

Eat Well Database Structure

Field Name	Data Type
Food Item	Text
Group	Text
Unit	Text
Quantity	Number
Carbs (g)	Number
Fibre (g)	Number
Fat (g)	Number
Calories	Number

I have made my Food Item field my Primary Key field. This is so that my data is unique with no duplicates or null records. This is because the Food Items need to be uniquely identified in case two items have the same name. Evidently, a Primary Key Field is vital in a database.

I have also made the Data Type "Text", as this is the only form of information that will be inputted into this field.

I have kept the Field Size at 50 as, after reviewing the names of the Food Items, this seemed to be the appropriate number of character spaces required for the Food Items.

General	Lookup
Field Size	50

Field Name	Data Type
Food Item	Text
Group	Text
Unit	Text
Quantity	Number
Carbs (g)	Number
Fibre (g)	Number
Fat (g)	Number
Calories	Number

I have added a Validation Rule to the "Group" Field. This is so that only the Two Letter Code for each Food Group can be inputted into the database. To make sure people don't accidentally add an extra letter, I have changed the field size to 2, only allowing two characters into the field, e.g. "VG" indicating Vegetable, and "DY" indicating Dairy. I have entered a Validation Text to inform people what they have done wrong, if they have done something wrong, and what data that is allowed to be inputted. I have used formal language although maintaining how comprehensible the text is.

General	Lookup
Field Size	2
Format	
Input Mask	
Caption	
Default Value	
Validation Rule	"FT" Or "VG" Or "MT" Or "FH" Or "CG" Or "DY" Or "B
Validation Text	Data must consist of 2 letters indicating the Food G