



Computer Project: TECHNOFit

Overview:

In this project, students become members of the TECHNOFit Club and take the "Be Fit Challenge". This challenge dares participants to eat right, be fit, and live well! To prepare for the task they learn about healthy eating and exercise. Afterwards they design a food guide and fitness poster. They then prepare for the upcoming Be Fit Challenge Event, which is a celebration that includes fun fitness activities and great tasting food. To plan for the event, students design a menu and send invitations. With the event fast approaching, certificates are created for each participant of the Be Fit Challenge to recognize their efforts to be healthy. These are then handed out at the event.

Covered Objectives:

- Watch "The Be Fit Challenge" video.
- Answer questions about the video.
- Open the index card template.
- Add TechnoFit Club using the Text Box tool.
- Format the font, font size, style, and alignment.
- Add Student Name using the WordArt tool.
- Add clip art related to being fit or eating healthy using the Picture Frame tool.
- Watch the Eat Right video.
- Answer questions about the video.
- Learn about food groups.
- Open Microsoft Publisher to a Letter size blank publication.
- Use the Insert WordArt tool to add Food Group names.
- Under each Food Group insert clip art of a food item from that group.
- Save publication
- Close Microsoft Publisher.
- View sample posters and pick the layout that is most appealing.
- Make a list of activities that help to keep a person fit

Activities & Sample Work:

