

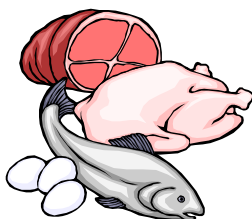
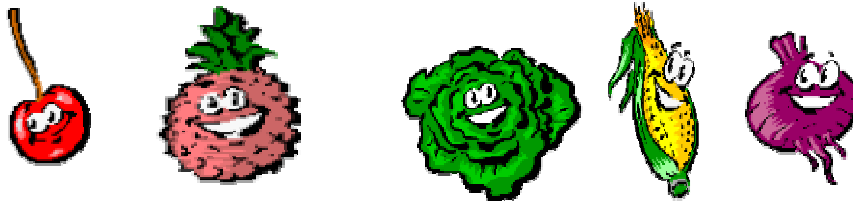
Holly mee My Coursework project 1APower point presentation on healthy eatingIntroduction

In this project I'm going to produce a power point presentation to try and convince year 7 to eat healthier. I will use my own ideas but will also find information from other sources, e.g. Books, Internet, food labels. I will find text information, pictures, and number information.

Finding the information

I could find my information from the following sources.

Source	what information
Internet	text, pictures, and numbers
Books	text and numbers
Food labels	numbers
Magazines	pictures and text
Clip art	pictures

Collecting information not using the InternetClip art

I will probably use these picture because as it is for y7 because they would prefer cartoons, but it is also important for them to take it seriously! That's why I've put in the photographs.



I won't use these pictures as too many photographs may make it boring for them. I may instead insert a few more moving clip arts to make it more fun!

### A non-IT source.

I have collected food labels for my non-IT source, here is one

I will use the numbers off of this to maybe compare to a healthier option. This will contribute to my explanation of why a healthier option is best

### Info off the computer

COPY and PASTE		Press to return to the PRODUCT sheet															
g	Food	Protein	Fat	CHO	Sugar	NSP	Total	KJ	Na	Ca	Fe	VMA	MD	VIC	ME	MBL	g
2	100 Blue Stilton	23	36	0	0	0	411	1701	330	320	0	540	0	0	1	##	##
3	100 Bournvita drink	4	0	8	7	1	0	45	194	70	120	0	0	1	0	##	##
4	100 Brie cheese	19	27	0	0	0	0	319	1323	700	540	1	495	0	0	1	##
5	100 Butter	1	82	0	0	0	0	737	3031	750	15	0	1245	1	0	2	##
6	100 Buttermilk	3	1	5	5	0	0	37	157	56	120	0	10	0	0	0	##
7	100 Caerphilly cheese	23	31	0	0	0	0	375	1554	480	550	1	525	0	0	1	##
8	100 Camembert cheese	21	24	0	0	0	0	297	1232	650	350	0	545	0	0	1	##
9	100 Cheddar cheese	26	34	0	0	0	0	412	1708	670	720	0	550	0	0	1	##
10	100 Cheshire cheese	24	31	0	0	0	0	397	1571	550	560	0	570	0	0	1	##
11	100 Clotted Cream	2	64	2	2	0	0	586	2413	18	37	0	1390	0	0	1	##
12	100 Cocoa powder	19	22	12	0	12	0	312	1301	950	130	11	40	0	0	1	##
13	100 Coffeemate	3	35	57	10	0	0	540	2254	200	4	0	1100	0	0	0	##
14	100 Complian drink	7	3	17	14	0	0	120	507	110	250	2	95	0	11	1	##
15	100 Condensed Milk	9	10	56	56	0	0	333	1406	140	290	0	180	5	4	0	##
16	100 Cottage Cheese	14	4	2	2	0	0	98	413	380	73	0	54	0	0	0	##
17	100 Cream Cheese	3	47	0	0	0	0	439	1807	300	98	0	605	0	0	1	##
18	100 Custard	4	5	17	11	5	0	117	495	81	130	0	83	0	1	0	##
19	100 Dairyfat spread	0	73	0	0	0	0	662	2723	760	14	0	1645	6	0	5	##
20	100 Danish Blue cheese	20	30	0	0	0	0	347	1437	1260	500	0	530	0	0	1	##

Microsoft Excel - Apple Crumble [Read-Only]

File Edit View Insert Format Tools Data Window Help

Arial 10 B I U

AL9

COPY and PASTE Press to return to the PRODUCT sheet

	g	Food	Protein	Fat	CHO	Sugar	Starch	NSP	kcal	kJ	Na	Ca	Fe	VA	VD	VC	VE	VB <sub>6</sub>	VB <sub>12</sub>
1																			
2	100	Apple Juice	0	0	10	10	0	0	38	164	2	7	0	0	14	0	##	##	
3	100	Apples (baked)	1	0	19	19	0	3	74	318	3	8	0	16	0	15	1	##	##
4	100	Apples (stewed)	0	0	19	19	0	2	74	314	4	4	0	14	0	10	0	##	##
5	100	Apricots	1	0	7	7	0	2	31	134	2	15	1	405	0	6	0	##	##
6	100	Apricots in juice	1	0	8	8	0	1	34	147	5	21	0	210	0	14	0	##	##
7	100	Apricots in syrup	0	0	16	16	0	1	63	268	10	19	0	155	0	5	0	##	##
8	100	Bananas	1	0	23	21	2	3	95	403	1	6	0	21	0	11	0	##	##
9	100	Banana Chips	1	31	60	22	48	5	511	2137	1	6	0	0	0	0	0	##	##
10	100	Bilberries	1	0	7	7	0	3	30	128	3	12	1	30	0	17	0	##	##
11	100	Blackberries	1	0	5	5	0	7	25	104	2	41	1	80	0	15	2	##	##
12	100	Blackberries (stew)	1	0	14	14	0	5	56	239	1	32	1	62	0	9	2	##	##
13	100	Blackcurrants	1	0	7	7	0	8	28	121	3	60	1	100	0	##	1	##	##
14	100	Blackcurrants (stew)	1	0	15	15	0	6	58	252	2	47	1	78	0	##	1	##	##
15	100	Blackcurrants in juice	1	0	8	8	0	4	31	135	0	26	5	29	0	37	1	##	##
16	100	Blackcurrants in syrup	1	0	18	18	0	4	72	306	0	25	5	29	0	57	1	##	##
17	100	Cherries	1	0	12	12	0	2	48	203	1	11	0	25	0	11	0	##	##
18	100	Clementines	1	0	9	9	0	1	37	158	4	31	0	75	0	54	0	##	##
19	100	Cranberries	0	0	3	3	0	4	15	65	2	12	1	22	0	13	0	##	##
20	100	Damsons	1	0	10	10	0	4	38	162	2	24	0	295	0	5	1	##	##

QCharts Energy Star Profile Sensory Analysis Labels Costs Dairy Fats Meat Fish Veg Misc Fruit Cereal

I found a list of foods in the cooking section on the computer; this will come in handy when I try to explain which foods are high in witch nutrients. However some of them are about bad foods so I may use them too to compare

### Collecting information using the Internet

Ask Jeeves Results - Microsoft Internet Explorer provided by Tuxford Comprehensive

File Edit View Tools Help

Back Forward Stop Home

Address http://pictures.ask.com/web?q=healthy+foods+baqrc=16 Go Links

Home Editorial Guidelines Help

Ask Jeeves® Ask.com

Search: healthy foods Web Pictures News Products

**Sponsored Web Results**

**Which? Online report on:**  
**healthy foods** Which? unbiased consumer advice  
 From: <http://trial.which.co.uk>  
**Determined to lose weight**  
 Lose it now and keep it off forever Gain energy and feeling of wellness  
 From: <http://losingit.org>  
**Low Fat And Lovin It**  
 Complete Resource for Lowfat Living Recipes, Food Stats, Dining Out  
 From: <http://www.lowfatlifestyle.com>

**Web Results**

**Food Certification Program**  
 Look for **foods** bearing the American Heart Association's red heart with the white check mark to spot heart-**healthy foods** low in saturated fat...  
 From: [www.americanheart.org/presenter.jhtml?identifier=2115](http://www.americanheart.org/presenter.jhtml?identifier=2115)  
**Homestead Healthy Foods**  
 NEW items on sale in our shopping cart! HOMESTEAD HEALTHY FOODS beef and chicken are raised in pastures on natural forage.

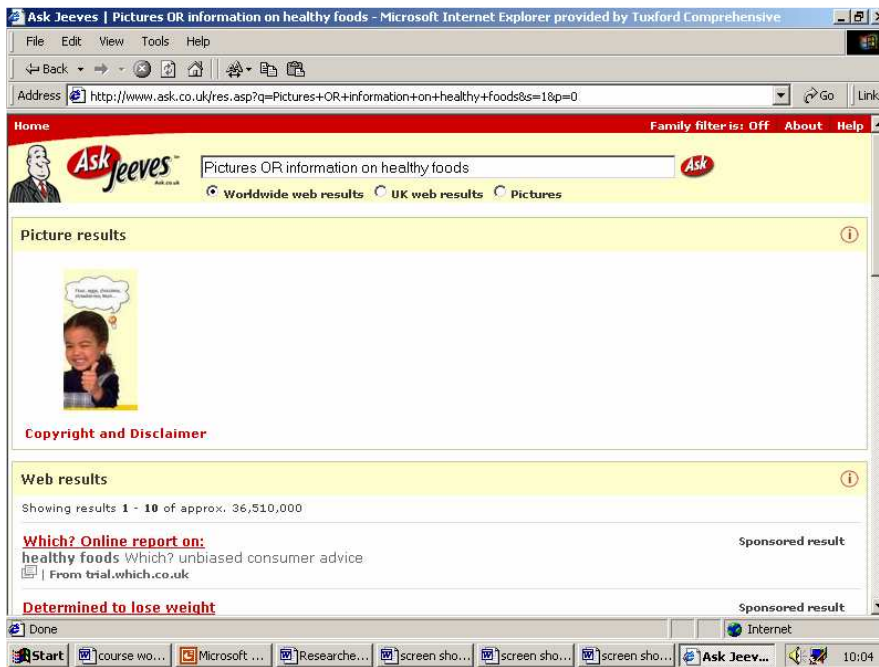
**Related Searches**

- > Pictures Of Healthy Foods
- > Healthy Recipes
- > Healthy Food Snacks
- > Healthy Cooking
- > Healthy Food Choices
- > Healthy Eating
- > Healthy Food Recipes
- > Foods Nutrition Articles

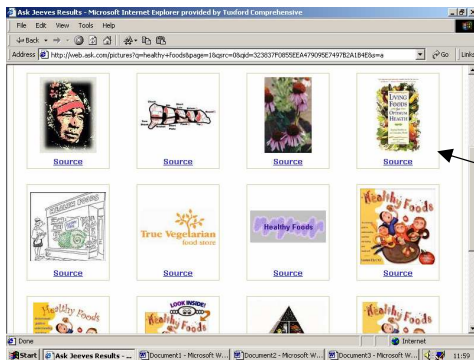
Done

Start Microsoft... Ask Jee... Docume... Microsoft... 09:54

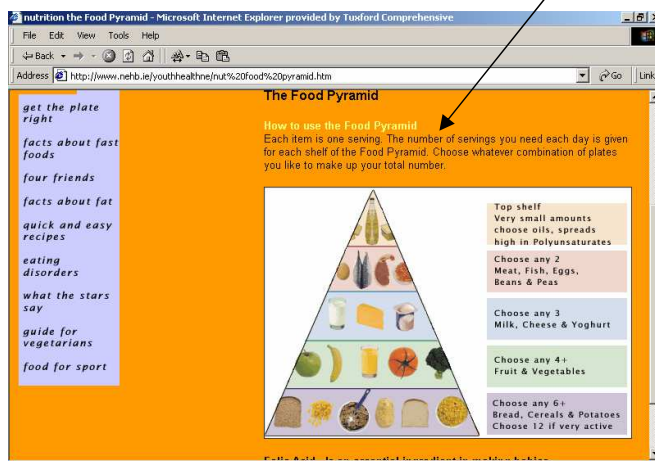
This search wasn't that successful. So I searched for two things instead.



