- Adding Visual images, podcasts,	-add related articles audience can refer to	Appearance, context and design	

	articles, and videos	- HD quality pictures that appeals to audience's eyes		
12th December	Review through website add new features if needed	- Add new features that would make the website more convenient to the audience	Purpose, structure and design	
30th December	Edit through coding if error is shown anywhere in the website	- If any error found, coding should be corrected	Design	
January	Final Product sent for peer evaluation	- Add survey - Questionary - Comment from 10 people		

Criteria B:

Applying Skills:

Achieving the Learning goal; ATL skills: Research and Organization

Learning goal: "how to communicate my thoughts in a manner that can effectively impact my audience and how to turn these points to a website I coded myself."

In order to achieve this learning goal, I set for myself, I had to learn how to manage and organize my thoughts and opinions into well worded relevant points. Ensuing I had to educate myself on this sensitive topic, to avoid any misunderstand or any fault on how I communicate my perspective that would be presented to my audience. Being aware, and well versed on what I plan to speak for, helps me gain confidence to share my point of view to a wide-spread audience.

When I began to organize my thoughts and research I created two plans, one where I voice out my thoughts and make a mind map, and other is a research plan in educating myself:

Thoughts:

- allow yourself to eat what you want, without any judgements
- pay attention to what your body requires, happiness wise and physical health wise
- don't feel like you are defined from you diet
- don't try controlling yourself too much

Mind Map:

The way I see Food:

Food entails giving yourself unconditional permission to eat meals that make you feel happy both physically and mentally. There are no forbidden foods, and you don't feel guilty about consuming items that are generally classified "good" or "bad."

Most of the time, you should eat when you're hungry and quit when you're full. Sometimes you eat because you're unhappy, or because you're pleased, or because you're bored, or because the cake looks delicious and you're not hungry, but you want some understanding that you are not what you eat, and your diet does not define you (or your weight).

Normalcy is a weird and subjective term. But what I'm referring about is what you see in healthy newborns and young children. We are, after all, born as regular eaters. If you've ever watched a newborn or toddler eat, you'll notice that they only eat when they're hungry. They come to a halt when they are full. They pay attention to their bodies and eat in accordance with their needs. This behavior is inherent, but many of us lose touch with it as we age due to external pressures.

Recognizing that food is not an adversary to be feared or controlled. It's all about trusting your body and listening to your hunger and fullness cues. Taking advantage of important food-related experiences and social connections when traveling, such as eating local dishes without worrying about how many calories or carbohydrates they include.

Research plan:

Research Question:	
What are the requirements to create a website based upon the topic of food	
Complementary Questions: - **Coding a website:** Who is my target audience? What are they looking for? how to structure my website to organize my points in a particular order? How to code: - Table - Hyperlinks - Insert images - Adding background How to have a smooth transition between different topics I present in the website? How to make my points leave an impact on my audience? How to communicate them? - **Food:** What type of relationship do you share with food in the now and how does it differ from your past? What are ways you think that could possibly cause an unhealthy relationship with food? Do you think social media plays a main role on how you preserve food? How are ways we could still be on social media and part of society but not get affected in this aspect? Is social media to blame or us for consuming the content? What are phycologists' view points on this topic? After entering our body, what effect can food make?	
Source 1: https://www.youtube.com/watch?v=xqLch0XtuVk&t=504s&ab_channel=MikeCummins	This video was a step-by-step process on to create a website on kompozer. I've learnt how to add additional features to my

