

Analysis and Recommend for Organic Health Food

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ABSTRACT:

The demand for organic food is rising throughout the Western world. While it is frequently claimed that customers purchase organic goods out of concern for their health, research on consumer preferences and behaviour is ambiguous as to what exactly qualifies as "healthy" for these buyers. This article explores how consumers, despite putting their own health first, negotiate and defend their purchasing patterns. The analysis is supported by study data gathered via focus groups. Three separate concepts regarding health may be discovered when customers discuss their preferences for organic goods: purity, happiness, and a holistic approach to health. The first two are familiar to us from food writing. Third, while less well-documented in terms of consumption, organic farming reflects these objectives. The goal of purchasing organic food is health. When discussing healthy eating generally and independent of any particular situation, the majority of participants considered a simply nutritional standpoint as a strong basis to endorse arguments regarding healthy eating. The results of the article may be useful for future studies on organic eating. There are applications for those who develop and manufacture organic foods.

Keywords: organic food, python

1. INTRODUCTION

India had a food scarcity in the 1950s as a result of population expansion and natural calamities. The Green Revolution, which increased agricultural output via the introduction of high-yielding crop species and the use of fertilisers and pesticides, was started in the 1960s to fight this. People who use pesticides are more likely to suffer from chronic illnesses like cancer and headaches, among other health issues (Brewer et al., 1999). Pesticide exposure, no matter how little, may have an adverse effect on your health for years (Toxic Action Center). One in eight fatalities globally are caused by cancer, making it a global illness. If present trends continue, there would be an estimated 21.7 million additional cases of cancer and 13 million deaths by 2030. (American Cancer Society). In India, cancer claims the lives of 7,000 people annually, and there are millions of new cases each year, according to the WHO (2015). That number is anticipated to rise fivefold by 2025. Cancer risk factors include alcohol, food, pollution, and tobacco use. Cherian Varghese, R. Surendran, and Krishnan Nair were recognised.

In China, 43 million individuals with diabetes, 18 million people in the US, and 51 million people in India (27). According to estimates, 9% of people have the condition (International Diabetes Federation). The next 20 years will see the continuation of this programme. According to studies, the

rising prevalence of cancer is caused by environmental and external factors such as hormones and weakened immune systems, genetics and industrialisation, dietary practices, lifestyle, and overcrowding. The most clear risk factor for the development of chronic illnesses in the literature is poor nutrition (Ezzati M, Riboli E, 2012). Therefore, understanding a balanced diet is the secret to "wellness." The healthcare system in India is efficient and will keep improving. Instead of concentrating on creating a healthy system, try to prevent illness. Prevention is always preferable than treatment. Therefore, illness prevention via a variety of preventative methods aids in maintaining our health. A key tactic is your eating behaviour. Therefore, it's crucial to have a nutritious, balanced diet that includes plenty of organic foods. Organic foods are more nutrient-dense, antioxidant-rich, and effective in treating a range of diseases. In India, organic food is a contentious issue. While still in its infancy, the local organic food sector is emerging as a significant participant on the international stage, particularly in Europe. India established its first joint venture with German organic food firms in the early 1990s and started exporting tea to Europe. There are already hundreds of things available in 20 distinct product categories. Some of these include entire foods, tea, organic cotton, fruits, maize, rice, and vegetables as well as spices. More than 40% of products are sent to Europe, with other trade partners including the United States, Canada, Australia, New Zealand, Japan, Switzerland, Korea, the Middle East, and Southeast Asian nations. Exporting is at the core of organic marketing and will reach \$1 billion by 2015.

2. LITERATURE REVIEW

According to Rodman et al. (2014), all other foods pale in comparison to organic foods in terms of nutritional value. The evidence is overwhelming that organic foods are healthier than those that are grown and handled conventionally. Some individuals think that consuming non-organic foods might lead to health issues including weight gain, abnormal human growth, etc. Consumers feel that the label "organic" is essential in convincing them that a product is healthy, according to the study's findings. According to study findings, customers are prepared to go to significant efforts to locate organic foods despite their low quality and difficulty in obtaining them because they feel they are healthier than meals from conventional sources. People eat it because it is a form of healthful meal. Chinese consumers think organic food is more costly, riskier, and healthier, according to a 2017 research by Hasimu, Marcheni, and Kenavari. Instead of seeing it as a natural product, they see it as a technologically developed product. Even though organic foods and green foods are distinct from one another, sometimes individuals mix the two together. The outcome demonstrated the necessity for customers to be aware of the distinctive qualities of organic food and how it varies from conventional foods.

