



Technology Applications Virtual Learning

Easy Eats for Teens

May 22, 2020



8th Grade Technology Applications

Lesson: May 22, 2020

Objective/Learning Target:

I can create a presentation about healthy eating habits using bulleted lists.



Getting Started:

You have joined the Health & Fitness Club at school. To promote healthy eating, you decide to create a presentation on the club's web site. The presentation will offer healthy food options for breakfast, lunch, snack, and dinner.

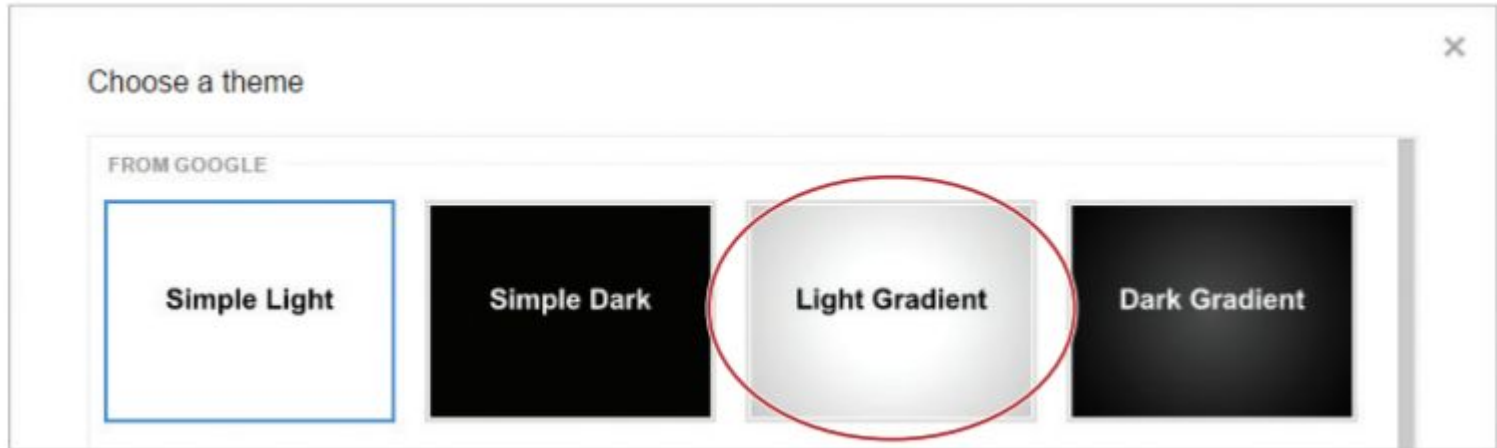


Practice:

1. **Create a New Presentation.** To create a new presentation, open your My Slides folder, click the NEW button and select Google Slides.

Practice:

2. Choose a Theme. To coordinate colors, background, fonts, and effects in your presentation, from the Choose a theme dialog box, select Light Gradient and click OK.



Practice:

3. **Select Text.** In this lesson, you'll be required to select text. There are several ways to select text in your presentation:
 - a. Position your cursor at the beginning of the word, left click the mouse, and drag to the right to the end point of the text you want to select.
 - b. To select a single word, double-click on the word.
 - c. To select an entire paragraph, triple-click within the paragraph or position your cursor at the beginning of the paragraph and hold down the Shift key while pressing the Down arrow key.
 - d. To select all of the text in a text box, click anywhere in the

Practice:

4. Type the title and subtitle as shown

Easy Eats for Teens

A Guide to Healthy Eating



Slide 1

Layout: Title Slide

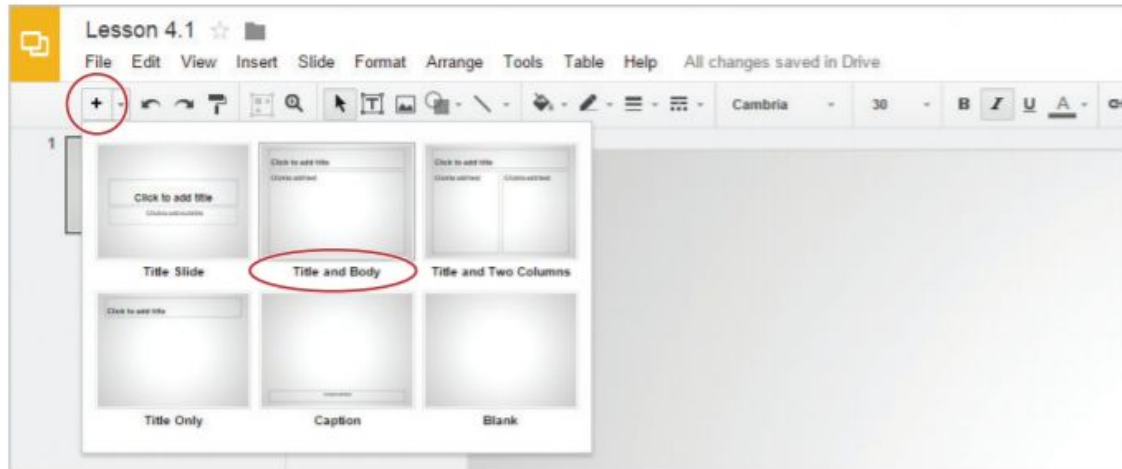


Practice:

5. **Format Text. Make the following formatting changes:**
 - a. **Select the text in the title box and change the Font to Cambria.**
 - b. **Select the text in the subtitle box, change the font to Cambria and Italicize.**

Practice:

6. Add a New Slide. To insert additional slides into your presentation, from the New slide drop-down menu, select Title and Body.



Practice:

7. Type the title and body text as shown

Introduction

Juggling school work, after-school activities, and a social life with friends, it's no wonder teenagers struggle to eat healthy foods. This presentation is a guide to help teens make healthy food choices.



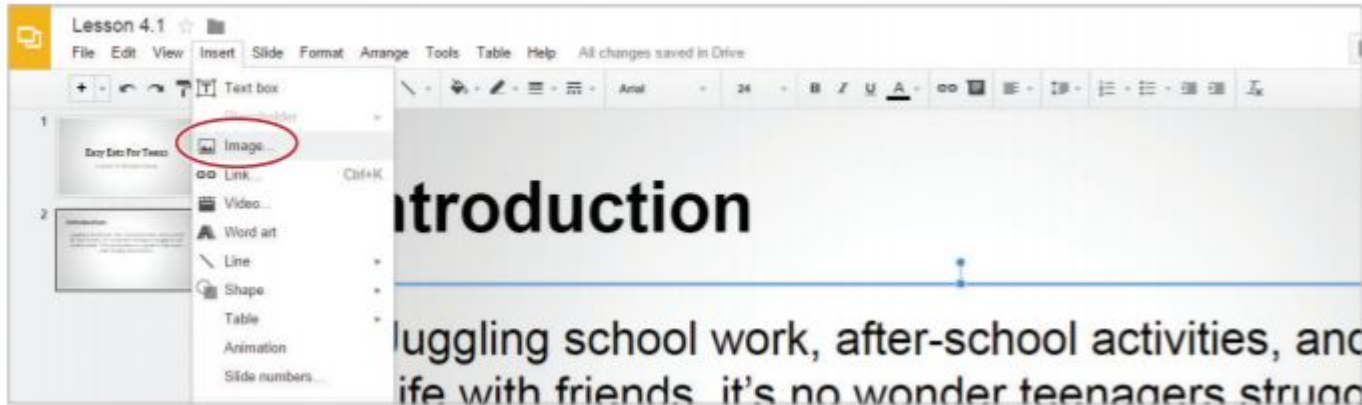
Practice:

8. Change the font size of the body text box to 28
9. Horizontally Align Text. To horizontally center align the body text, select the text, then from the Align drop-down menu, select Center.