This search was a lot more successful! By searching with a OR or a AND you get a much more refined search. You get more results but they are a lot more specific. These are just some of the results



I got picture information from these pages. And text information from this page



Designing my presentation

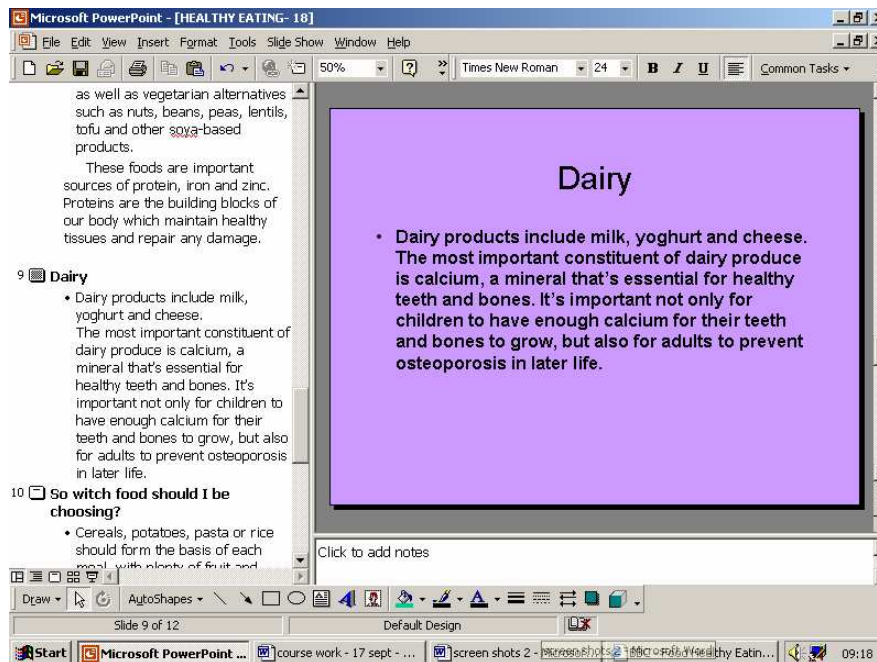
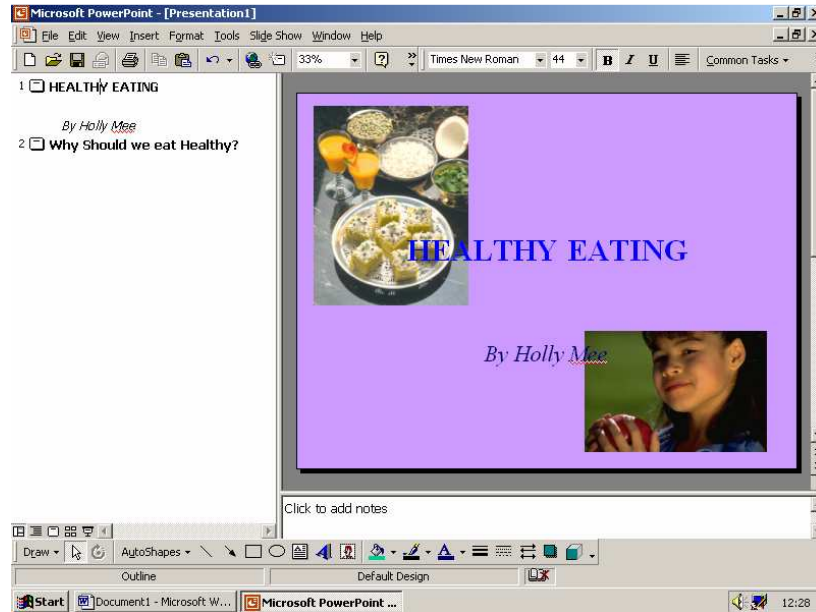
These next three pages are my ideas for the layout of my presentation.



I will use this layout as it contains everything I think the presentation needs, facts about foods and charts comparing foods, eating disorders and where to get help. It is also in a good order that is easy so the year 7 will understand it

### My first draft.

Here are some of the slides from my first draft!



Microsoft PowerPoint - [HEALTHY EATING- 22]

File Edit View Insert Format Tools Slide Show Window Help

33%

whether they're fresh, tinned, frozen, cooked, juiced or dried.

6 **Cereals and grain**

- All sorts of bread, rice, potatoes, sweet potatoes, breakfast cereals, pasta, noodles, oats, and bulgar wheat. They are known as starchy foods. These are fuel foods. Essentially, they provide us with the energy we need not only for physical activity but also for all our body's day-to-day functions.

7 **Fats and sugars**

- Butter, margarine, oils, cream, sugar, syrups and foods containing fats and sugars such as cakes, biscuits, crisps, sweets, chocolate, puddings, cream, ice cream, mayonnaise and deep-fried foods. Foods in this group are concentrated sources of calories, so no good if you're watching your weight, and sweets and snacks are packed with the health baddies - fats (mainly saturated), sugar and salt.

**Fats and sugars**

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Click to add notes

Draw AutoShapes

Outline Default Design

Start My Documents gcse coursework 1a Microsoft Po... course work - ... 09:58

Microsoft PowerPoint - [HEALTHY EATING- 24]

File Edit View Insert Format Tools Slide Show Window Help

50%

Times New Roman 24

11 **THE FOOD PYRAMID**

12 **5 portions a day**

13 **So can I still eat my favourite foods?**

YES, the odd McDonalds now and then isn't going to hurt. But however if your eating pizza and chips every night you need to start eating a more balanced diet!

14 **SO Witch foods are the best for me?**

Well it depends if your trying to lose weight then a low calorie or fat intake is best.

However if you just want to be healthier then you just need a good balance of everything

15 **Eating Disorders**

Click to add notes

Draw AutoShapes

Slide 14 of 19



Default Design

Start course work - 24 sept - ... Microsoft PowerPoint ... Cannot find server - Micr... Insert ClipArt 12:14

**SO Witch foods are the best for me?**

Well it depends if your trying to lose weight then a low calorie or fat intake is best.

However if you just want to be healthier then you just need a good balance of everything

Microsoft PowerPoint - [HEALTHY EATING 17th [Read-Only]]

however if your eating pizza and chips every night you need to start eating a more balanced diet!

15 ☐ SO Which foods are the best for me?

Well it depends if your trying to lose weight then a low calorie or fat intake is best.

However if you just want to be healthier then you just need a good balance of everything

16 ☐ Low and high fat foods

17 ☐ Eating Disorders

18 ☐ Anorexia Nervosa

19 ☐ Bulimia Nervosa

20 ☐ Binge Eating

Click to add notes

### Low and high fat foods

Low fat Food	Calories (per 100g)	High fat food	Calories (per 100g)
Chicken	148	Sausage roll	477
Quorn	86	Chocolate biscuits	524
Liver	137	Chocolate cake	418
Baked bean	81	Crisps	546
Bamboo shoots	11	Mars bar	441
Chilli peppers	20	Pepperoni	551
pasta	117	Pork Crackling	550
rice	123	Cream crackers	447
Cottage cheese	78	Pains au chocolate	415

Start | AutoShapes | Draw | Outline | Default Design | 09:22

The information I used off the computer I used on this slide.

## Using my survey

Microsoft PowerPoint - [HEALTHY EATING- 29]

The most important factor of dairy produce is calcium, a mineral that's essential for healthy teeth and bones. It's important for children to have enough calcium for their teeth and bones to grow, but also helps adults osteoporosis in later life.

10 ☐ So with food should I be choosing?

- Cereals, potatoes, pasta or rice should form the basis of each meal, with plenty of fruit and vegetables, and smaller servings of meat and dairy products.

11 ☐ THE FOOD PYRAMID

12 ☐ 5 portions a day

13 ☐ So can I still eat my favourite foods?

YES, the odd McDonalds now and then isn't going to hurt. But however if your eating pizza and chips every night you need to start eating a more balanced diet!

Click to add notes

### 5 portions a day

portions of vegetables per day in 5 to 11 years olds

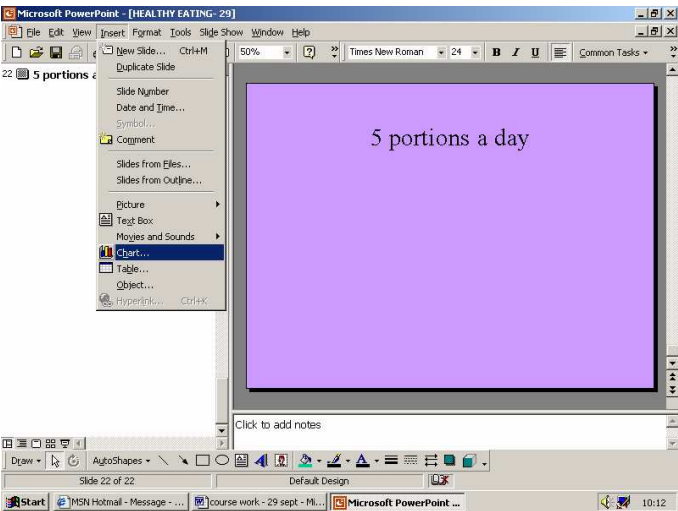
73 15 12

5 or more  
less than 5  
no

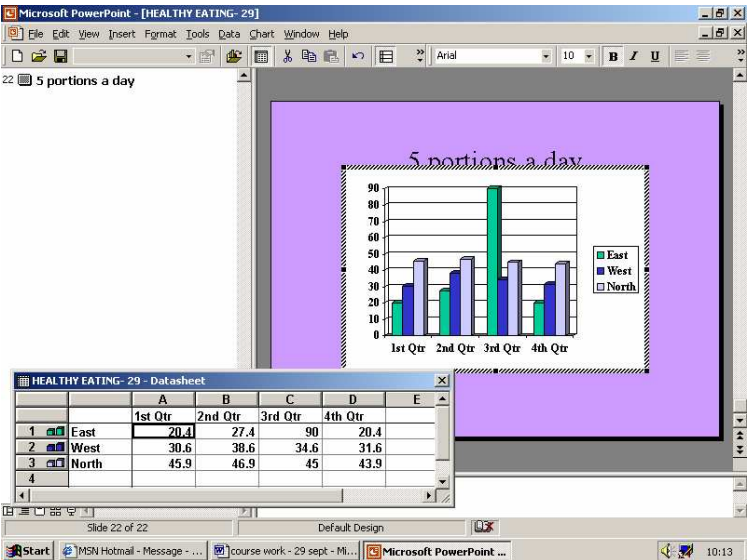
Start | AutoShapes | Draw | Outline | Default Design | 10:10

This is a screen shot of my survey witch I turned into a pie chart it is about how many portions of fruit and vegetables 5-11 year olds eat daily





First I went to the create a chart tool on insert.



Microsoft PowerPoint - [HEALTHY EATING- 29]

File Edit View Insert Format Tools Data Chart Window Help

2 • OVEREATERS ANONYMOUS  
07000 784 985  
• EDA helpline on 0845 634 7650

21 Treatment

- The first step is talking to someone you can trust - this might be a member of your family, a friend or teacher, someone you feel comfortable with. This is often very hard to do - fear of rejection, looking a fool, not being believed - all these concerns go through your mind. But it is important to try and even if you don't get the desired response the first time, don't give up - help is out there for you.