Hamzaoui-Essoussi and Mehdi Zahaf's 2012 research looked at the significance of food quality, safety, and health in influencing people's choices to buy and consume organic food. Another issue is that not all organic goods are as genuine as they claim to be. This article investigates Canadian consumers' perceptions about organic food. There, marketplaces are divided into groups based on consumer behaviour and psychological traits. The study's findings focused on three distinct divisions with various lifestyles, goals, and demographics. The outcome further highlights the link between psychological traits and consumer preferences for organic foods.

Bullock and Johnson (2017) pointed out that, in contrast to other variables like safeguarding people's and their families' health, marketing and promotions have minimal influence on consumer intentions. More important than advertising and its design are attributes. In their 2016 article,

Mishra and Singh discovered that the rising demand for organic food is affected by a variety of variables that affect consumers, including safety, health, certification, trust, and lifestyle. Research has shown that these goods face a number of challenges, including production costs, information gaps, and sceptics of the certification process used to label food as organic.

3. SYSTEM ANALYSIS

EXISTING SYSTEM:

When you consume organic food, you may avoid several ailments that might send you to the hospital and wreck your finances. This is where you can save a tonne of money. However, the acquisition costs of health foods do not seem to be as low as supporters claim. Because organic farmers don't utilise artificial means or chemicals to raise their plants or animals, production is much lower. When increased physical activity is taken into account, the cost of organic growth rises. Farmers can only earn by raising the price they charge for their goods. Organic farmers still have work to perform and challenges to overcome despite the advantages. For instance, it might be difficult to regulate the mineral makeup of manure when it is used as fertiliser. The area that may be utilised for growing crops is significantly decreased when nitrogen-fixing crops are employed as part of a crop rotation, and weeding requires more work than using herbicides. Additionally, there was no statistically significant change in the bacterial contamination. It is also important to mention that organic goods function 7–6% better than conventional ones. Additionally, organic plants have a 5% greater chance of infection. A contributing element is the use of manure as fertiliser. Thus, organic food promises are false.

“DISADVANTAGES:

- 1. More expensive**
- 2. Not widely available**
- 3. Takes a lot of work”.**

PROPOSED SYSTEM:

Despite assertions to the contrary, research have shown that there is no nutritional difference between meals that are organic and those that are not, with the exception of phosphorus and total polyphenols, which are substantially greater in organic foods. Omega-3 fatty acids are present in greater concentrations in organic chicken as compared to conventional chicken. So what about organic food makes it healthy? They are all-natural and free of harmful pesticides and herbicides. It increases physical vitality and vigour and lowers the risk of becoming sick or developing diseases. Some organic foods include chemicals in them that may change the meal's flavour and nutritional content and possibly cause weight gain. Naturally aged foods don't include any of these, thus the flavour is better and the meal is more genuine. Additionally, recent research has shown that the beneficial elements and mineral salts included in organic foods enhance their nutritional worth and richness. You get what you pay for with organic food since it often has a better quality. If you believe it's too pricey for your shopping budget, you may also establish your own organic vegetable garden and trade with other farmers. Doing business with providers of organic goods or services is an additional choice. Even while purchasing organic food may initially cost more, you will end up saving money. Keep in mind that consuming whole foods decreases your chance of contracting diseases, lowers the likelihood of being hospitalised, and avoids both serious and small illnesses.

Additionally, no work is skipped, and your money is safe.

