Reflection

In this project, two types of research methods were used. The first method was an interview with a dietitian , and the second method was to use trusted websites to confirm and make sure all of our information is accurate.

Links:

<https://www.diabetes.org.uk/diabetes-the-basics/diabetes->

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in->

<https://www.cdc.gov/diabetes/basics/symptoms.html>

Group members : Tamara Elias, Sara Akkawi ,Tia Samara, Diala Naber, Naya Karadsheh

**Sara Akkawi**: Was very helpful with the entire progress, she was very concentrated on everything and tried very hard to make this project amazing and overall did an amazing job.

**Tia Samara**: Helped as much as possible, she was a great team member and is very hardworking , she did the best she could and also ended up doing a great job

**Diala Naber:** Was very helpful in the first meeting, she took notes and was very concentrated, although in our second meeting she was not very focused

**Naya Karadsheh:** In our first meeting she was on her phone most of the time and was very distracted she was not much help, but in the second meeting she helped design our posters but other than that she was not very helpful

**Meetings:**

**First meeting :** 18th October 4:00-10:00 ( in person )

**Second meeting:**22nd October, 11:00-2:00 (in person)