HEALTHY EATING- 29 - Datasheet

	A	B	C	D	E
1	more than 5				
2	less than 5				
3	no				
4					

Slide 22 of 22

Default Design

Start MSN Hotmail - Message - ... course work - 29 sept - Mi... Microsoft PowerPoint ... 10:14

I then began to submit the information I found

Microsoft PowerPoint - [HEALTHY EATING- 29]

File Edit View Insert Format Tools Data Chart Window Help

- The first step is talking to someone you can trust - this might be a member of your family, a friend or teacher, someone you feel comfortable with. This is often very hard to do - fear of rejection, looking a fool, not being believed - all these concerns go through your mind. But it is important to try and even if you don't get the desired response the first time, don't give up - help is out there for you. The next step could be to see a GP or practice nurse.

22 5 portions a day

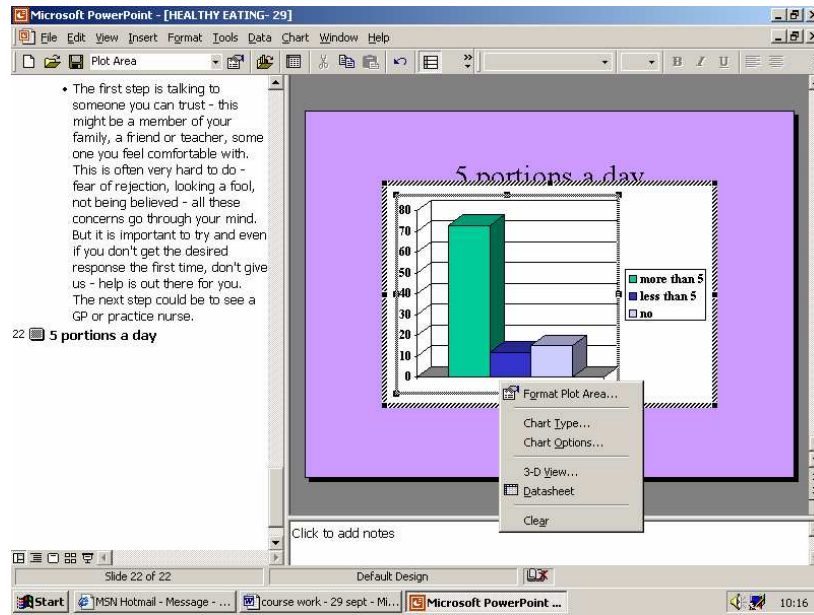
HEALTHY EATING- 29 - Datasheet

	A	B	C	D	E
1	more than 5	73			
2	less than 5	12			
3	no	15			
4					

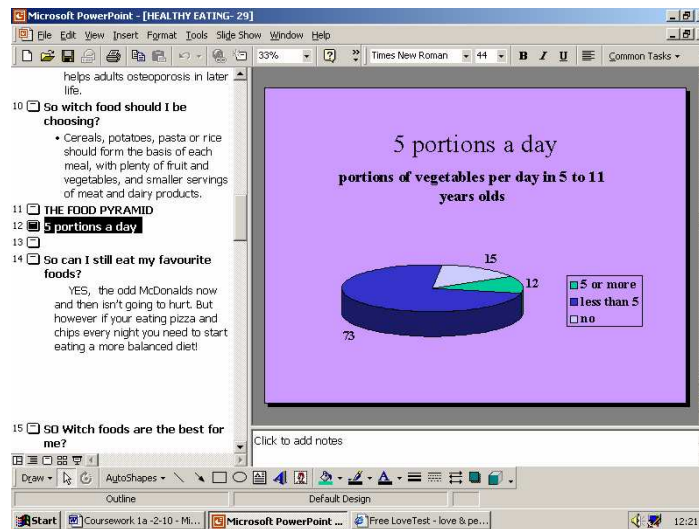
Slide 22 of 22

Default Design

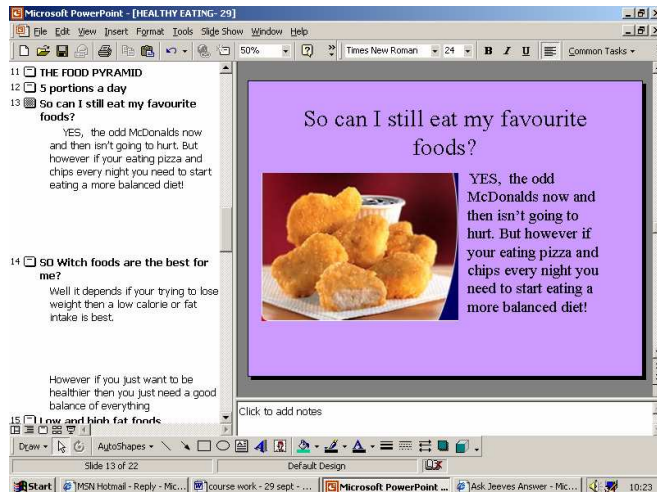
Start MSN Hotmail - Message - ... course work - 29 sept - Mi... Microsoft PowerPoint ... 10:15



I then had to change the chart type and edit the title



Using information from the Internet



For the picture on this slide (mc Donald's chicken nuggets) I had to find the mc Donald's website.



First I searched on ask Jeeves and these are the results it came up with

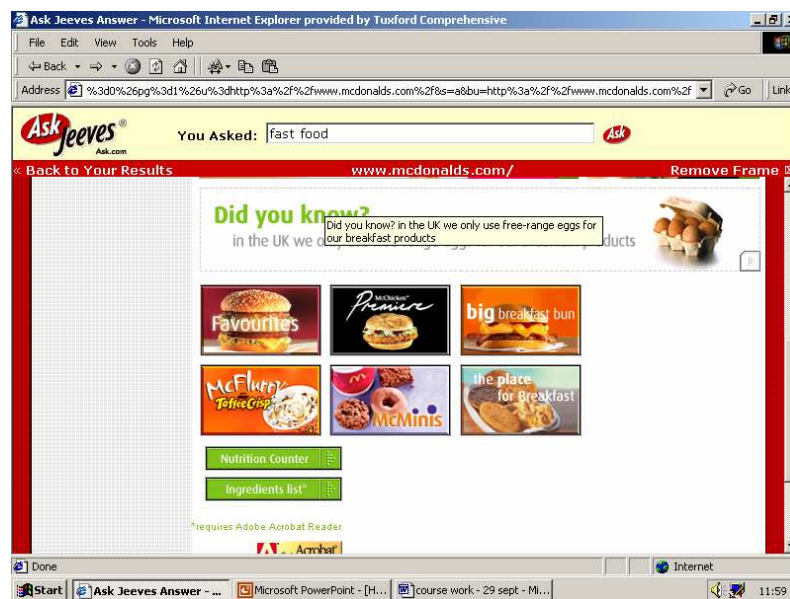




I then thought the Mc Donald's Uk one would be good so I entered the site.



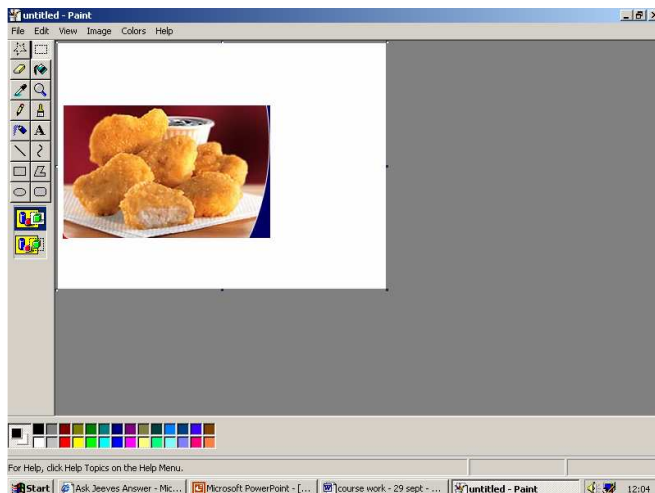
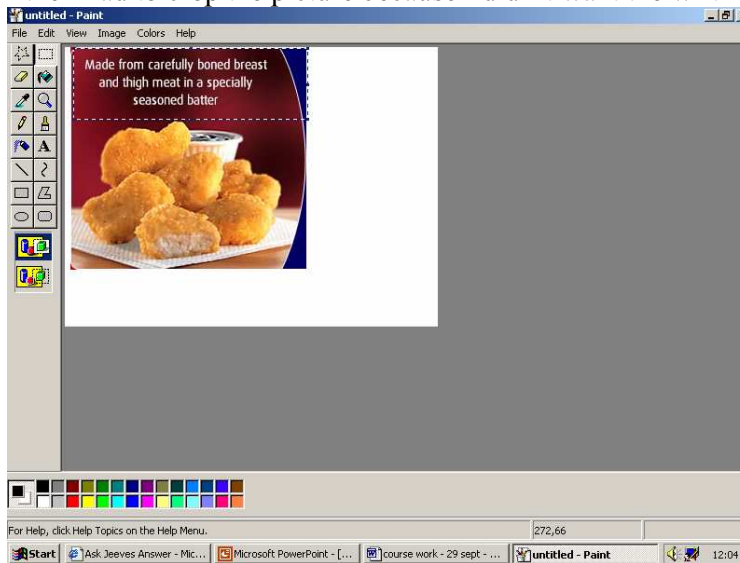
I wanted a picture of their food so I found the menu bar and clicked on our food. It then came up with a selection of different menus so I clicked on favourites.



then I selected nuggets, and copied the picture

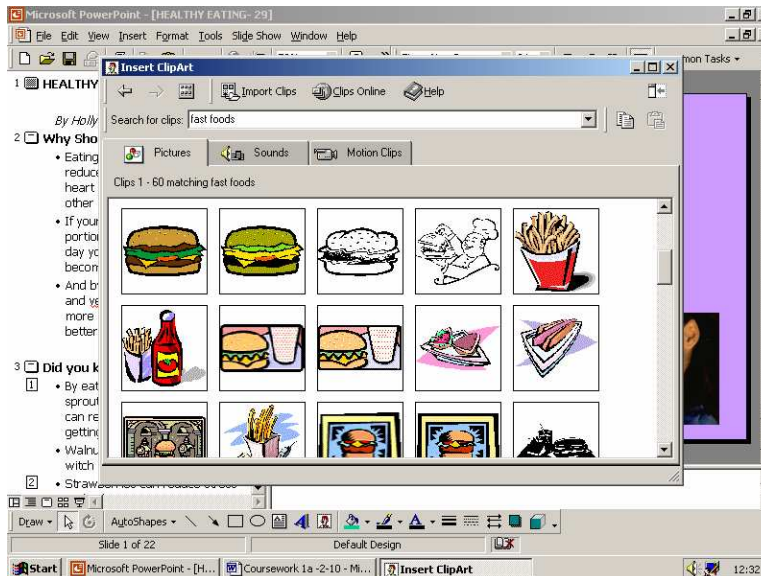


I then had to crop the picture because I didn't want the writing, I did this using paint.

