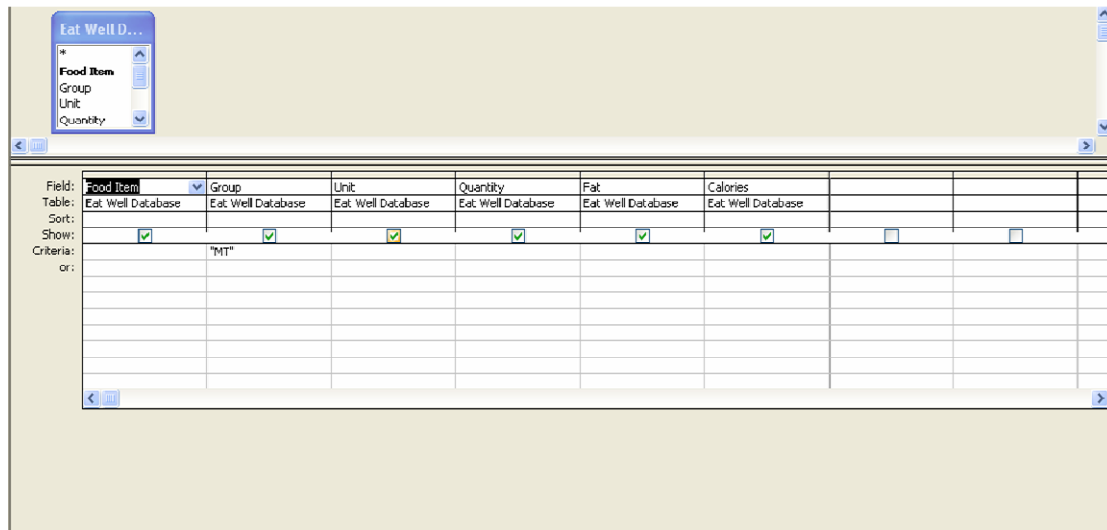


Database Queries

MEAT:



My most popular Food group for a main meal was meat, as 28 portions of meat were eaten by my entire survey group every day. Vegetables were eaten more a day, however, 5 out of the twenty people I surveyed gave meat as there most popular food group, which makes it more popular. Because of this, I went and made a query which searched my database for all of the items of meat

The screenshot shows a database query result window titled 'Eat Well Database Query (Popular Dinner)'. The window displays a table with columns: Food item, Group, Unit, Quantity, Fat, and Calories. The table contains 20 rows of data, including items like Chicken Breast, Chicken Drumstick, Chicken Nuggets, Chicken Thigh, Chicken Wing, Duck, Bacon, Beef Steak, Goose, Gravy, Ham, Jelly, Lamb Chump Chop, Lamb Cutlet, Lamb Leg, Lamb Loin Chop, and Lamb Shank. The 'Quantity' column shows values ranging from 1 to 100. The 'Fat' column shows values ranging from 0 to 12.5. The 'Calories' column shows values ranging from 14 to 307.

Food item	Group	Unit	Quantity	Fat	Calories
Chicken Breast, no skin, grilled	MT	g	100	5	157
Chicken Breast, with skin, grille	MT	g	100	12.5	218
Chicken Drumstick, no skin	MT	drumstick	2	9	179
Chicken Drumstick, with skin	MT	drumstick	2	14.5	229
Chicken Nuggets	MT	g	20	3.5	57
Chicken Thigh, no skin	MT	thigh	2	6	126
Chicken Thigh, with skin	MT	thigh	2	8	145
Chicken Wing	MT	wing	2	12	179
Duck, roast, no skin	MT	g	100	9.5	182
Duck, roast, skin	MT	g	100	26	307
Bacon, fried	MT	slice	1	3	37
Bacon, grilled	MT	slice	1	2	32
Beef Steak, grilled	MT	g	117	10.5	224
Goose, roast	MT	g	100	23	315
Gravy, powder	MT	g	225	0	14
Ham, leg	MT	g	46	1.5	90
Ham, shoulder	MT	g	50	3	55
Jelly	MT	ml	280	0	188
Lamb Chump Chop	MT	g	65	12	182
Lamb Cutlet, grilled	MT	g	40	10.5	131
Lamb Leg, baked	MT	g	90	10.5	201
Lamb Loin Chop, grilled	MT	g	50	15.5	182
Lamb Shank	MT	g	100	10.5	223

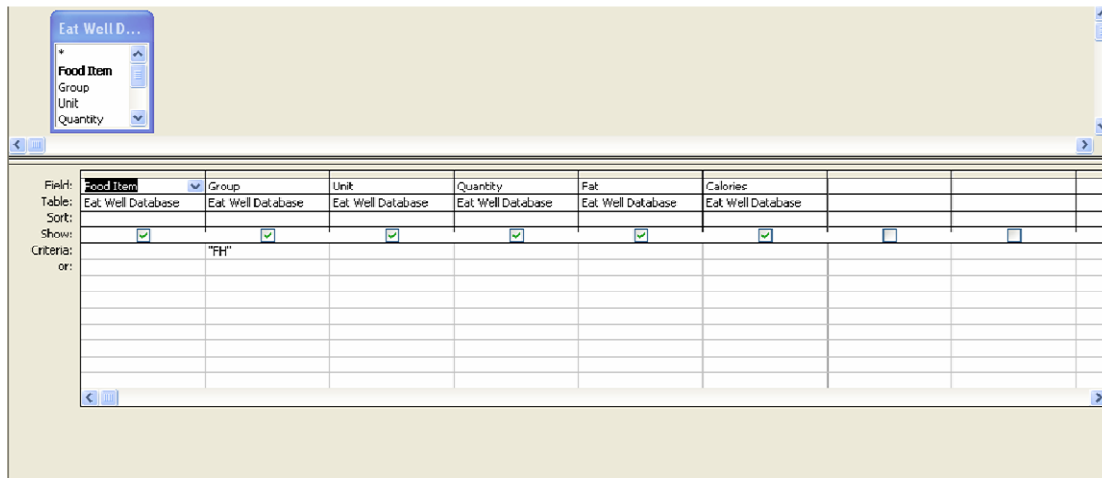
I am not using the most popular food group which is fruit in the main as it is not particularly appropriate. Therefore I choose meat as this is the second most important food groups.