“ADVANTAGES

1. **Healthier to consume**
2. **Better tasting**
3. **Promotes a healthy family**
4. **Protects the environment”.**

4. **SYSTEM ARCHITECTURE:**

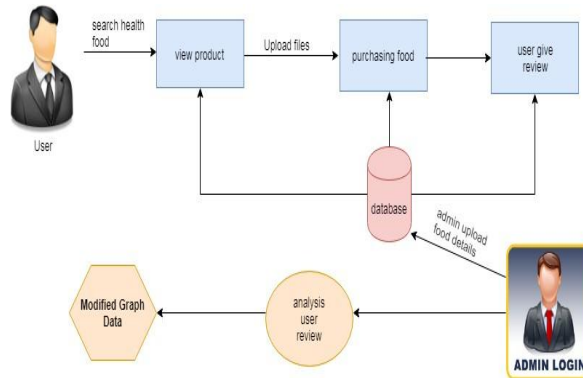


Fig1. System architecture

SYSTEM DESIGN

1. **COMPONENT DIAGRAM**

a. **User**

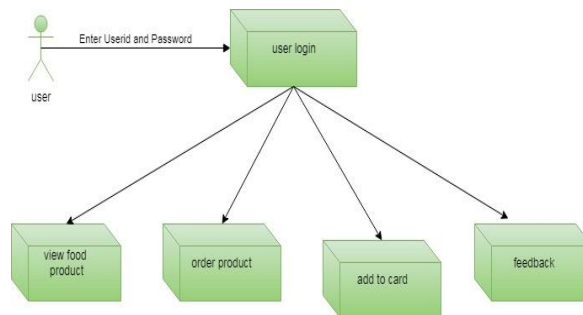


Fig2. User Component diagram

b. **Admin**

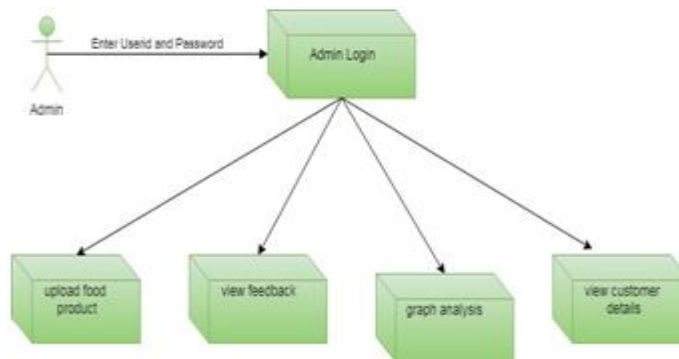


Fig3. Admin Component diagram

2. ER DIAGRAM

a. User

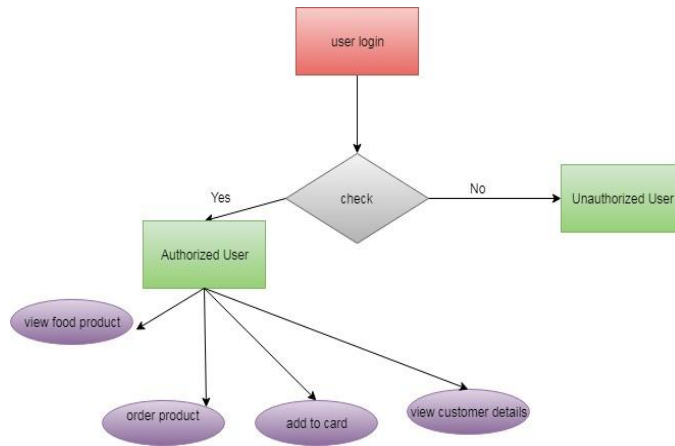


Fig4. User ER Diagram

b. Admin

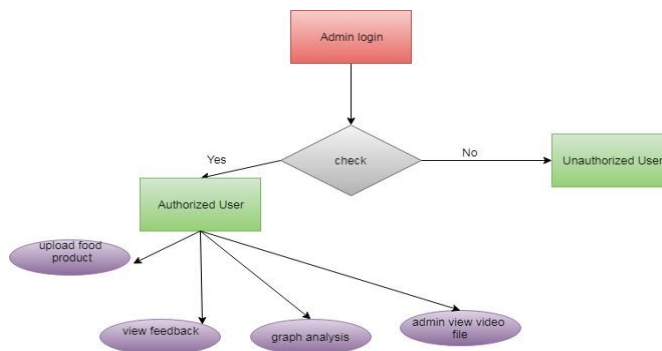


