Creating a Multimedia Presentation to Demonstrate a Daily Food Plan

Student Guide

# Assignment Summary

For this assignment, your teacher will give you information about an individual. You will use the information to determine how many Calories he/she needs to consume each day. Then you will create a Daily Food Plan to meet these needs. Be sure that your meal plan accounts for the recommended daily servings from each food group. Useful references for gathering this information will be listed at the end of this document. Present your background information and meal plan in a multimedia presentation. Your presentation should include a title slide, an introduction slide, six slides representing the foods you have chosen to fulfill your Daily Food Plan, and a “works cited” slide.

# Assignment Instructions

**Step 1: Gather materials and necessary information.**

1. Determine how many Calories the assigned individual needs to consume each day.
2. Determine the recommended daily servings for each food group.
3. Be sure to keep a list of your references so that you can cite them later.
4. Ask your teacher where you should save your presentation as you work on it. Your teacher also may have specific guidelines about the file name you should use.

**Step 2: Create your title slide.**

1. Begin by creating the title slide. On this slide, include the title of your presentation, your name, your teacher’s name, and the due date of the presentation.
2. Remember to save your work as you go.

**Step 3: Create your introduction slide.**

1. This slide should contain the personal information of your assigned individual (i.e., age, sex, weight, height, and activity level). If you wish, you may give the individual a name.
2. Place the introduction text in the notes section below the slide. This text will act as the script for your presentation.
3. Remember to save your work as you go.

**Step 4: Create your Daily Food Plan.**

1. On this slide, state how many Calories your individual needs to consume each day.
2. Create a table that includes the five food groups and how many servings of each food group your individual should eat each day.
3. Place text in the notes section below the slide that explains the information presented on the slide. This text will act as the script for your presentation.
4. Remember to save your work as you go.

**Step 5: Choose foods to fulfill your Daily Food Plan.**

1. Create a slide titled **Grains**.
2. Choose two to three foods that your individual could choose to fulfill his/her daily grain requirements. Add a picture of at least one of these grains to the slide.
3. Place text in the notes section below the slide that explains the information presented on the slide. This text will act as the script for your presentation.
4. Create a slide titled **Vegetables**.
5. Choose two to three foods that your individual could choose to fulfill his/her daily vegetable requirements. Add a picture of at least one of these vegetables to the slide.
6. Place text in the notes section below the slide that explains the information presented on the slide. This text will act as the script for your presentation.
7. Create a slide titled **Fruits**.
8. Choose two to three foods that your individual could choose to fulfill his/her daily fruit requirements. Add a picture of at least one of these fruits to the slide.
9. Place text in the notes section below the slide that explains the information presented on the slide. This text will act as the script for your presentation.
10. Create a slide titled **Dairy**.
11. Choose two to three foods that your individual could choose to fulfill his/her daily dairy requirements. Add a picture of at least one of these dairy products to the slide.
12. Place text in the notes section below the slide that explains the information presented on the slide. This text will act as the script for your presentation.
13. Create a slide titled **Protein**.
14. Choose two to three foods that your individual could choose to fulfill his/her daily protein requirements. Add a picture of at least one of these protein sources to the slide.
15. Place text in the notes section below the slide that explains the information presented on the slide. This text will act as the script for your presentation.
16. Remember to save your work as you go.

**Step 6: Cite your sources.**

1. Create a slide titled **Works Cited**.
2. On this slide, create a list of the resources you used to complete your research. A simple list of website titles and addresses (URLs) is acceptable. If you used print sources, list the title, author, publisher, city, and date.

**Step 7: Evaluate your presentation using the checklist.**

If you can check off each criterion below, you are ready to submit your presentation.

* Does your presentation include a title slide with the title of your presentation, your name, your teacher’s name, and the due date of the presentation?
* Does your presentation include an introduction slide containing the personal information of your assigned individual?
* Does your presentation include a slide demonstrating the Daily Food Plan for your individual?
* Does your presentation include additional slides for each food group, including a variety of foods your individual could eat to meet his/her daily serving requirements?
* Does your presentation include a picture on each of the following slides: Grains, Vegetables, Fruits, Dairy, and Proteins?
* Does your presentation include text in the notes section of each slide that explains the information presented on the slide?
* Does your presentation include a “works cited” slide?

**Step 8: Revise and submit your presentation.**

1. If you were unable to check off all of the requirements on the checklist, revise your presentation and save it before submitting.
2. When you have completed your presentation, return to the virtual classroom and use the “Browse for file” option to locate and submit your assignment. Congratulations! You have created a multimedia presentation.
3. Ask your teacher for further instructions about presenting your presentation to an audience of your peers.

# Resources

Creating a Daily Food Plan: <http://www.choosemyplate.gov/myplate/index.aspx>

Choosing Foods in Each Food Group: <http://www.choosemyplate.gov/food-groups/>