

## **Healthy Eating**

In this project I set out to create a page for student to use to promote healthy eating. I think I chose the right test buddy for my Dida project as they were honest about what they thought my work was like. I found that this made them a great help throughout the project because I always knew where I had to improve my work. One of the few set backs I had on my project was my links not working on certain pages, I repaired this by saving the target files in the sites folder.

If I had time to change or improve anything, I would improve the quality of my Snack Attack digital posters by making them more consistent and interesting. I think the work that I have done is suitable for the target audience because I have chosen consistent bright colours which would attract the younger audience to my work. I think that I have met most of the requirements for the project, like always having the correct format for each file.

When I created my Reality Check the aim was to create a survey for children aged 9 – 11 to fill in and see how they could improve their diet. I had to make it clear and simple so that the target age group could fill it in without much difficulty. After filling the survey in it had to tell the user; if they were getting their five portions of fruit and vegetables a day, if they are getting a wide range of colour groups and whether they need to improve there diet. To start my reality check I had to first find out the data from a user. To do this I created a basic Data Collection form for them to fill in. This asked for two sets of information; how many pieces of fruit and vegetables they ate over the course of a week and what colour groups they were in. I created this as one table by merging the two sets of data together. I did this because I thought it would be simplest for the user to fill in. I used Microsoft Excel to create my final Reality Check. I first had to think of a simple and understandable way to present my Reality Check; I thought that having two separate tables would make it more difficult to understand therefore, I merged the tables into one. At first I found that inserting the formulae into the table was quite difficult however, it became easier after I had finished the first few cells. After I had checked that my Reality Check worked I then asked for feedback from my test buddy. They Said that it was very user friendly but to improve I could make the Font more consistent.

I purpose of the database was to hold data of a wide range of fruit and vegetables which you could use a search to find a particular fruit or vegetable. I created my database on Microsoft Access, I created it on that program because I have used it before and I am quite confident when using it. The used the data of the Dida website to create the fields and records on my database. Along each step of creating my data base I took screen shots, which I annotated, to act as evidence. If I had time to improve my database I would add pictures to make it look more interesting.

The specifications for the Information Pack from Edexcel were; that it should be relevant to students age 9 – 11, have a suitable format, include at least on relevant image and be no larger than A5 in size. The idea was that it should be given to the users of my Reality Check containing there results and the idea of how they should improve their diet. I made my food recipe cards using Microsoft publisher. To find out which fruits or vegetables to include in the recipes, I looked on my Reality Check to see which two colours groups the user ate the least of and then performed a search on these on my database. As on of the specifications for my Information Pack was

that it should be no larger than A5 in size I made them A5. On the front of my pack folder I included my logo to keep it consistent with the rest of my work. I also used a green background with red text, these colours being consistent through out all of my work.

Snack Attack was a sequence of continuously looping slides used to encourage children aged 9 – 11 to try out my reality check. I used images to highlight the points I made in the text. To make them consistent as the SPB asked I added a master slide, this created a top and left banner which stayed the same through out the slides. If I could change anything about my slides I would add animation to them to keep the viewer of the show interested however, the animations would have to be consistent otherwise the show may become too difficult to follow.

Evaluating my own overall performance I feel I have worked well to keep up with the work and catch up on any work I have missed or fallen behind on. I think the work ive done through out the project benefits me because I am more confident when using programs on the computer now.