Fig5. Admin ER Diagram

3. USE CASE DIAGRAM

a. User

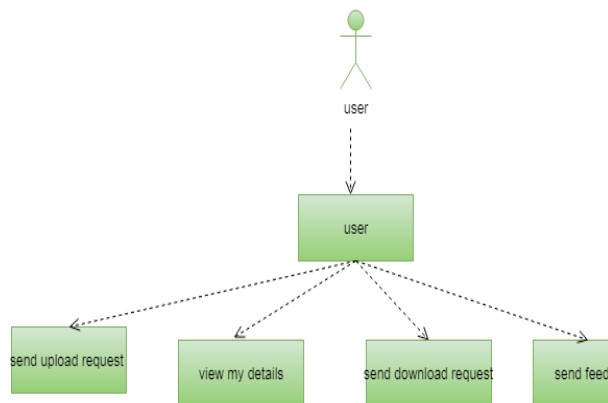


Fig5. User Use Case Diagram

b. Admin

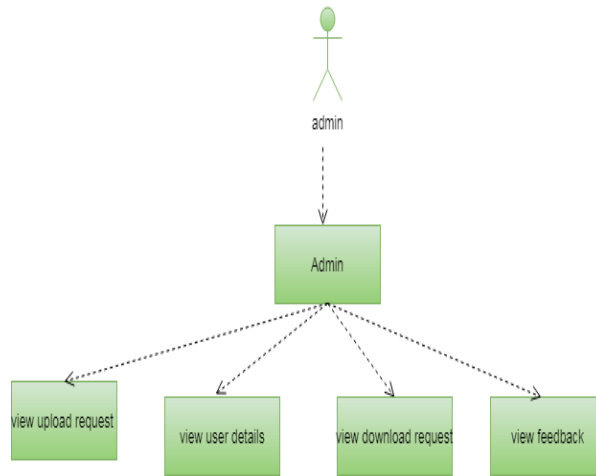


Fig6. Admin Use Case DIAGRAM

4. CLASS DIAGRAM

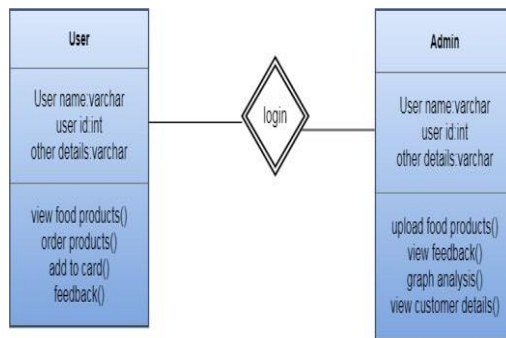


Fig7. Class diagram

5. DATA FLOW DIAGRAM

a. User

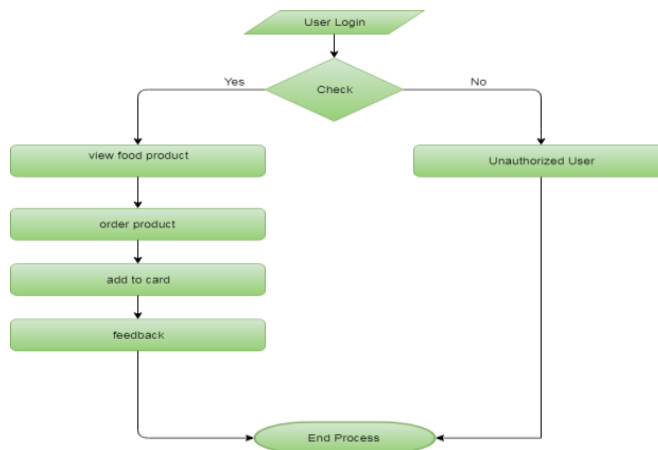


Fig8. User Data flow diagram

b. Admin

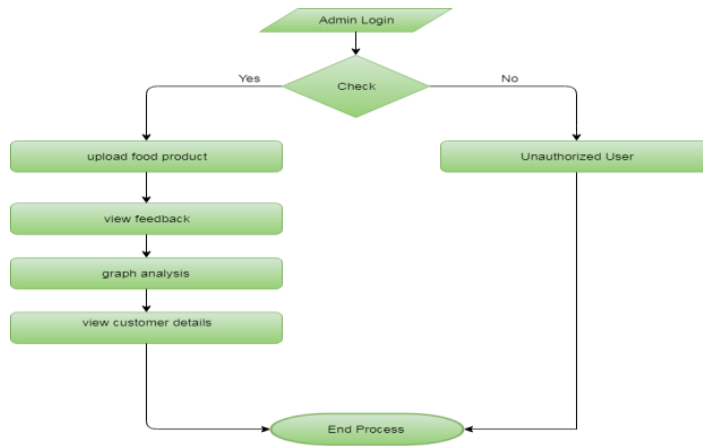


Fig9. Admin Data flow diagram

6. ACTIVITY DIAGRAM

a. User

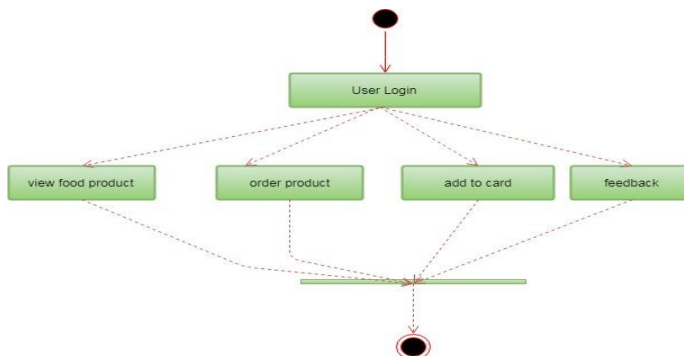


Fig10. User Activity Diagram

RESULTS

b. Admin