Above, the Screenshot shows the Search Criteria I inputted, which was by

searching for all meat ("MT") in the Database.

The Fields I chose were chosen as these are the most relevant information that the public would want to know about their food. These were Food Type, Group, Unit, Quantity, Fat and Calories; I chose these as they give the most essential information for choosing a meal or ingredient

FISH:



My least popular food group was fish, which only was eaten 6 times by my entire survey group a day. This was by far the lowest, with the next food group coming to the value of 15. There were foods that were eaten less a day, but I thought that these foods would be inappropriate for a main meal, whereas Fish could make a healthy and delicious main meal

Food Item	Group	Unit	Quantity	Fat	Calories
Mackerel, fillet	FH	g	88	15	231
Cod, fillet	FH	g	90	1	95
Sea Bass	FH	g	100	1	93
Sea Bream	FH	g	149	8	206
Calamari, fried	FH	g	100	17.5	276
Cod, baked	FH	g	100	1	76
Haddock, smoked	FH	g	85	1	8
Lemon Sole	FH	g	85	2	79
Mackerel	FH	g	100	16	221
Mullet	FH	g	74	3.5	99
Mussels	FH	g	100	2	87
Prawns, king	FH	g	100	1	104
Prawns, small	FH	g	150	1.5	114
Salmon, raw	FH	g	100	12	181
Salmon, smoked	FH	g	50	2.5	67
Scallops, steamed	FH	g	160	2.5	168
Scampi	FH	g	100	2	107
Scampi, crumbed, fried	FH	g	100	17.5	314
Sea Trout	FH	g	100	2	93
Tuna, brine	FH	g	190	5	234
Tuna, oil	FH	g	250	28	450
Grilled Octopus	FH	g	412	12.1	243
*				0	0

I am not using the least popular food group in the Main as it is not particularly appropriate. Therefore I choose Fish as this is the one of the least important food groups.

Above, the Screenshot shows the Search Criteria I

inputted, which was by searching for all Fish ("FH") in the Database.

The Fields I chose were chosen as these are the most relevant information that the public would want to know about their food. These were Food Type, Group, Unit, Quantity, Fat and Calories; I chose these as they give the most essential information for choosing a meal or ingredient.

CEREAL AND GRAINS:

Field:	Food Item	Group	Unit	Quantity	Fat	Calories
Table:	Eat Well Database	Eat Well Database	Eat Well Database	Eat Well Database	Eat Well Database	Eat Well Database
Sort:						
Show:	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Criteria:		"<CG"				
or:						

One of my less popular food groups was cereals and grains, and I am going to try and make a dessert out of this. Only 28 of these were eaten a day and only 1 person said it was their favorite groups. There were foods that were eaten less a day, but I thought that these foods would be inappropriate for a dessert, whereas Cereal and

Food Item	Group	Unit	Quantity	Fat	Calories
Iced Bun	CG	g	65	5	192
Hot Cross Bun	CG	g	50	3.5	155
Angel Cake	CG	slice	1	0.5	181
Apple Cake	CG	slice	1	10	252
Banana Cake	CG	g	100	16	428
Battenburg Cake	CG	g	100	17.5	370
Carrot Cake	CG	g	100	23	402
Christmas Cake	CG	g	60	6	193
Chocolate Éclair	CG	g	70	18	264
Fruit Cake	CG	g	70	7.7	239
Madeira Cake	CG	g	40	6.8	157
Marble Cake	CG	g	100	13.5	374
Sponge Cake	CG	g	60	15.4	275
Swiss Roll	CG	g	35	2.5	114
Branflakes	CG	g	30	0.6	95
Coco Pops	CG	g	30	0.3	115
Cornflakes	CG	g	30	0.2	108
Rice Crispies	CG	g	30	0.2	111
Fruit & Fibre	CG	g	30	1.4	105
Grapenuts	CG	g	30	1	113
Honeynut Cornflakes	CG	g	30	1.5	119
Sugar Puffs	CG	g	30	0.6	116
Instant Oats	CG	g	36	2.8	134
Muesli	CG	g	50	3	182
Muesli Flakes	CG	g	30	3	115
Oat Bran	CG	g	45	2.5	170
Questrina	CG	g	300	2.2	98

Grains could make a healthy and delicious dessert

I am not using the least popular food group in the dessert as it is not particularly appropriate. Therefore I choose Cereal as one of the least important food groups

Above, the Screenshot shows the Search Criteria I inputted, which was by searching for all Cereal and Grains (“CG”) in the Database.

The Fields I chose were chosen as these are the most relevant information that the public would want to know about their food.

