Solving the Problem of Overweight People by Choosing Dishes for Serving the Food

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The goal is to make recommendations on how to choose the utensils for people who want to adjust their weight. It is planned to conduct an experiment, which will practically establish the connection between the dishes which a person eats from and change of the person's weight. Research methods: analysis of literary sources, experiment, questioning, comparison of research results, synthesis. Computer network resources, human resources, information processing resources were used. The survey is based on the collection of the following information: 1) The shape and color of the utensils used by the person. 2) Age, height and weight of a person. We expect results that will link the weight of the person to the shape and color of the dishes.

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