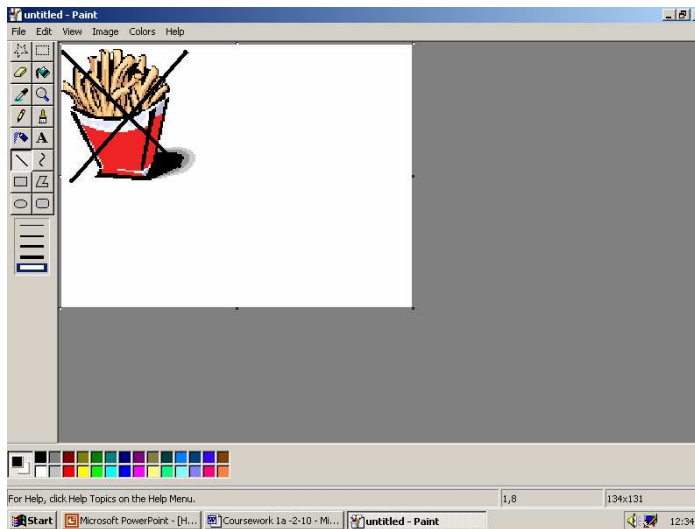


I know this isn't healthy food but I used when saying that fatty foods are ok in moderation.

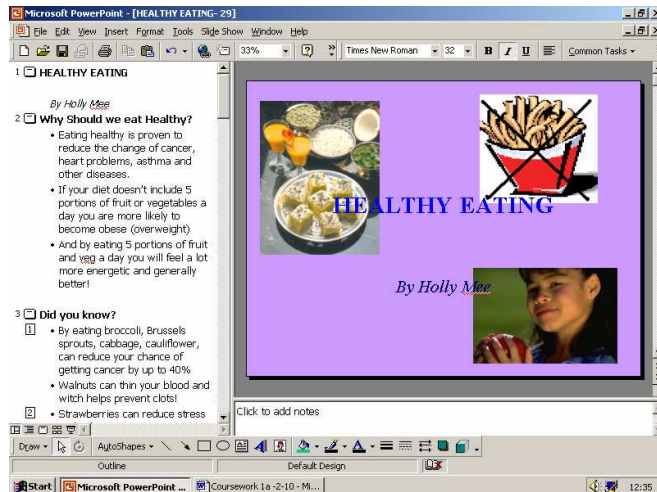
I wanted to have an unhealthy picture on my first slide but also wanted to make sure the y7s new that the item of food was bad so I went to my slide and went into clipart. I found a picture of a bag of chips.



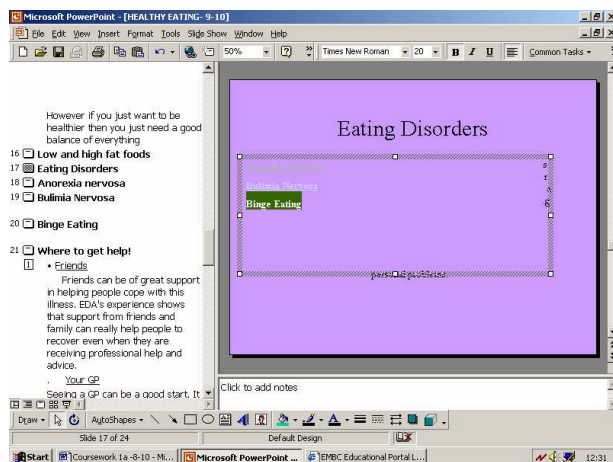
I inserted in on to my slide and copied and pasted it into clipart where I drew to big black lines through it to indicate that the food was unhealthy.



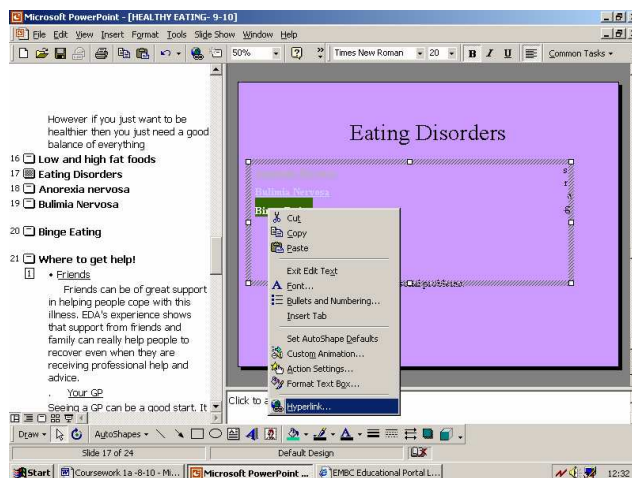
I then copied and pasted it back on to my slide.



On 'the basics' and the eating disorders I wanted to be able to go to any slide so I inserted hyperlinks

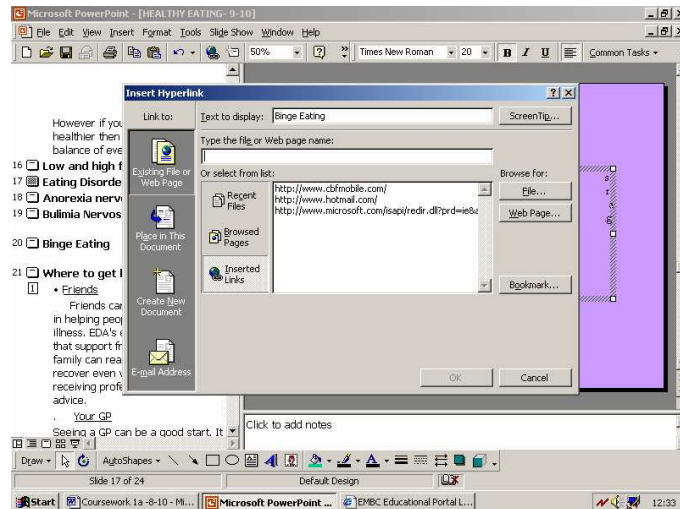


First I selected the words I wanted to hyperlink

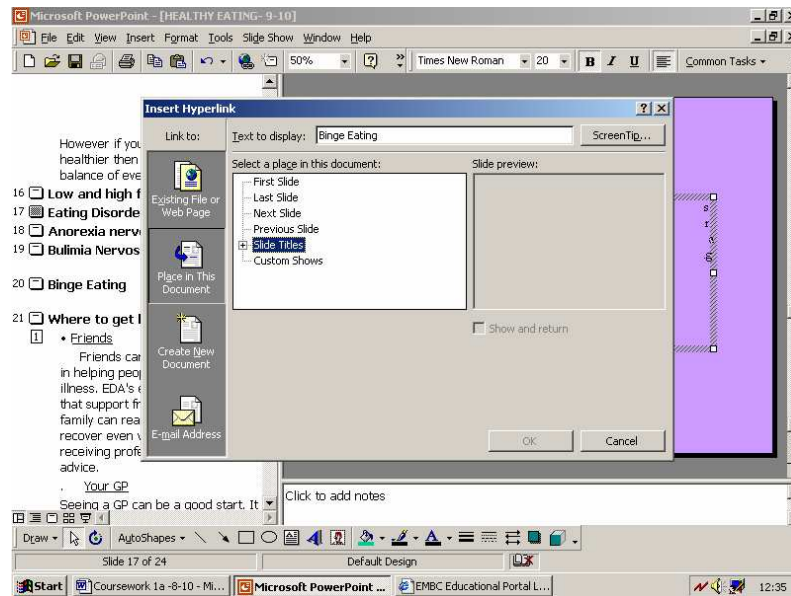


I then selected hyperlink

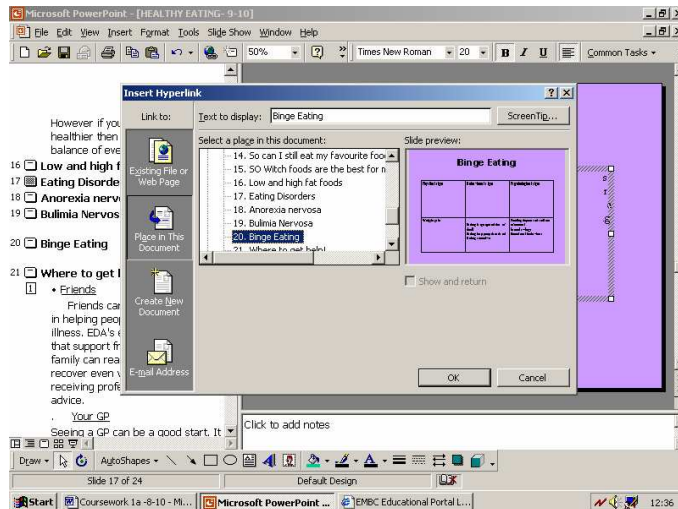




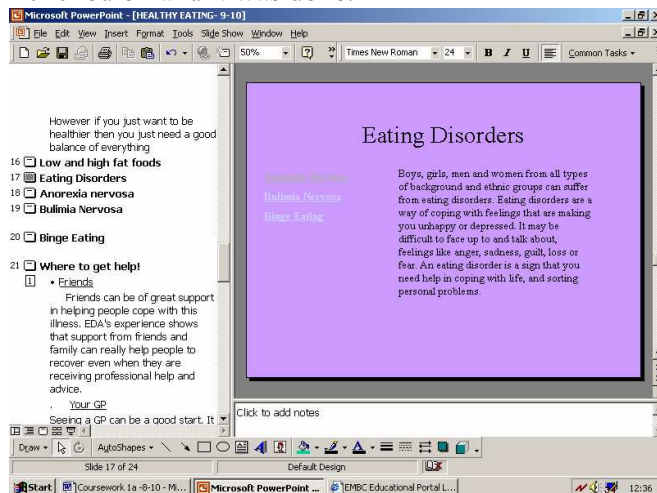
I then got this box. I want to insert a hyper link to a place in the document so I clicked on that button



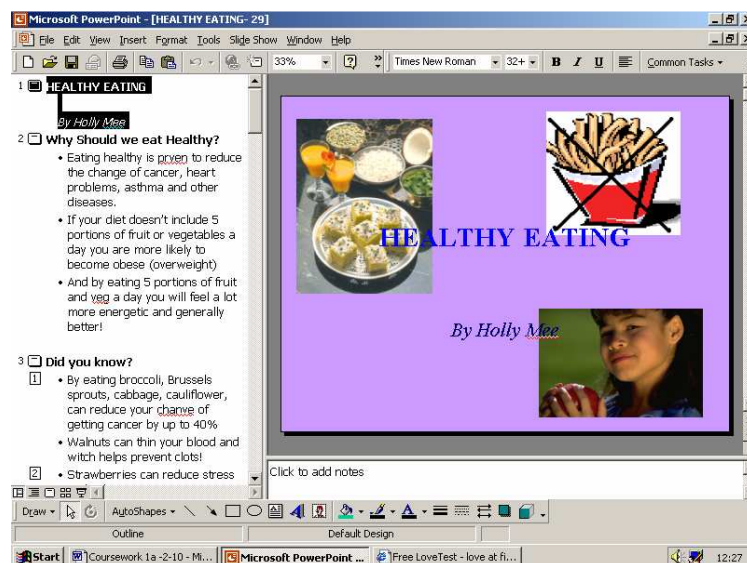
I then selected slide titles and then selected binge eating.