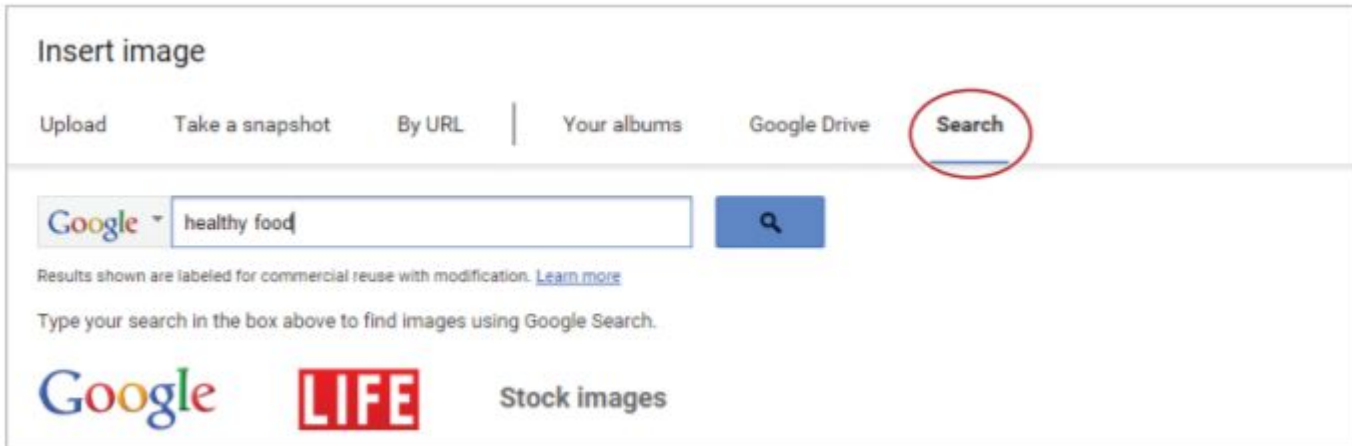
Practice:

10. Insert an Image. To insert an image of healthy food below the paragraph, do the following:
 - a. From the Insert menu, select Image.



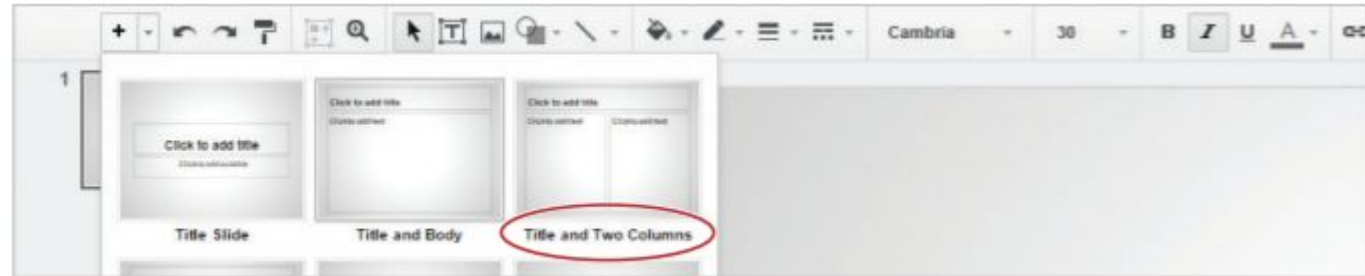
Practice:

11. Click Search, type [healthy food] in the Google search field, then hit Enter. Double Click the image of your choice.



Practice:

12. **Change Slide Layout.** To add new slides with different layout options, from the New slide drop-down menu, select Title and Two Columns.



Practice:

13. Continue to add new slides (Slides 3-6) applying the slide layouts as indicated

Breakfast Power

- Peanut Butter Protein Bars
- Egg and Sausage Burritos
- Blueberry Muffins
- Fresh Fruit and Yogurt
- Green Monster Smoothie
- Sweet and Salty Trail Mix



Slide 3

Layout: Title and Two Columns

Lunch with a Punch

- Turkey Tortilla Wrap
- Egg or Tuna Salad Wrap
- Chicken Caesar Salad
- Salami, Olives & Cheese
- Veggie Pizza
- Whole Grain Bagel Pizza



Slide 4

Layout: Title and Two Columns

Smart Snacks

- Whole Wheat Pretzels
- Fresh Veggies & Hummus
- Low Fat Cheese Wrap
- Apple with Almond Butter
- Cream Cheese & Celery
- Fruit Kabobs and Yogurt



