



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

SCHOOL OF COMPUTING
Faculty of Engineering

UHMT1012 GRADUATE SUCCESS ATTRIBUTES

**SUSTAINABLE DEVELOPMENT GOALS : GOOD HEALTH
AND WELL BEING**

SECTION : 30 - 1SECR
COURSE NAME : BACHELOR OF COMPUTER SCIENCE
(COMPUTER NETWORK & SECURITY)

NO.	NAME	STUDENT ID
1	FATEEN NASHUHA BINTI YUSOF	A19EC0045
2	ADIBAH ASLAH BINTI SHAMSURI	A19EC0005
4	NOR FARAHZIBA BINTI HAMADUN	A19EC0123
3	NUR NABILAH BINTI YUSMAN	A19EC0136

LECTURER'S NAME : DR . HAZINAH BINTI KUTTY MAMMI
DATE OF SUBMISSION : 5th DECEMBER 2019

What is Sustainable Development Goals?

The Sustainable Development Goals (SDGs) are a collection of 17 global designed to be a “blueprint to achieve a better and more sustainable future for all”. The goals are broad based and interdependent. Each of the goals have a list of target.

The Sustainable Development Goals are:

1. No Poverty
2. Zero Hunger
3. Good Health and Well-being
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation, and Infrastructure
- 10.Reducing Inequality
- 11.Sustainable Cities and Communities
- 12.Responsible Consumption and Production
- 13.Climate Action
- 14.Life Below Water
- 15.Life On Land
- 16.Peace, Justice, and Strong Institutions
- 17.Partnerships for the Goals

Out of all 17 goals, our team decided to chose the third goal it is good health and well-being. We chose that goal because we are concern about some people who suffering from health problems at a young age. This is because, they do not practice a healthy lifestyle in their daily lives. We are choose kids as our easiest target for us to discover and teach healthy lifestyles to them through their parents.

PROBLEM STATEMENT | 2019

According to a study in Asia conducted by Prof Dr Poh Be Koon in 2013, Malaysia was among the top three countries with a high percentage (11.5 percent) of obese children (aged between six months and 12 years). In the 2015 NHMS, 11.8 percent of children below 18 years of age were found to be obese.

Based on that analysis, we have found that fast food is one of the main causes of obesity. Especially among kids nowadays.

IDEA & SOLUTION | 2019

Because of our target is kids, so parents should play an important role in helping and teaching their children to practices healthy lifestyle in their daily lives. To help parents to prevent their kids from eating fast food, so we decided to develop app for how to make simple and healthy food for children. This app will display a few simple recipes that can help parents to making meals in easy-way without required a lot of money. Also contain list of ingredient and duration for each meal.

CONCLUSION | 2019

Although our ideas are aimed at kids, this does not mean that other people cannot use the app. Maybe from that app they were interested to make healthy food for themselves and also want to become a person who practices a healthy lifestyle starting from food. We would very pleased if our ideas were accepted by so many people.

We found that, our project ideas have attracted one of the pediatrician, Dr. Shamsuri bin Arbin. He really supported our ideas because he felt like it was a new initiative to produce many young people with healthy lives. He also said, the good eating habits should be applied from young age. And he is very pleased to be our partner in the project.

Levin & Kent Checklist

No	List	Tick
1.	We all show equal commitment to our objective.	/
2.	We all take part in deciding how work should be allocated.	/
3.	We are committed to helping each other learn.	/
4.	We acknowledge good contributions from team members	/
5.	We handle disagreements and conflicts constructively within the team.	/
6.	We were able to give constructive criticism to one another and to accept it ourselves.	/
7.	We all turn up to meetings and stay to the end.	/
8.	We are good at making sure that everyone knows what's going on.	/
9.	When one of us is under pressure, others offer to help him or her.	/
10.	We trust each other.	/
11.	We remain united even when we disagree.	/
12.	We support each other to outsiders	/
13.	We feel comfortable and relaxed with one another.	/



Meeting Information**Date :** 12.11.2019**Time :** 9 pm – 10 pm**Venue :** Lobby M27**Attendance :**

Fateen Nashuha binti Yusof

Adibah Aslah binti Shamsuri

Nor Farahziba binti Hamadun

Nur Nabilah binti Yusman

Meeting Agenda :

Item	Meeting Agenda	Action
1	Meeting started promptly at 9pm by Fateen Nashuha, our group leader	Leader brief about the project : Sustainable Development Goals
2	Brainstorm session about the sustainable development goals project <ul style="list-style-type: none">• SDGs have 17 goals	We decide to choose the third goals it is about good health and well-being
3	Researching needs to be done on this project	Research on topic : Farahziba and Fateen Nashuha Write in mahjung paper : Adibah Aslah and Nur Nabilah

Meeting Information**Date :** 16.11.2019**Time :** 9 pm – 10 pm**Venue :** Lobby M27**Attendance :**

Fateen Nashuha binti Yusof

Adibah Aslah binti Shamsuri

Nor Farahziba binti Hamadun

Nur Nabilah binti Yusman

Meeting Agenda :

Item	Meeting Agenda	Action
1	Meeting started promptly at 9pm by Fateen Nashuha, our group leader	Leader brief about the project : Sustainable Development Goals
2	Proceed with our idea and distribute the tasks that need to be done	Poster : Fateen Nashuha Slide : Nor Farahziba Report : Adibah Aslah and Nur Nabilah