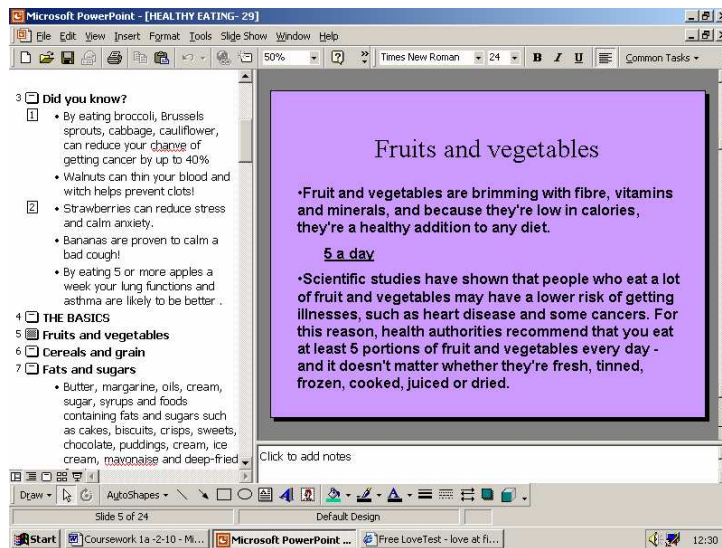
I clicked ok and it was done.



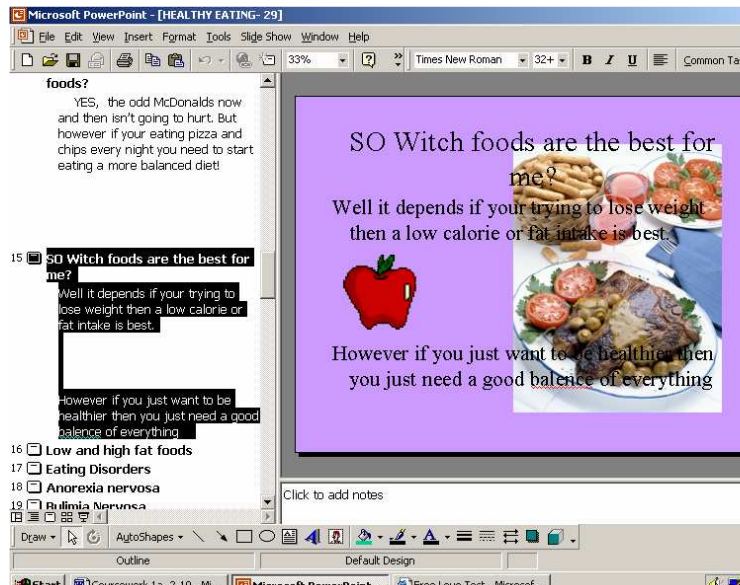
Developing my presentation



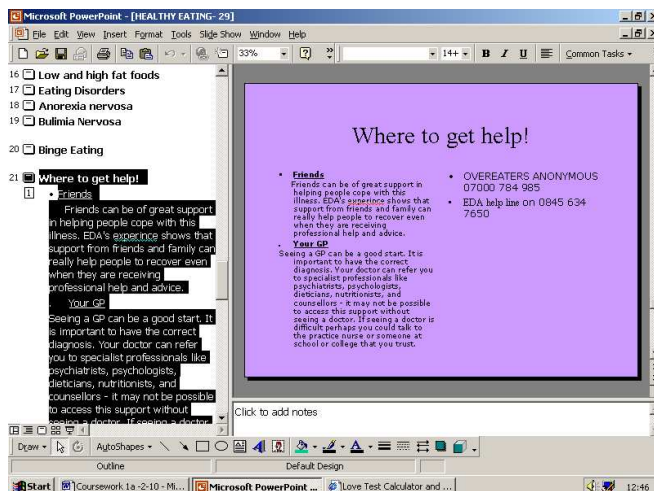
On this slide I may shift the picture down are insert another one, as the space under it looks pretty empty.



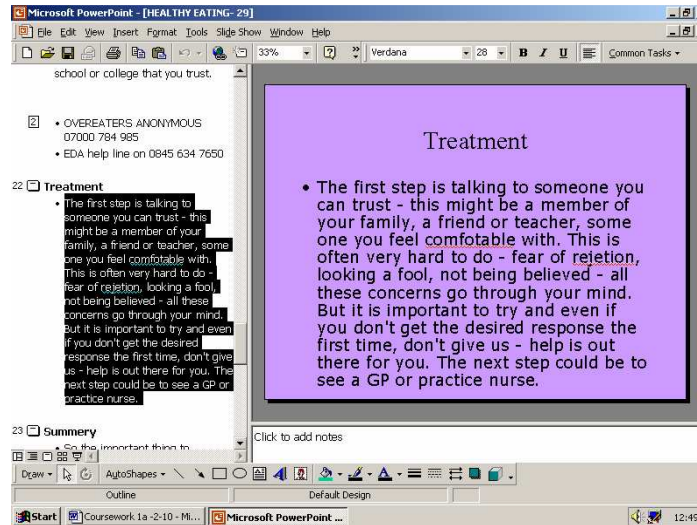
I may put some pictures on 'the basics' slides, I don't want the year 7's to lose interest so, and I think they may if it's all text.



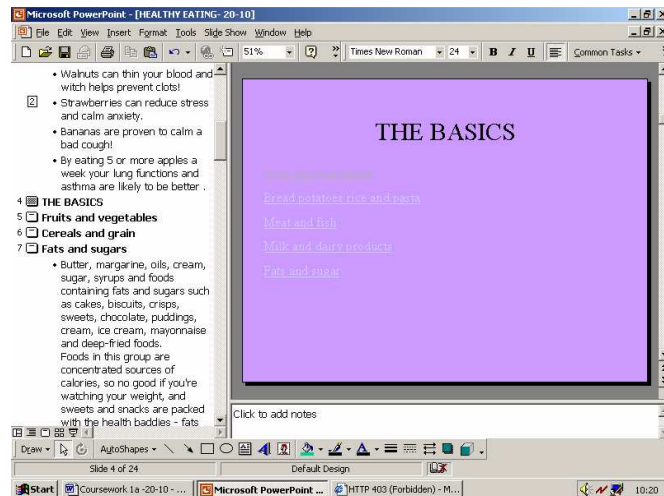
On this slide I may move the picture of the meat or delete it all together as it is making it difficult to read the writing.



I may find some more numbers or add a picture to this slide, as it is a bit empty here



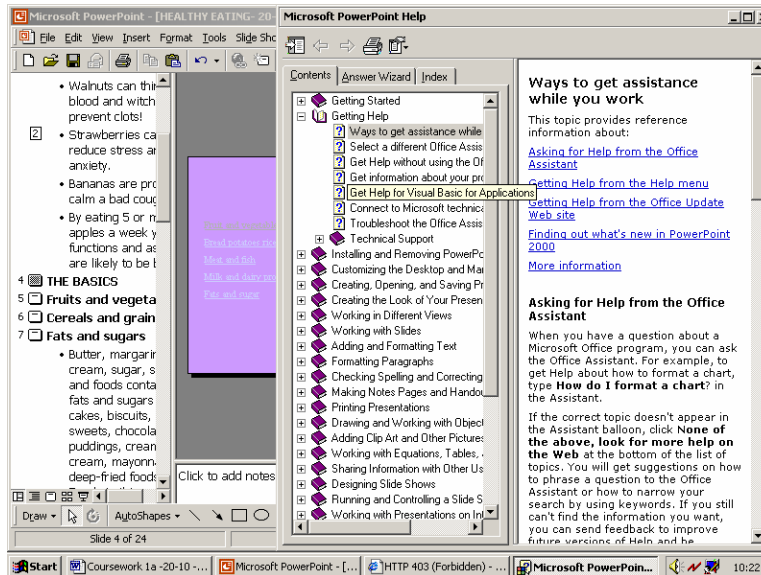
On some slide I have made spelling mistakes, I will have to correct these using spell checker or a dictionary



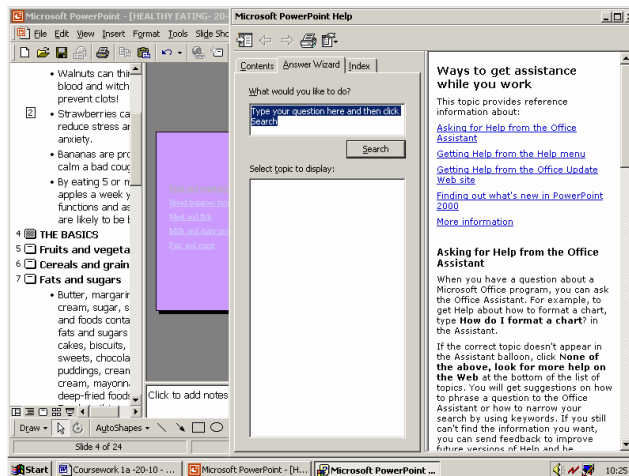
On the hyperlinks the colour is very hard to see.

## Changing my mistakes

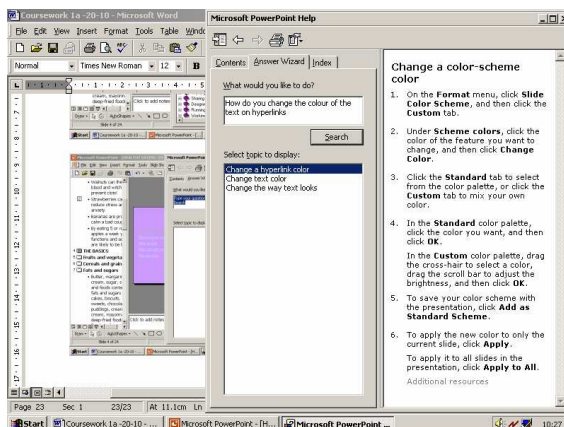




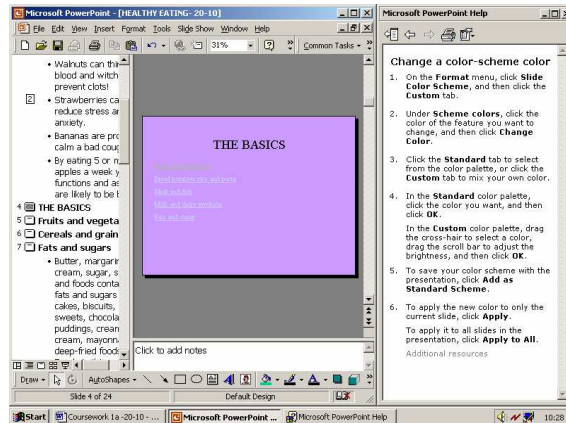
I didn't know how to change the colour on hyperlink text so I had to go to Microsoft power point help.



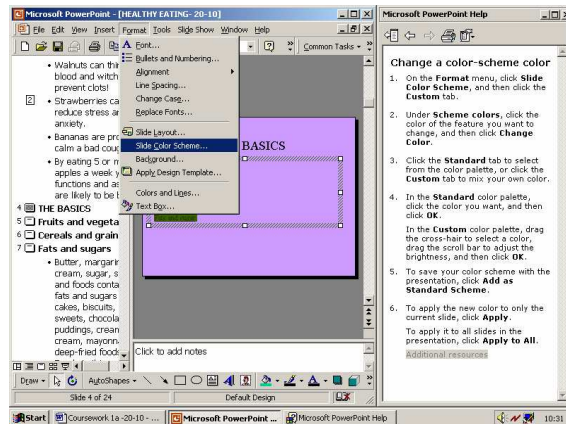
I couldn't find what I wanted on the menu, so I went to answer wizard.



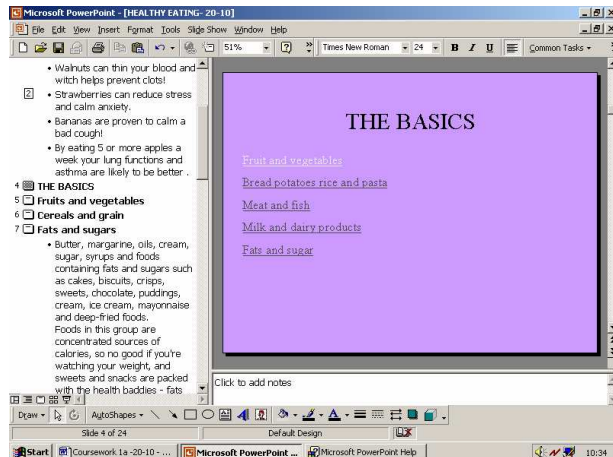
I typed in my question and it came up with three different answers. I clicked on hyperlink colour because I thought that would be most useful.