Slide 5

Layout: Title and Two Columns

Hearty Dinner

- Chicken Fajitas & Salsa
- Turkey & Spinach Lasagna
- Baked Salmon & Broccoli
- Baked Potato & Chili
- Veggie & Shrimp Stir Fry
- Broiled Chicken & Veggies

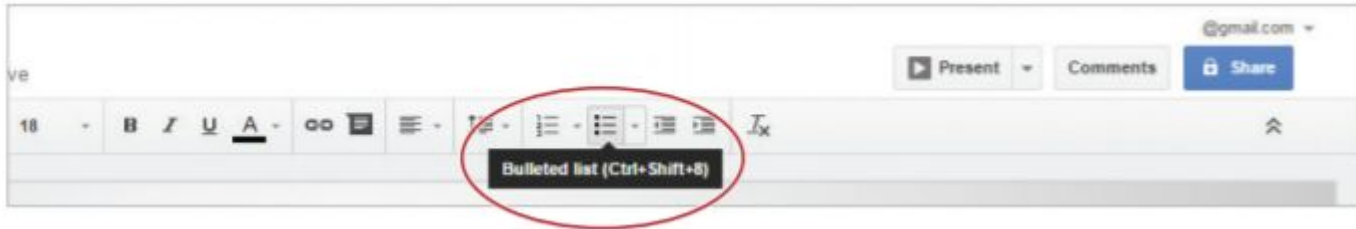


Slide 6

Layout: Title and Two Columns

Practice:

14. In the title box, type [Breakfast Power].
15. Create a Bulleted List. To create a bulleted list, click in the left column text box, then click the Bulleted list icon.



Practice:

16. Type the bulleted list shown and change the font size to 22.
- a. Note: Bullet points will automatically appear on the next line when you hit Enter

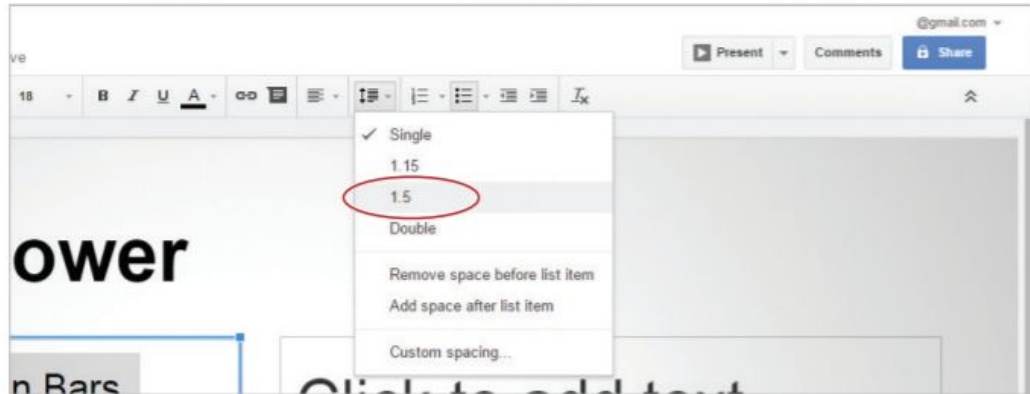
Breakfast Power

- Peanut Butter Protein Bars
- Egg and Sausage Burritos
- Blueberry Muffins
- Fresh Fruit and Yogurt
- Green Monster Smoothie
- Sweet and Salty Trail Mix