	website that would help to make it more convenient. It guided me through the process on how to use each icon on the software, which was very useful when editing my website to improve on it.
Source 2: https://www.masterclass.com/articles/persuasive-writing-tips-and-techniques	This site covers the importance of use of language in writing a persuasive text. This helped me through making effective valid points regarding my topic.
Source 3: https://www.udemy.com/course/html-css-code-design-websites-with-html-css/	This course helped me have a deeper understanding of how to code a website. In kompozer threes an option to not code but just insert features you require for your website, but through the learning if this course, i can also add features in the site through HTML coding.
Source 4: https://www.delishknowledge.com/category/nutrition/	This product acts as a great example of breaking through the mental barrier of eating. In our minds, when some meals are forbidden, a mental barrier or wall keeps us from consuming the forbidden items. Unfortunately, dietary constraint only lasts for a short period of time; eventually, we will break through the wall and consume what was banned. Even Though this product is interactive it helps the audience reflect on their actions and yet gives solutions that make the audience connect and help them grow. I would take away the approach of handling such issues and provide practical doable solutions that boost their conscious awareness about themselves and the way they feel. It helped me get a deeper perspective on my topic an also a basic understanding what to include and how to structure my website.

Creating this research plan and mind map has helped organize the information I need to acquire for a head start on my product, and cover all aspects I needed through the thought process of creating it. Through the sources used, each aspect of doubt was covered, it started to get me a clearer idea. The plan helps me direct my purpose to what I set for as mentioned in the criteria success. I have gathered a wide variety of sources that would help get a better grasp on the topic, through personal opinions, comments and subjective aspect with logical practical reasoning. The primary sources gathered through interviews, questionary, debates and as casual discussions helped me gain a wider prospect from different individuals, I additionally experienced how varying one perspective could be all depending on one's mindset. The other sources were secondary like through textbooks, websites, tutorials, and courses. These helped with the logical practical side of the topic and also helped gain the learning experience for coding a website. It served achieve the context aspect of my criteria success mentioned above, directing my product closer towards my learning goal in terms of communication. Although all sources were really useful, evaluation them helps ensure its reliability.

To do so I would evaluate through CARRDS method. Through this method there would be space for me to analyse the website thoroughly.

	CARRDS evaluation of source: https://www.udemy.com/course/html-css-code-design-websites-with-html-css/
Credibility	This course was all based online, so it was complied tutorial video thoroughly explaining the procedures of coding. It was created by Oak Academy; they are the tech experts who have been in the sector for years and years. We are deeply rooted in the tech world. We know the tech industry. And we know the tech industry's biggest problem is the "tech skills gap" and here is our solution. They specialize in critical areas like cybersecurity, coding, IT, game development, app monetization, and mobile. They are able to constantly translate industry insights into the most in-demand and up-to-date courses.
Accuracy	Entering this course with some background knowledge from my experience in coding games, and websites in my previous years of schooling, so some topics were familiar. My progress did improve, even if the topics were discussed before I had a more deeper understanding this time, the topics were explained in a simplified manner.
Reliability	Since the skill is based on coding and there is one certain way to do code a particular thing, it was more based on factual information. Its purpose is to build your website, and help with web development which perfectly aligns with my learning goal.
Relevancy	This was the best secondary source I could refer to when progressing through as I create my product. It simplified the learning process, and shorten the time needed to learn it. It helps me gain a broadened knowledge in the field of skill.
Date	Last updated 5/2021, so the information seems to be up to date and revised through with experts on work with this huge platform of learning.
Sources	No other sources was cited through the course, all were based on factual examples or practical problems and how the expert would work through it by using various skills he explained.

Gathering Information:

Coding:
HTML (Hypertext Markup Language) specifies the structure and contents of a web page — where things belong, how they're set up, and what's on the page.
CSS (Cascading Style Sheets) governs how a web page and its elements are styled and presented.
You can't have one without the other the two work together to create the final web page, including its design and content.

Please keep in mind that when I say "a web page," we mean a single HTML document a single page that is part of your website. In contrast, "a website" refers to the entire thing your entire site with all of its separate web pages.

An HTML tag is the primary component of an HTML structure. It'll come in handy while you're building a website with HTML and CSS. It'll come in handy while you're building a website with HTML and CSS. Working on an HTML file with a simple text editor or a complicated text processor such as MS Word is not a pleasant experience. Install the Sublime Text HTML editor to make life easier for yourself. It is available for both Mac and PC and is completely free. CSS, like HTML, has tags and selectors.

Selectors specify how an element's appearance should be handled.