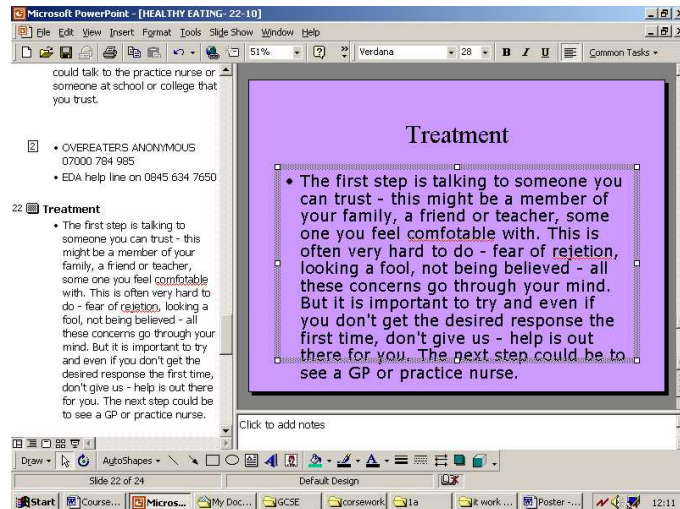
It then came up with the answer.



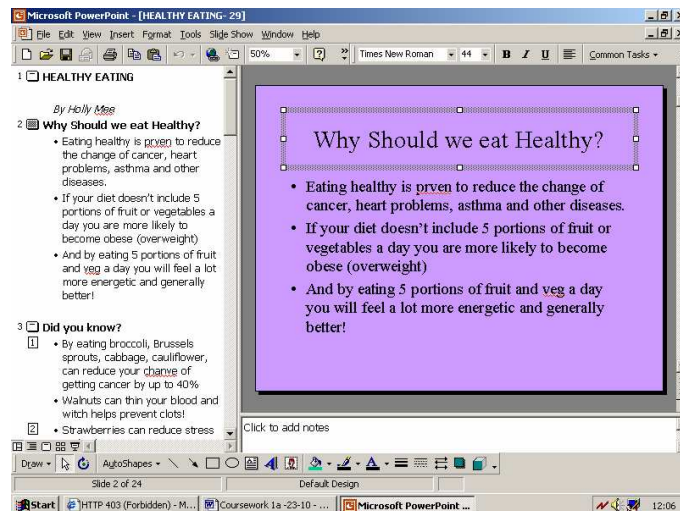
I started to follow the instructions.



It is now a lot easier to read.

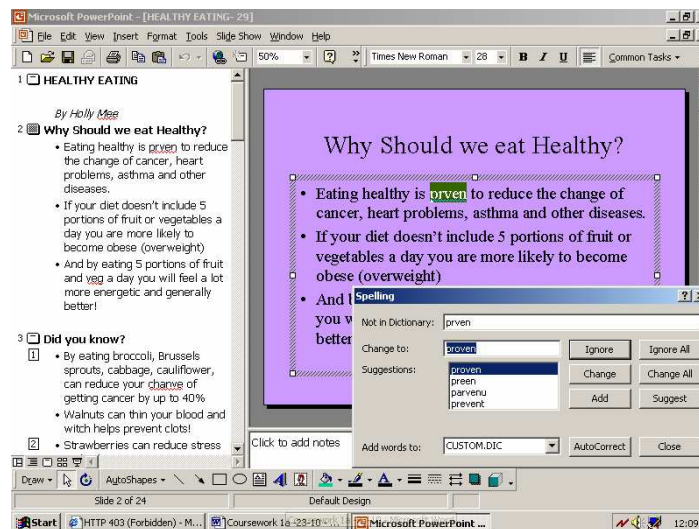
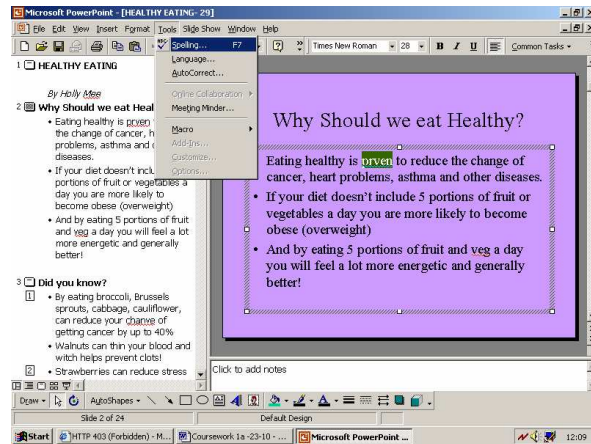


On some slides I have to change some spelling mistakes I will do this using ABC spelling and grammar.

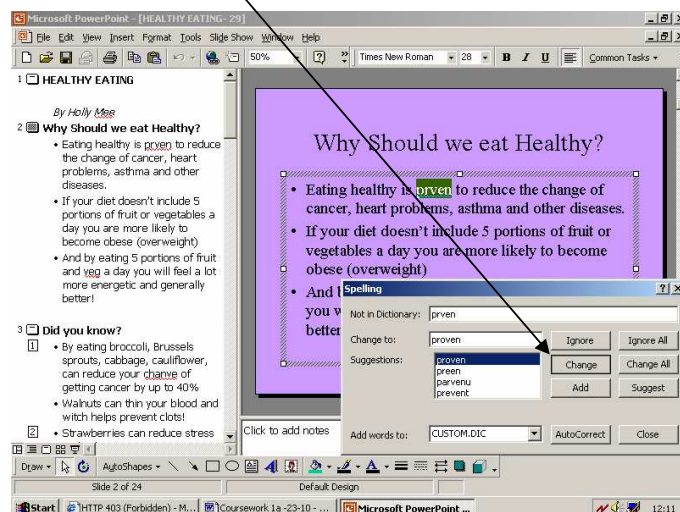


I first found the spelling I wanted to correct.

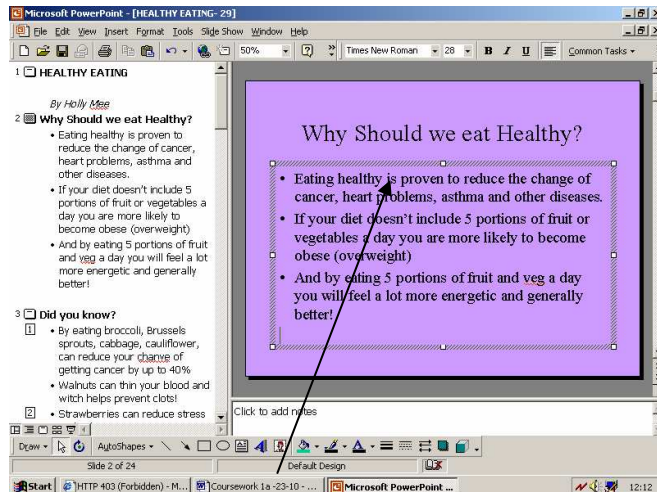
Then highlighted it, then I went to the tools menu and picked spelling and grammar.



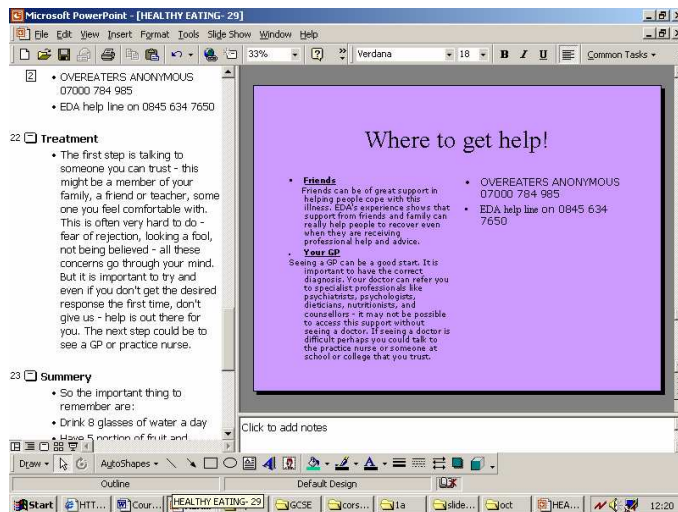
It came up with this box. I searched down the list and found the correct spelling. I then clicked on change





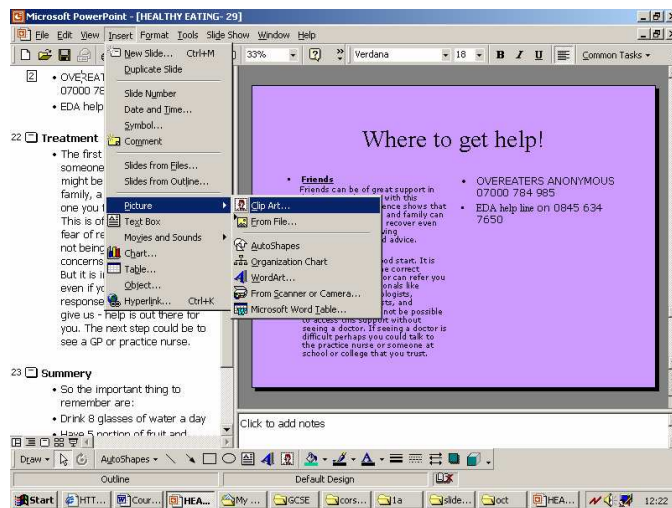


The word is now spelt correctly.

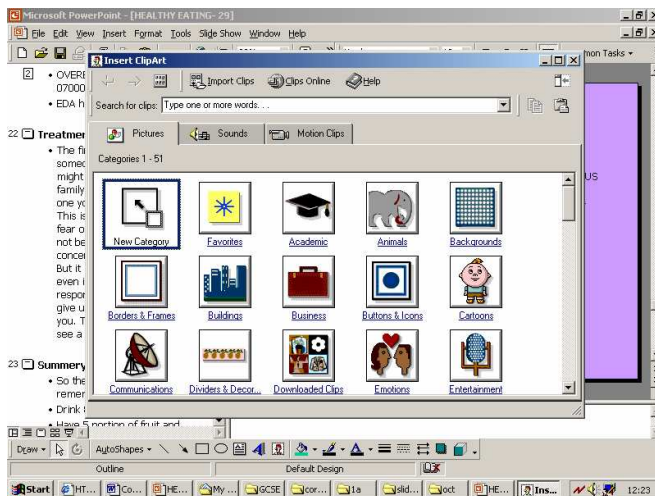


This slide was to empty, I have decided to put a picture, but because it's a bit of a delicate subject I don't want to put a funny picture in. therefore I have decided to use a phone.

