Completion of the assignment

I found the assignment very informational and helped me to learn new things like how to optimally use AI tools like ChatGPT and how to create a spreadsheet.

To complete the assignment I used chatgpt to summarise the pieces of information provided on the website and to highlight some key and interesting features which I may have overlooked otherwise. The information made me able to frame my answers properly. After roughly preparing the answers, I used another AI tool called quillbot. I used to paraphrase my answers to make them sound better and more advanced. This activity surely will help me in the future for my college and other work.

As for the spreadsheet, it was my first experience using excel. I researched on how to use it optimally and have surely gained a new skill. I noted down my meals for three days and after asking AI tools to give their nutritional breakdown and ingredients required, I pasted the information on the spreadsheet. The spreadsheet might be under par as this was my first experience using it but to cover it up, I worked harder on my other assignment. I also added the personal rating column to ass personal touch to the spreadsheet.

It was overall a very fun and learning experience and am looking forward to the next assignment.