However, a more practical technique to use CSS selectors is to define distinct "classes" and assign them to tags one by one, rather than restricting all tags of a certain kind to a specific design. Every element has a position in an HTML document, and the order of components is critical for the final design and presentation of the web page in issue. A CSS document, on the other hand, is far less so.

CSS documents are also known as stylesheets. A CSS stylesheet is just a list of all the class definitions that are used in the related HTML document. Most of the time, the order of the class definitions is unimportant (at least for simple designs).

Now that you've modified the homepage, it's time to start working on some other pages and linking them to the homepage. When developing a website with HTML and CSS, you may create as many sub-pages as you like and then link them all together.

Applying Skills to create a product: Research and Thinking skills (Information Literacy, and Critical Thinking)

When starting this project, I came into it with an open mind to learn something that is completely new to me, even though I have coded before for school projects this time its different because this product is meant to be made for the target audience, but also for me. But when I picked to code the website, I knew that this path wouldn't be that easy to go through, learning codes, how and where to use them, how to fix errors etc didn't come that easy, but the research plan reminded me to keep on track to see the results that I expected my product to look like. Knowing that expecting to code a professional looking website was very unrealistic, I dint pressure myself to work on one feature too

long, I decided to finish the basic layout so I'm not behind my plan I created, and gave myself time at the end of the process to add additional features, or update the existing features, or experiment in new techniques.
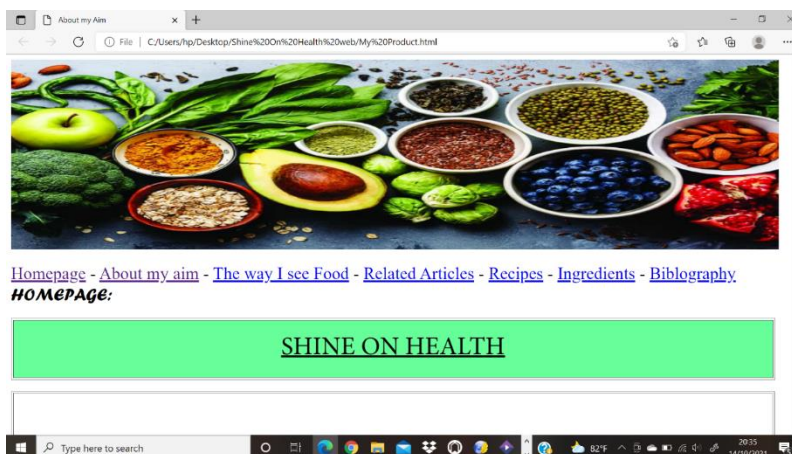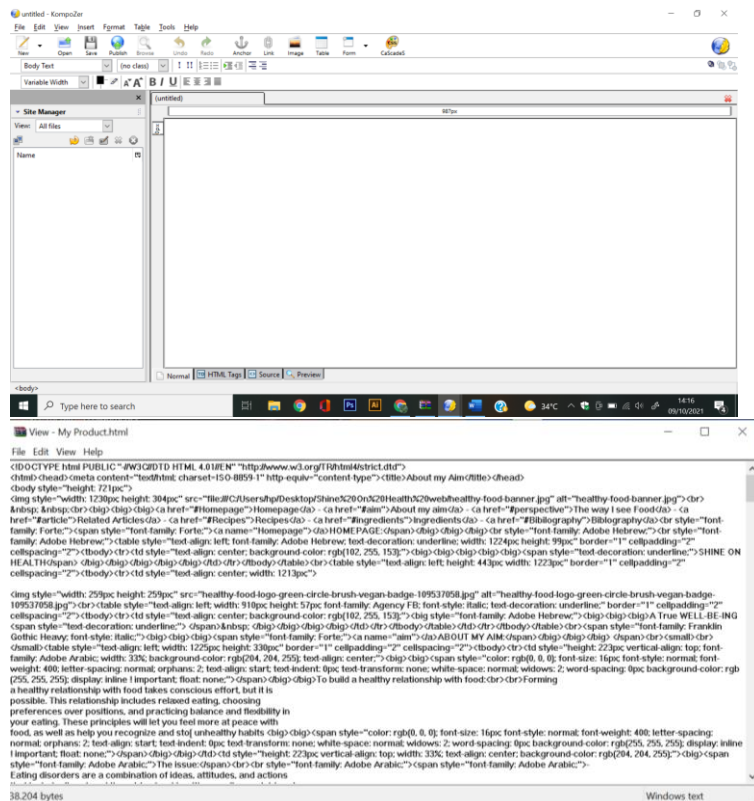
When I began my process, I struggled through how to access kompozer and how to operate this software but I used the youtube tutorial link I mentioned as one of my sources. Which guided my through the software which made helped me explore features I could add to my software, even if there was an option to drag and drop features, I wanted to challenge myself to achieve my learning goal. So to reach that goal with results I expect I took the Udemy course for HTML and CSS coding, and learnt and side by side experienced a lot. After taking both guidance from the youtube tutorial and the course, my progress started to felt smoother and easier. I had more confidence in my product that helped me gain the motivation to do more.
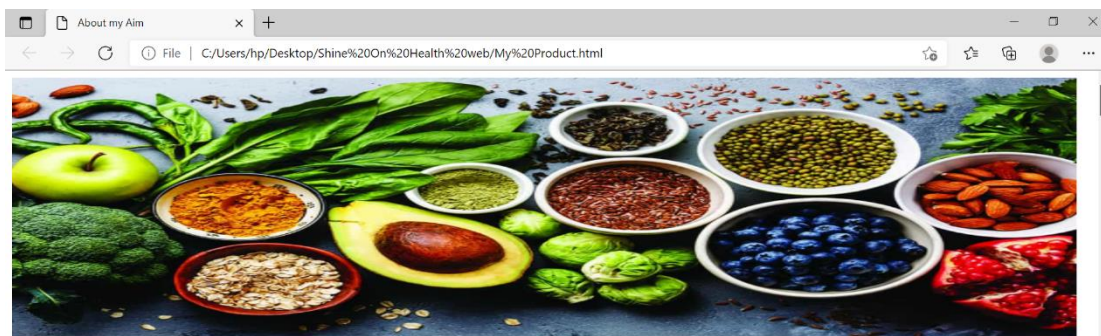
Reflecting:

For the Self-evaluation, I will reflect on my product to see if it met my expectations and resembled what I had envisioned. This will be accomplished by examining my design specs to ensure that I have followed them appropriately. And for those I didn't, have the changes and new features enhanced the product or made it easier for the customer? I also need to re-evaluate my product to see if there are any changes, I can do to improve it even further.

Peer evaluation, also known as peer review, is a systematic learning process in which the customer critiques and comments on my work. It would help me build evaluation skills while also providing me with the chance to self-assess from the perspective of my peers and receive feedback to improve my own work.

This would be accomplished by delivering a sample of my website using Google Forms and sending out a survey to obtain the essential product assessment.

The first stage in the customer evaluation process is to determine what motivates a "superb" client. A fantastic customer is a specific person or group of individuals for whom your product is intended. This evaluation is essential to determine how the customer perceives your product and what changes could enhance the product's purpose. Client feedback is essential for guiding and informing my decisions, as well as encouraging innovations and changes to my product and the service it provides. My client would also evaluate me based on how much of the product strategy I followed or did not follow. The client would judge the changes I've made during the production process of my product, if the changes would done for the benefit of my product goal or not. the client would be able to point out the weakness, strength and improvement aspects of my website.

Product evaluation:

To build a healthy relationship with food:	The issue:	What could be done:
Forming a healthy relationship with food takes conscious effort, but it is possible. This relationship includes relaxed eating, choosing preferences over positions, and practicing balance and flexibility in your eating. These principles will let you feel more at peace with food, as well as help you recognize and stop unhealthy habits	- Eating disorders are a combination of ideas, attitudes, and actions that include disordered thoughts about health as well as weight and food. This leads to rigidity or chaos, which has an influence on quality of life and promotes the pursuit of "healthy" standards, which borders on disordered. When the aggregate of ideas and behaviors becomes driven, mechanized, or obsessive, there is a loss of energy and spontaneity, which is replaced by rigidity. At the very least, this leads to eating disordered ideas and actions, and at worse, it leads to the development of an eating disorder.	- "The ability to be at ease with the social, emotional, and physical components of food and eating is referred to as relaxed eating." Relaxed eating is in sync with the body's hungers and caters for them instinctively. It is the capacity to listen to your hunger and fulfill it, allowing for joyful and whimsical eating with flexibility and a lack of guilt. It enables you to eat when you're hungry and quit when you're full. It allows you to eat more or less or in a different way than normal without criticism, punishment, or the need to compensate. It includes eating choices and ideas that are balanced, not excessive or all-consuming, via a prism of self-love and physical wellbeing.

The term "balance" is frequently used, but nowhere is it more vital than in your dietary habits. Balance is important in many aspects of eating in the food world. For one thing, it implies feeling at ease with a wide range of meals from all dietary categories. You must consume appropriate amounts of protein, lipids, and carbs to meet your body's nutritional demands. Because some or all of these macronutrients are found in every food category, there is no biological or chemical reason to exclude any group (unless instructed by a doctor). The adage "everything in moderation" is extremely true—there is a place for everything in your diet.	Another important component of a healthy relationship with food is flexibility. It refers to the lack of rigorous regulations governing eating and eating behavior. Rather, there is a greater willingness to "go with the flow" and accept deviations from favorite meals as a normal part of life, rather than perceiving such deviations as a judgment of oneself or one's value. For example, we frequently label some meals as "excellent" and "clean," while condemning others as "evil" or "junk." These brief labels give us a sense of control over what we eat. But in reality, they don't mean much at all. They are constructs that serve no health purpose, and instead only make people feel poorly for certain food choices and proud of others. Most days include a mix of stereotypically "healthy" and "unhealthy" foods and that is okay. It is more than all right to have dessert after dinner!.	Famous quotes that changed my perspective: "You are what you eat" emerged in english in the 1930s. That's when the American nutritionist Victor Lindlahr, who was a strong believer in the idea that food crontrols health "Everything you eat becomes a poart of not only your outer fabric of your body but also your inner being as well" says Samantha Heller, MS, RD, a clinic nuritionisnt at NYU Medical Center in New York City.

THE WAY I SEE FOOD:

RELATED ARTICLES:

Article 1: Heathly Eating
https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm#:~:text=The%20fundamentals%20of%20healthy%20eating,to%20sustain%20a%20healthy%20body.

Summary:
It emphazizes on eating a healthy diet does not imply imposing tight restrictions, becoming excessively slim, or depriving yourself of the things you enjoy. It's more about feeling wonderful, having more energy, increasing your health, and enhancing your attitude.

Article 2: How Can I Improve My Relationship with Food?
https://www.healthline.com/nutrition/fixing-a-bad-relationship-with-food#bottom-line

Summary:
It promotes on developing a positive connection with food is not something that can be accomplished quickly. Rather, it's something you'll have to work on for the rest of your life, just like you'd work on a connection with your partner, friend, or any other significant person in your life.

Article 3: The Science Behind the Academy for Eating Disorders' Nine Truths About Eating Disorders
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5711426/

Summary:
This article uses scientific facts to support what eating disorders is. it also exposes us with the facts that are spread over a wide range of literature. In addition to reviewing actual research, we examine modern theoretical and conceptual models, as well as authoritative evaluations, to assess the present status of the science behind the Nine Truths of eating disorder.

Spinach, Blueberry & "Feta" Salad

Directions

1. To prepare the tofu "feta", allow any excess liquid from the tofu to drain into the sink. You can lightly press the block of tofu, but don't press too much. A little bit of liquid is desired.
2. Add the tofu and remaining "feta" ingredients to a small food processor and combine until creamy. Scrape down the sides as needed. Transfer to an airtight container and store in the fridge for at least 3 hours. The longer it sits in the fridge, the more crumbly the texture will become.
3. For the dressing, combine the ingredients in a mason jar or other glass container.
4. To assemble the salad, add the spinach, blueberries and shallot to a large bowl.
5. Drizzle over some dressing and toss to coat.
6. Top with a crumbling of the feta and the chopped walnuts.
7. Serve with extra dressing and feta on the side. Enjoy!