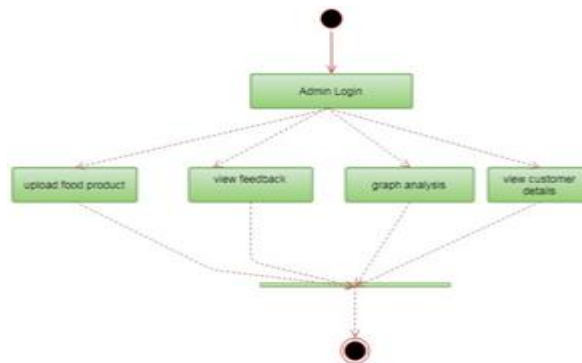


Fig11. Admin Activity Diagram

7. SEQUENCE DIAGRAM

a. User

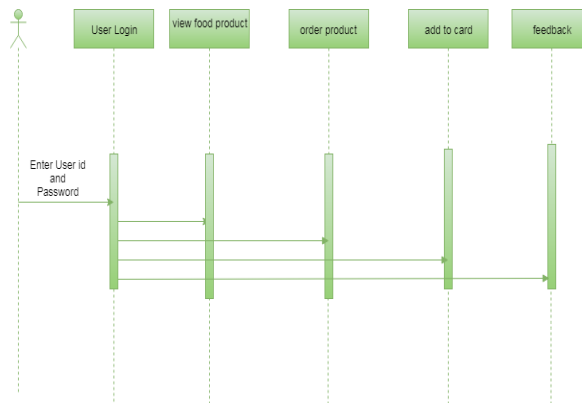


Fig12.User Sequence Diagram

b. Admin

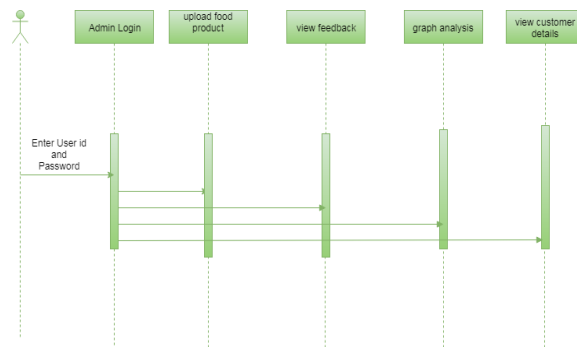


Fig13.Admin Sequence Diagram



Fig14.User login



Fig15. selection of organic food

FOOD ID	FOOD NAME	DESCRIPTION	CATEGORIES	PRICE	GRAMS	UPLOAD IMAGE	AVAILABILITY	QUANTITY	ORDER	VIEW YOUR ORDER LIST
18	wheat germ oil	Deer Garden Pure Wheatgerm Oil (Cold Pressed) 100% Natural Therapeutic Grade Cold Pressed	Vitamin E	30	25		IN	1	BUY NOW	VIEW YOUR ORDER LIST