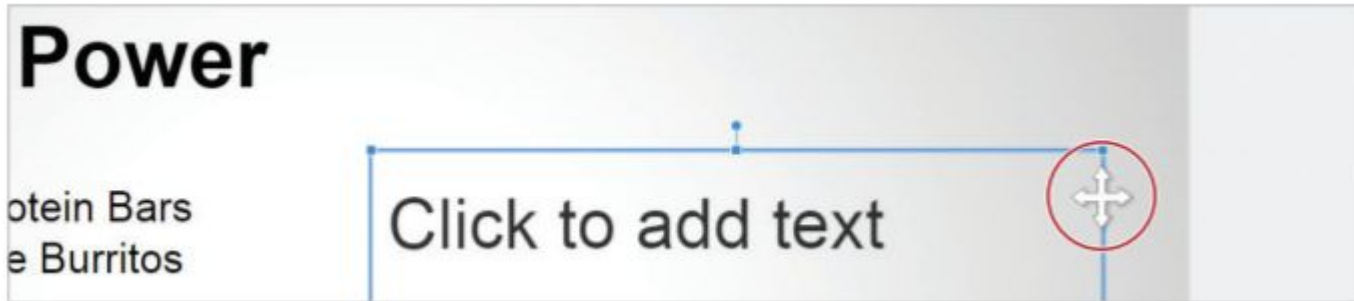
Practice:

17. **Change Line Spacing.** To increase the spacing between lines of text, select the bulleted list, then from the Line spacing drop-down menu, select 1.5.



Practice:

18. **Delete a Text Box.** To remove a text box, place your cursor over any edge of the right column text box, click when a four-sided arrow appears, then hit the Delete key.




Practice:

19. Insert an image of a blueberry muffin
20. To complete SLIDES 4-6, using the content shown, repeat steps 19-23.
 - a. Hint: You will need to select an appropriate image that best illustrates the content of each slide.

Breakfast Power


- Peanut Butter Protein Bars
- Egg and Sausage Burritos
- Blueberry Muffins
- Fresh Fruit and Yogurt
- Green Monster Smoothie
- Sweet and Salty Trail Mix



Slide 3 | Layout: Title and Two Columns

Lunch with a Punch

- Turkey Tortilla Wrap
- Egg or Tuna Salad Wrap
- Chicken Caesar Salad
- Salmon, Olives & Cheese
- Veggie Pizza
- Whole Grain Bagel Pizza



Slide 4 | Layout: Title and Two Columns

Smart Snacks

- Whole Wheat Pretzels
- Fresh Veggies & Hummus
- Low Fat Cheese Whip
- Apples with Reduced Butter
- Cream Cheese & Celery
- Fruit Kabobs and Yogurt



Slide 5 | Layout: Title and Two Columns

Hearty Dinner

- Chicken Fajitas & Salsa
- Turkey & Spinach Lasagna
- Baked Salmon & Broccoli
- Baked Potatoes & Chili
- Veggie & Shrimp Stir Fry
- Broiled Chicken & Veggies



Slide 6 | Layout: Title and Two Columns

Self-Assessment: Check this document to see how you did.

Easy Eats for Teens
A Guide to Healthy Eating

Slide 1 | Layout: Title Slide

Introduction


Juggling school work, after-school activities, and a social life with friends, it's no wonder teenagers struggle to eat healthy foods. This presentation is a guide to help teens make healthy food choices.



Slide 2 | Layout: Title and Body

Breakfast Power

- Peanut Butter Protein Bars
- Egg and Sausage Burritos
- Blueberry Muffins
- Fresh Fruit and Yogurt
- Green Monster Smoothie
- Sweet and Salty Trail Mix



Slide 3 | Layout: Title and Two Columns

Lunch with a Punch

- Turkey Tortilla Wrap
- Egg or Tuna Salad Wrap
- Chicken Caesar Salad
- Salami, Olives & Cheese
- Veggie Pizza
- Whole Grain Bagel Pizza



Slide 4 | Layout: Title and Two Columns

Smart Snacks

- Whole Wheat Pretzels
- Fresh Veggies & Hummus
- Low Fat Cheese Wrap
- Apple with Almond Butter
- Cream Cheese & Celery
- Fruit Kabobs and Yogurt



Slide 5 | Layout: Title and Two Columns

Hearty Dinner

- Chicken Fajitas & Salsa
- Turkey & Spinach Lasagna
- Baked Salmon & Broccoli
- Baked Potato & Chili
- Veggie & Shrimp Stir Fry
- Broiled Chicken & Veggies



Slide 6 | Layout: Title and Two Columns



Additional Practice:

Create a new slide show about workout tips.