Vegan Caesar Salad

Directions

1. For the dressing, add the drained cashews*, water, nutritional yeast, lemon juice and zest, garlic, olive oil, vinegar, capers, mustard, soy sauce, and pepper to a blender.
2. Blend on high, scraping the sides down as needed, until the dressing becomes smooth and creamy. Transfer to a jar or dressing container and keep in the fridge until ready to use.
3. To make the vegan parmesan, add the unsoaked raw cashews, nutritional yeast, salt, and garlic powder to a small food processor, and blend until the mixture resembles coarse sand.
4. Preheat a large pan or griddle pan on high heat.
5. Cut the romaine lettuce heads in half lengthwise. Lightly brush some olive oil over the cut side of the romaine heads. Place the heads cut-side down on the pan for 10 - 15 seconds, or until there are light grill marks on the lettuce, then remove from the heat. Note, it is very important that the lettuce heads are completely dry when grilling, otherwise, any water droplets will cause the lettuce heads to steam rather than sear, resulting in wilted lettuce.
6. To assemble the salad, place the grilled lettuce heads grilled-side up on a platter, drizzle over some dressing, and add a sprinkling of croutons and vegan parmesan. Serve the remaining dressing, croutons and parmesan on

Roasted Vegetable Salad with Crispy Chickpeas

Directions

1. Preheat the oven to 430°F (220°C).
2. On a parchment-lined baking tray, add the chickpeas, drizzle over the oil, and the burrito spice seasoning. Toss to coat and spread out in a single layer.
3. To a separate large lined baking tray, add the potatoes, carrots, unpeeled garlic, oil, and burrito seasoning. Toss to coat, then spread in a single layer.
4. Roast both trays in the preheated oven for 20 minutes.
5. Remove the trays from the oven and stir. To the veggie tray, add the onion wedges. Return the trays to the oven with their positions swapped, and roast for an additional 15 minutes. Check on the veggies at this point to see if they are cooked to your liking and if the chickpeas are golden and crispy. Otherwise, bake for 5 - 10 minutes longer.
6. Meanwhile, place the frozen peas in a medium bowl and cover them with 4 cups (1 L) of boiling water. Let sit for 10 minutes.
7. Drain the peas and mash with a fork, then add the yogurt, salt, and pepper to the peas and mix.
8. Carefully remove the garlic cloves from the baking tray. They should be softened. When cool enough to handle, peel and mash the garlic cloves with a fork. Add this to the pea and yogurt sauce. Mix. If you prefer a more smooth consistency, you can also blend the pea and yogurt sauce with an immersion blender, although this is optional. Taste test and add more salt if desired.
9. To assemble the salad, divide the spinach between the bowls, top with the

IMPORTANCE OF EACH INGREDIENT:

Ingredient: Chickpeas

Significance

Chickpeas also known as garbanzo beans are super-rich in protein, vitamins, minerals, fiber which make it an indispensable addition to your nutrition profile.

A fantastic substitute for meat, a popular dish at almost every household- a cup of chickpeas (28 grams) are capable of furnishing one-third of an adult's protein requirements. Let's take a look at some of its wonderful, nutrient-dense health benefits:

Regulates blood pressure

High blood pressure can be managed with a daily, sufficient, intake of potassium, which is around 4700 mg. From 1 cup of chickpeas, you get 474 mg potassium.

Improves cardiac health

Another benefit of chickpeas is that you can ensure adequate nutrition supply to your heart by its intake. As it is loaded with selenium, magnesium, potassium, vitamin B, fiber, iron- you can safely indulge in the goodness of chickpeas while it automatically takes care of your heart risks, lowers LDL cholesterol.