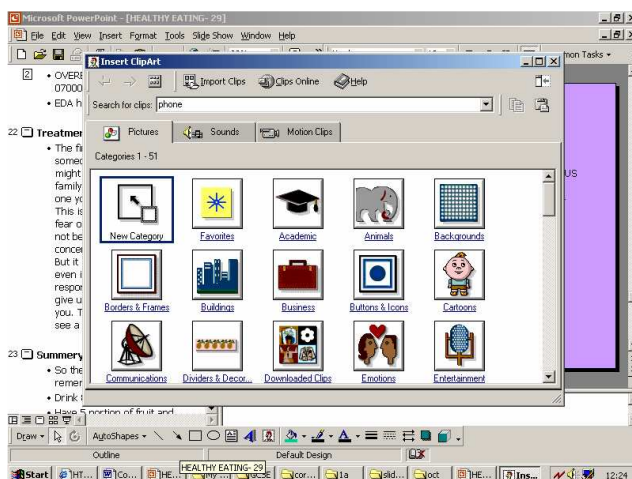
First I had to get up the clip art file I did this by going to the insert menu. Then picture then selected clip art.



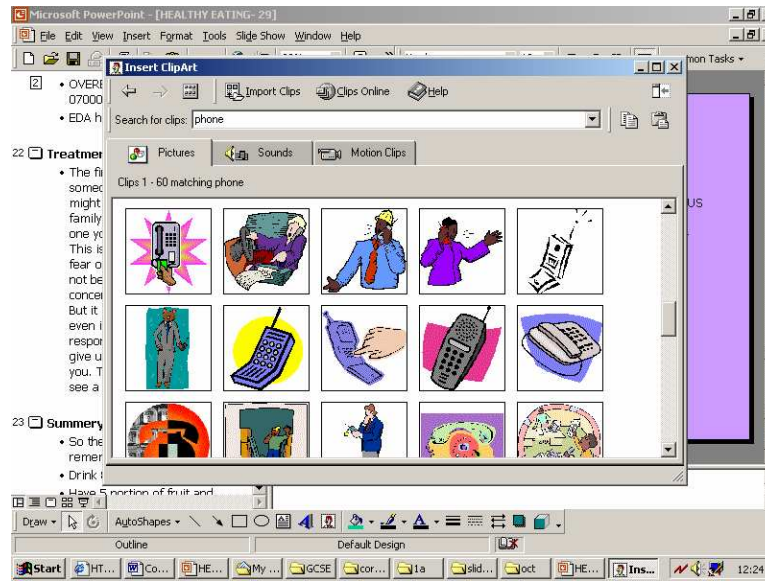
I got the clip art window up



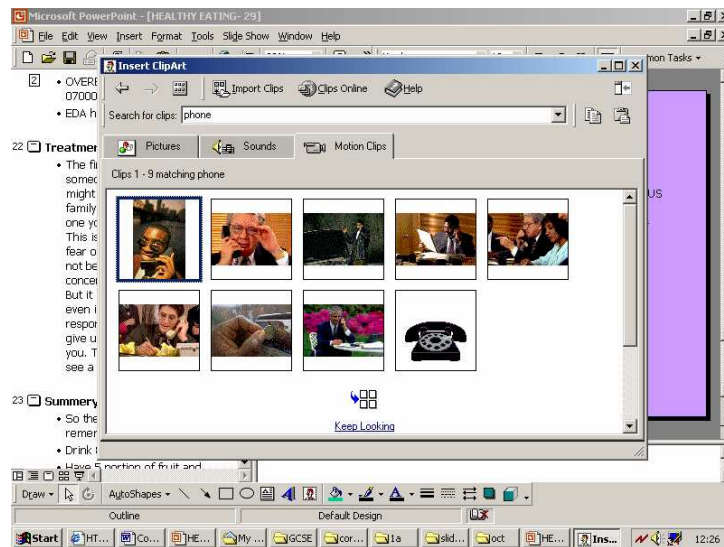
I then typed 'phone' into the search box and hit the 'go' button



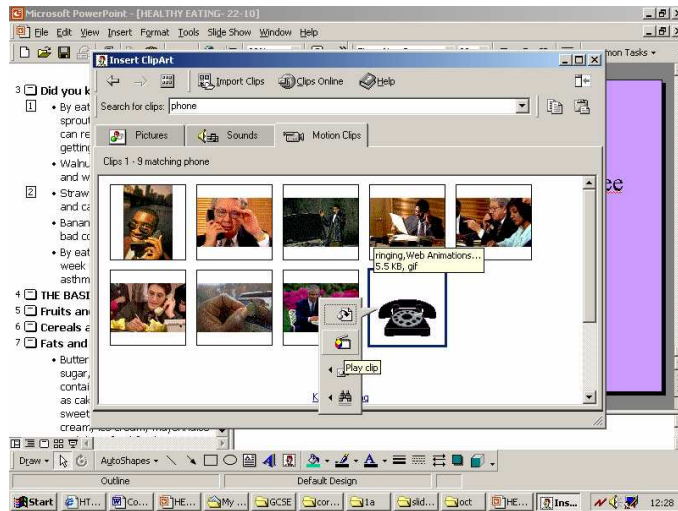
It came up with lots of different pictures but none I liked.



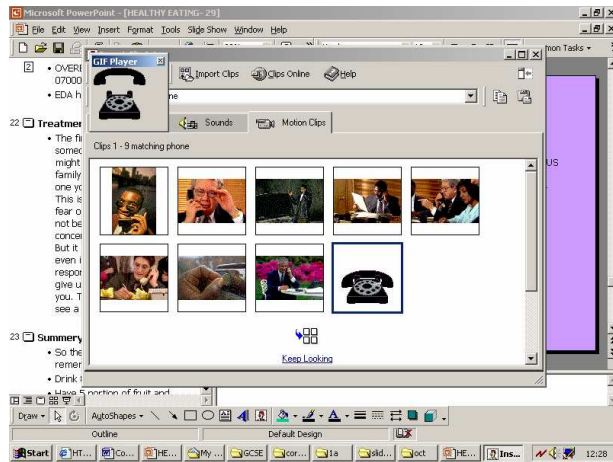
so then I went to motion clips instead



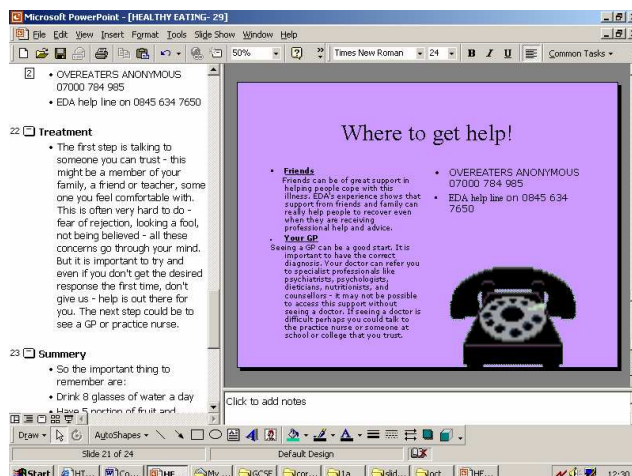
I quite liked the picture at the end, but I had to see what it did so I clicked the left button on my mouse when the cursor was over the picture.



Then clicked on play clip.

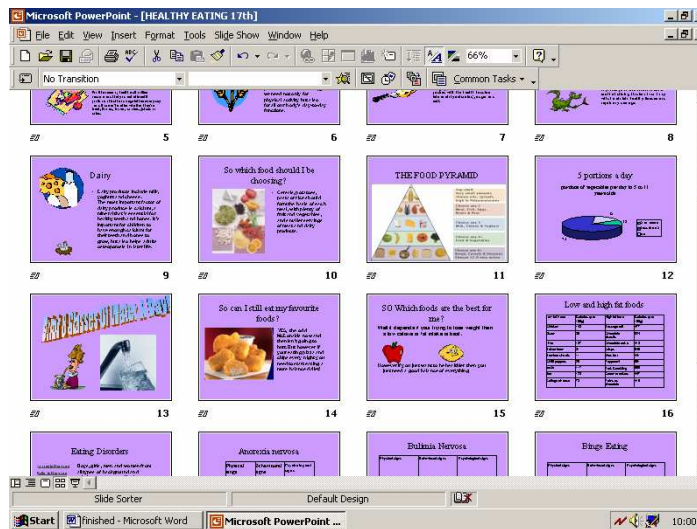


I liked it so I inserted it on to my slide

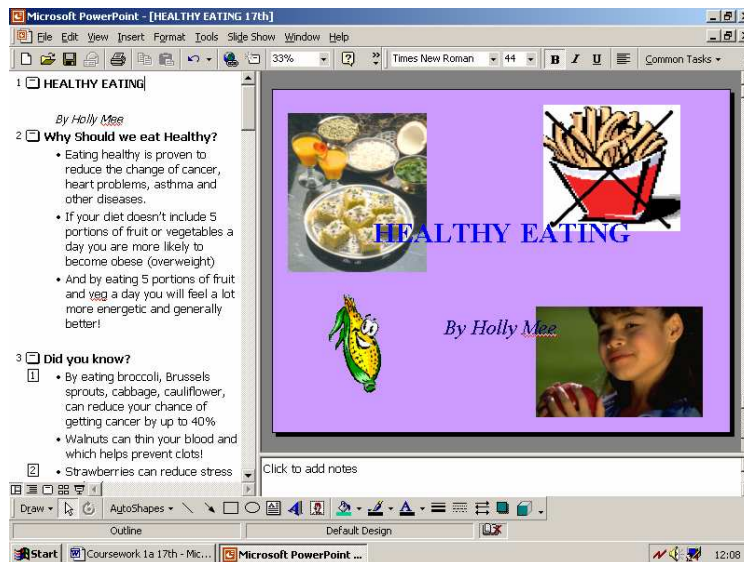




## My final draft

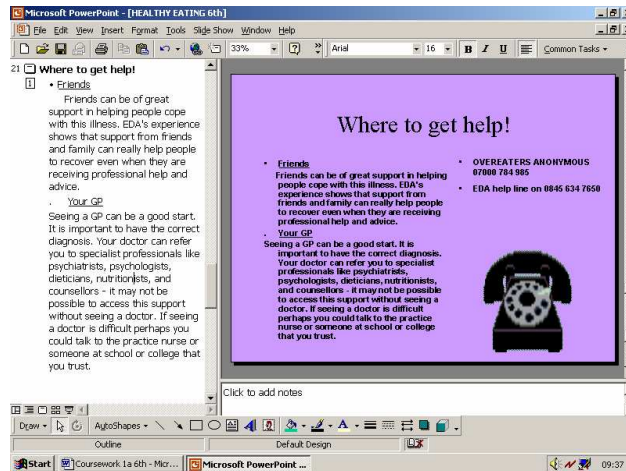


Where I can I've have made the text the same size and font for easier reading, I have also tried to make my work consistent by putting all the pictures on the same side and making all my writing the same font and my titles the same size.



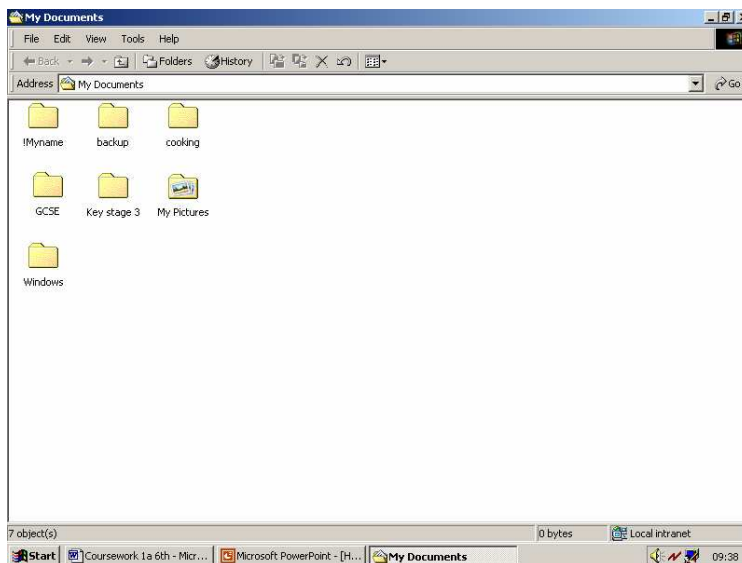
I have tried to make every slide as interesting as possible so the year 7's do not lose interest. I have done this by adding pictures, both still and moving.