Fig16.organic food details

USER NAME:
FOOD NAME:
ORGANIC HEALTH FOOD: --SELECT--
FEEDBACK:

please review and give your feedback

Fig17. feed back

FOOD ID:
FOOD NAME:
DESCRIPTION:
CATEGORIES:
PRICE:
GRAMS:
UPLOAD IMAGES: No file chosen
AVAILABILITY:

Fig18. Entering food details

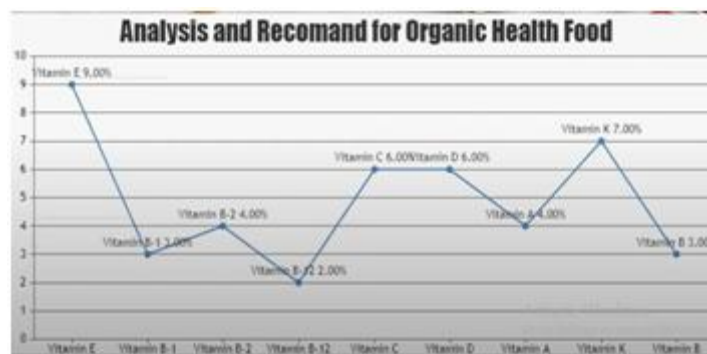


Fig19. Organic food analysis

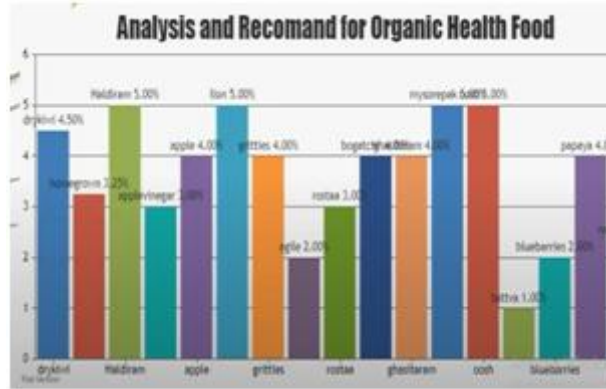


Fig20. analysis of food vitamins

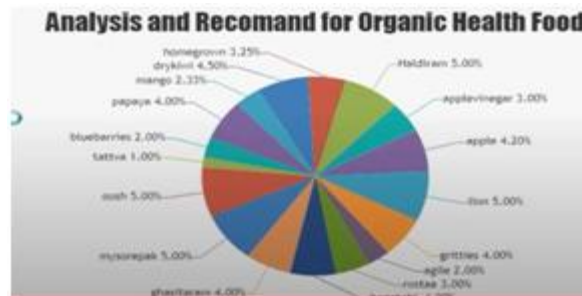


Fig21. Analysis pf products

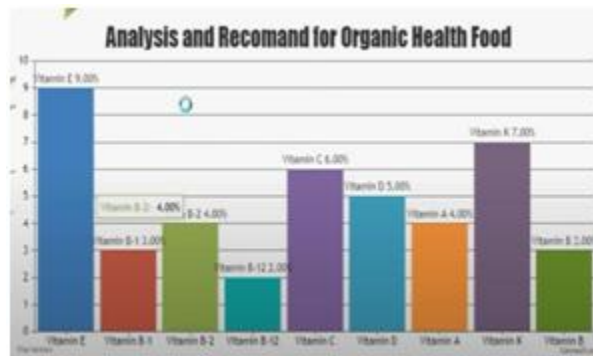


Fig22. Line graph for vitamins

CONCLUSION

A fruit's distinctive perfume is claimed to attract people, bees, and birds as it begins to mature. This is the method of dispersing seeds. They will definitely fall to the ground if we do not pick them up. Therefore, eating fruits and vegetables makes sense. On the other hand, people rear animals and cattle. You are entitled to life. Given how long they have been on the world, they really deserve to live. A vegan diet lowers both animal welfare and global warming. We learned from our interviews that many vegan restaurants run their businesses with the environment and consumer health in mind. Using organic agricultural methods is a great way to save water. By visiting organic farms, we may learn more about the advantages and practices of organic farming. We are in favour of veganism and wish to inform as many people as we can about its advantages. By making environmentally friendly decisions, we can all contribute to a better condition of the planet.

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