Controls blood sugar

1 cup of chickpeas contain 12.5 grams of fiber- a quantity that is highly beneficial for diabetics. Due to its low glycemic index, and the presence of the starch amylose, body absorbs and digests chickpeas gradually.

Boosts bone health and haemoglobin levels

Being an excellent source of iron, calcium, vitamin C, A, E, folate, antioxidants, and other nutrients, chickpeas contribute heavily to one's bone maintenance and enhance the body's iron absorption capacity.

Improves digestion

Ingredient: romaine lettuce

Signifance:

The nutrients in romaine lettuce provide multiple health benefits:

Vitamin C - helps support the immune system, is high in antioxidants, and helps keep bones and teeth strong.

Calcium- is necessary for the building and maintenance of bones, muscle function, nerve function, and blood clotting.

Vitamin K- is also necessary for blood clotting. It works together with calcium to prevent bone mineral loss and fractures due to osteoporosis.

Vitamin A- (from beta carotene) is a vital nutrient, necessary for health. An antioxidant, vitamin A supports cell growth and reproductive health. It also helps to maintain the heart, kidneys, and lungs. Vitamin A also supports the eyes.

Folate is a B vitamin,- which supports cell division, the production of DNA, and genetic material. Folate deficiency in pregnant women can lead to complications with pregnancy, including premature birth, low birth weight, or the birth defect spina bifida.

Phosphorus- works with calcium to build strong bones and teeth.

Magnesium- helps enzymes function and relaxes the muscles in your body. It works with calcium to build tissue.

Potassium- is an electrolyte that helps your heart beat regularly. It supports nerve function and helps your muscles contract normally. Potassium also helps your cells to move, and utilize, nutrients efficiently. It minimizes the negative impact of sodium (salt) on the body.

Ingredient: Spinach

Significance:
Spinach includes vitamin K, fiber, phosphorus, and thiamine, among other nutrients. Protein and carbs account for the majority of the calories in spinach.

Iron: A shortage of iron in the diet might impair the body's ability to utilise energy efficiently. Spinach is an excellent source of iron. To enhance absorption, combine vitamin-C-rich meals like citrus fruits with plant iron like spinach.

Calcium: One cup of spinach provides around 250 milligrams of calcium. It is, however, less easily absorbed than calcium from dairy sources. Spinach has a lot of oxalate, which binds to calcium. Our bodies find it tough to utilise as a result.

Magnesium
Spinach is also one of the greatest sources of dietary magnesium, which is required for energy metabolism, muscle and neuron function, a regular heart rhythm, a healthy immune system, and blood pressure regulation. Magnesium is also involved in hundreds of other metabolic processes that occur in the body.

Bibilography:
- https://www.healthline.com/nutrition/types-of-lettuce#1.-Crisphead-lettuce
- https://www.nationaleatingdisorders.org/blog/how-have-healthy-relationship-food
- https://www.pickuplimes.com/recipe/?sb=&meal_type=2&meal_type=12&total_time=&sort_by=
- https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm

My product:

My final product is a blog website that consists of topics related to mental state and food, along with delicious recipe ideas. (note: this isn't the final product yet, I still need to give myself time to add additional features)

Peer evaluation: survey:

Questions:	Yes	No	Comments:
Was my product engaging?	yes		It was presented chronologically and the material was given in a way that led up to a larger conclusion, which was the experience I was looking forward to.
Does the information help you gain a wider perspective?	yes		Of course, having another point of view helped me to center my nervous thoughts.
Was it systematic?	yea		Yes, it was nicely placed
Q4. Did you feel it would create an impact on my audience? (my audience are people suffering through eating disorders or suffering through an unhealthy relationship with food)		no	It was sort of, but again, having an opinion from someone who has

			experienced something similar would help your audience feel comfortable and protected, but your point of view wasn't horrible, and I truly loved how you educated yourself to create this product.
Does the background color compliment the websites visual presentation?	yes		Yes, it was very visually appealing to see how all of the pastel colors complimented each other. I had no idea that purple green and pale yellow could go together, but the shades you chose were perfectly coordinating with all of the components of your website.
Did you feel the information was relatable?		Sort of	Again, it would be if it came from someone who has had a comparable experience to this one, but your knowledge touched on my experience marginally, so it was related, but not to that amount..

DESIGN SPECIFICATIONS:		REMARKS:
- Product		Cooking Blog; I aimed for this but added additional features that made it more than just a simple cooking blog
- Materials	- Software	KompoZer: This software was used as planned but I also used other software's such as canvas and PowerPoint presentation to make mind maps and logos
	-Hardware	I stuck to using this hardware as mentioned

- Content	- Content Type	Blogging: - I used the same content type as mentioned
	- Content Details	Features mentioned in previous criteria has fulfilled
- Purpose		I did feel that my product has achieved its purpose, my client seems to be really satisfied from the result and was glad it turned out to be great. I have put all the components to attract audiences that is trying to find a safe place to relate and also learn something new or regain a perspective on a topic that might seemed to be neglected. to educate and provide consolation towards the relationship we share with our consumption of food, meaning behind every importance of ingredients
- Appearance		- The structure that I have planned in the design specification was hard to achieve; I planned to keep in a horizontal manner but I didn't have enough time to learn how to code the website in that structure so I just structured it vertically - even if the placement wasn't done as planned, I still presented them systematically, providing a more professional look to the blog. - the background color could only apply in the tables but nit overall due to some coding error - I also added the colors mentioned in all 3 designs at the end because the monotonous color scheme that I thought would help bring all the websites components together, made it look very bland, so decided to add all the colors mentioned in the 3-design plan

How is the impact of the solution on the client/ target audience;

The product I have created has made a successful impact to my client. Through the systematically ordered content and the captivating images that reaches the bar of visual presentation expectation according to my criteria success details. The information was delightfully written in a way that helped me connect with my client. Despite the fact that it wasn't as orderly paced as described in my design plan and the background colour wasn't as plan but it turned out to be complimenting the content and enhancing the features of the blog. The meticulous manner of the information helped my perspective and the solution to the client's issue easily get through to the readers, which benefits the product aim to be achieved.

Strengths of the Product:

- Systematic
- Vivid colour scheme that compliments the content
- Effective information being presented
- Information chronological ordered that helps reach to a wider perspective after reading
- Pictures are captivating and engages readers attention

Weakness of the Product:

- The hyperlinks should be more a more interesting source that provides information on the same topic
- More pictures should be added
- The structure of the components of the websites could be more arranged
- There could be a comment section in the website where people share their experience and leave a motivational quote that helped them with everyone

These details expressed in the improvement after the peer evaluation based on my product would inclusively bring my product success to another level to achievement. Even if the product seems to be meeting expectation, I wander how my product would be if these improvements were incorporated. To picturize the result of implying these notes, I can reason with them and keep them in mind next time I plan to touch up on my product later on along the lines.

Improvements:

Notes:	Reason:
- The hyperlinks should be more a more interesting source that provides information on the same topic	Hyperlinks to maybe a Spotify podcast episode, which can be interesting to hear as it can feel like a conversation, or maybe to a YouTube link where the topic can be visual presented to the readers or even a storybook that readers can be interested to buy
- More pictures should be added	When inserting more pictures, the content would seem to be less overwhelming to the reader
- The structure of the components of the websites could be more arranged	If I learnt how to detect the error in my coding, I could place the information horizontally next to each other that makes it more interesting compared to every information placed vertically
- There could be a comment section in the website where people share their experience and leave a motivational quote that helped them with everyone	It would help fill the void of interaction and relatability if what I provided wasn't sufficient to the readers. It helps create a safe place for readers to visit anytime and contribute to help others improve their health. This would help me gain perspective and educate myself and help other readers feel assured and understood.

SOURCES:

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MasterClass. "8 Persuasive Writing Tips and Techniques - 2021f." *MasterClass*, MasterClass, 10 Sept. 2021, www.masterclass.com/articles/persuasive-writing-tips-and-techniques.

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