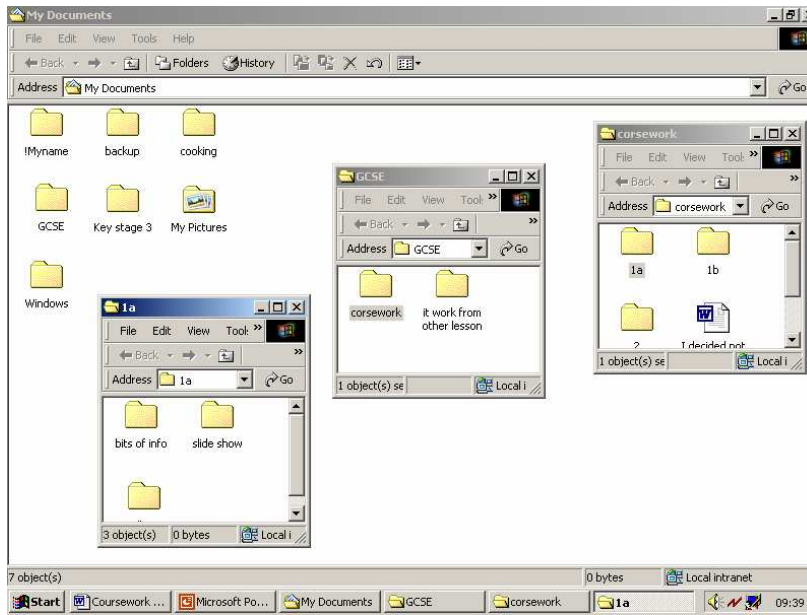


I have corrected all spellings as best I can but I will need an adult to double check to make sure.

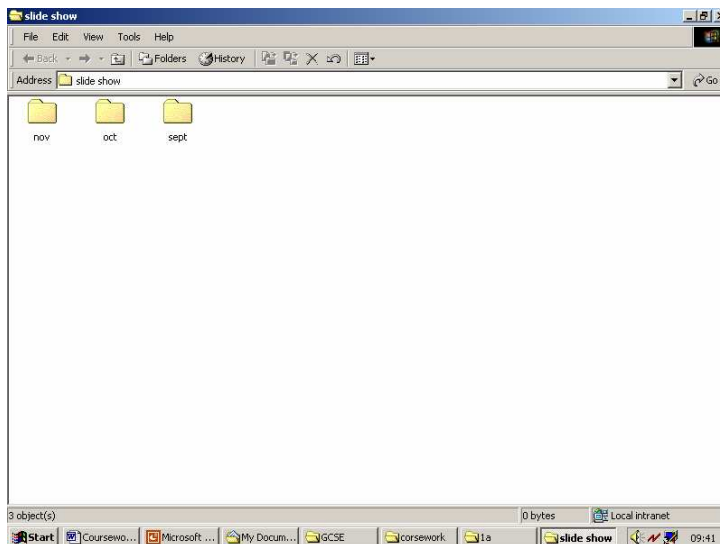
### How I saved my work



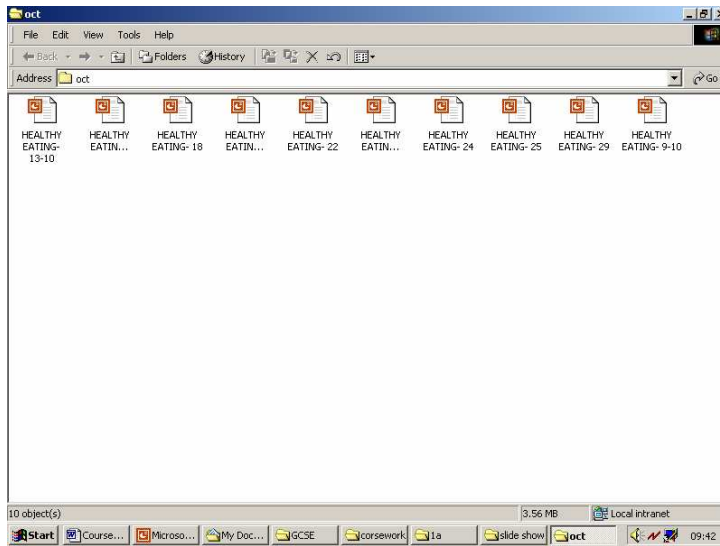
First I arranged all my work it to different groups, and created folders for these.



Then I sorted all the Gcse work it to different pieces of course work and work for the other ICT lesson I do.



I found it a little confusing because I had so many pieces of work. So I put all the work in the different months folders depending when they were made.



Ten all the different pieces of work are dated so I can see what I did last!

### My wider knowledge of ICT

The advantages of ICT are that when making a piece of work you can easily change a mistake or error where as in a hand written piece you would have to start again, also you can add images, sounds moving pictures very easily. The disadvantages are you can take a piece of paper anywhere and write on it but a computer isn't portable (unless it's a lap top), also the spell checker is not always right so you could end up with the spelling 'Witch' instead of 'Which' but the computer would not notice.

### Copyright

Copyright protects any original thing a person has done from a work of art to an invention. Copyright protects anyone else from passing off as his or her work or idea. If you use a picture or a piece of writing a piece and try and pass it off as your own you are breaking the copyright act. As long as you have that persons permission to use their work or acknowledge it is theirs somewhere on the work then you are not breaking the copyright law!

### Viruses

Viruses can be caught in many ways, these are just a few

- Putting an infected floppy disk into your computer - the virus can automatically copy itself from the infected disk into your computer
- Downloading infected files from the Internet
- Obtaining software from an unreliable source

There is usually no evidence of the virus and the user is not usually aware of the virus - until something goes wrong.

Different viruses cause different problems some can delete your files, corrupted your data or crash your memory.

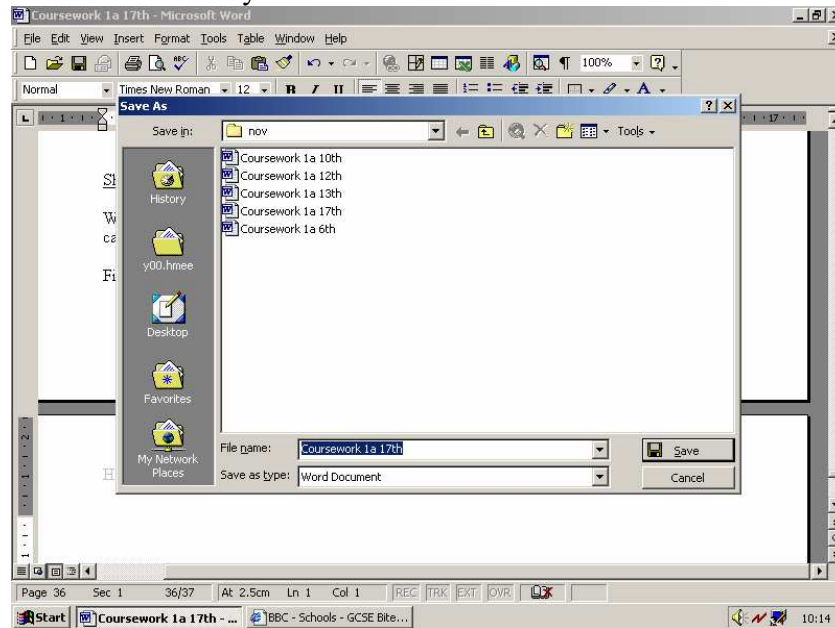
These are some of the ways viruses can be prevented in many ways,

- Using virus checking software
- Not allowing other users to use their own floppy disks on your system
- Not allowing users to take the company's disks home to use on their own PC
- Only downloading files from reputable Internet sites
- Write-protecting disks
- Avoiding software from unreliable sources
- Backing up data regularly

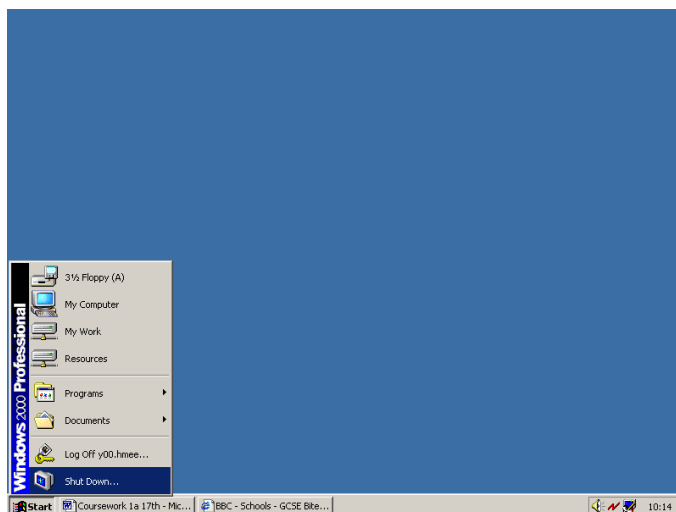
### Shutting down your computer

When shutting down your computer you have to turn it off from the start menu you can't just shut it off at the mains.

First make sure all your work is saved



then go to the start menu



Then shut down



Make sure shut down is selected. Then when it has completed shutting down then you can turn it off at the mains!

### In my project

For my slide show I have used many things that just wouldn't be possible on paper. I have used hyperlinks, images, and moving images; I could have used sounds and music as well. Also because it's on a computer I can easily present it to the year 7's and they will all be able to see it but if it were on paper I would have to make a separate copy for each of them, which wastes time and money.



Safety in the computer room

Here are just some of the safety problems that can occur while working at a computer and how to solve them

Problems	Solutions
<u>Back problems</u> - due to poor posture or an awkward position.	A fully adjustable chair, screens should be tilted and turned to avoid bad or awkward movements.
<u>Repetitive Strain injury (RSI)</u> - damage to fingers, wrists and other parts of the body due to repeated movement over a period of time.	Make sure posture is correct; use wrist rests and have a five-minute break from typing every hour.
<u>Eye strain</u> - strained after staring at a computer screen for a long time particularly in bad light or a flickering screen.	Screen filters can remove a high percentage of the harmful rays emitted from a computer screen. Use non-flickering screens. Take regular breaks, and make sure lighting is suitable.
<u>Ozone irritation</u> - laser printers are thought to emit Ozone that can lead to breathing problems	Place laser printers at least one meter away from where people are working and there should be good air ventilation

Employer regulations	General working environment
<p>Employers must:</p> <ul style="list-style-type: none"><li>• Provide tilt able screens</li><li>• Provide anti-glare screen filters</li><li>• Provide adjustable chairs</li><li>• Provide foot supports</li><li>• Make sure lighting is suitable</li><li>• Make sure work stations are not cramped</li><li>• Plan work at a computer so there are breaks</li></ul> <p>Pay for eye and eyesight tests by an qualified optician</p>	<ul style="list-style-type: none"><li>• There should be no trailing wires</li><li>• Food and drink should not be placed near a machine</li><li>• Electrical sockets should not be overloaded</li><li>• There must be adequate space around the machine</li><li>• Heating and ventilation must be suitable</li><li>• Lighting must be suitable with no glare or reflections</li></ul> <p>Benches must be strong enough to support computers</p>