



### 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:

##### Session 1: Join the TechnoFit Club

- ✎ Introduction to TechnoFit.
- ✎ Create Students Folders.
- ✎ Open Microsoft Publisher from Program.
- ✎ Open the Index card template.
- ✎ Add Word Art & Text box from standard toolbar.
- ✎ Format Word Art & Textbox font, font size & font style to make the words stand out.
- ✎ Insert a suitable clip art from Insert menu.
- ✎ Save the file to a personal folder.

##### Session 2: Be Fit Poster

- ✎ Open Microsoft Publisher from Program.
- ✎ Open the Poster template.
- ✎ Text box from standard toolbar.
- ✎ Insert a suitable clip art of ways to be fit.
- ✎ Add Word Art to describe each activity using the text Box tool
- ✎ Format Word Art & Textbox font, font size & font style to make the words stand out.
- ✎ Save the file to a personal folder.

#### Activities & Sample Work:



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