**MOUNT ALVERNIA HIGH SCHOOL**

**ELECTRONIC DOCUMENT PREPARATION AND MANAGEMENT**

**EDPM ASSIGNMENT # 3 – POWERPOINT PRESENTATION**

**CASE**

According to aap.org, American Academy of Paediatricians, over the past two decades, the prevalence of children who are obese has doubled, while the number of adolescents who are obese has tripled.

Your task is to prepare a PowerPoint presentation to assist you in educating the students at your school about ***‘Healthy Lifestyles’***

**GUIDELINES**

1. Include a cover page with the relevant details.
2. Create a Title Slide with the topic of the presentation and an appropriate picture.
3. Provide a Table of Contents
4. Provide a brief ‘Description of Components’ of the SBA.

**COMPONENTS**

Include a slide:

1. Explaining what is a healthy lifestyle
2. Listing the benefits of a healthy lifestyle. Use bulleted points.
3. With a table showing the recommended Daily Calorie intake of male and female adolescents ages 11-14 and 15-18. ***Use a comparison slide layout***.
4. With pictures of a bottle soda, a large fries and two pieces of chicken, and Ice cream showing the total calories per serving of each item below the image and the over calories in each item.
5. Explaining how additional calorie intake contributes to overweight and obesity.
6. With a balanced diet pie chart.
7. Insert a title slide, with the words ‘Healthy Lifestyle Tips’
8. Include four tips for a healthy life style. One tip per slide, with an appropriate image. Use pointers.
9. Provide an appropriate bibliography, using the APA reference format.
10. Style of presentation should be attractive. (Must be professional)
11. Use appropriate font, font size, and font style.
12. Use clip art, word art and graphics
13. Use appropriate animation and transition.
14. Apply background and object appropriately
15. Utilize 10-15 slides in your presentation (Counted from Title slide to Bibliography)