**Question 03:**

Write an Article using sample template

a) Insert 5 lines drop cap at a distance of 0.3cm from text

b) Insert header with your name and page no

c) Set margins Mirrored

d) Landscape orientated, size Tabloid, justified.

e) Insert citation, Bibliography and footnotes where necessary

f) Insert related picture or table with caption

g) Proof read your document and add comments

**Answer:**

# Source:

Customwritings.com. (n.d.). *Informative Essay Sample on Cars and new technology: Safety and Comfort*. Retrieved from Howtowrite.Customwritings.com.

I will cover several main ideas in this report. First, I will cover an overview of the technologies that will make driving more comfortable, such as In-car Internet and Coast-to-Coast Radio[[1]](#footnote-1). I will then cover different ways to make driving easier, such as intelligent cruise control[[2]](#footnote-2), and voice control. Finally, I will cover technology that will make driving safer. This will include push-button help, seeing through fog and Night Vision, and smart seats.

I will now give an overview of the new technologies that are aimed at comfort. You will soon be able to send and receive e-mail, get news, traffic reports, sports scores, and stock quotes all without taking your eyes off of the road. This will all be done on the Internet through voice commands and a voice synthesizer. In order to activate these functions, all the driver has to do is say, “Start my E-mail” into a microphone on the steering wheel and the onboard computer will go to a specified web site where it will download the requested information and convert the text to spoken words for hand and eye free operation. The price will be about $2000 and a monthly fee for connecting to the Internet. This technology will be offered on the 2001 Cadillac Seville or Deville and the 2001 BMW 750iL and Z8 models.

Another form of comfort technology is Coast-to-Coast radio. This technology is used so that you will never need to face static or have trouble finding good stations in areas away from home. By the end of the year, two companies, XM Radio and Sirius Satellite, are expected to have satellites in place that will be able to broadcast synchronized radio signals all over the country. In addition to the high fidelity, static free sound, you will be able to listen to one station, from coast to coast. There will be about 100 channels to choose from with 50 being commercial free. You’ll need to pay a monthly subscription fee of $9.95 to enjoy this benefit. BMW, Ford, and DaimlerChrysler have announced to have this as an option on new models soon.

A final comfort tech is active body control. This sophisticated active suspension system is designed to counteract all types of body lean. It stops all lean from cornering, braking, or acceleration so that the car stays flat at all times. The result is a plush, comfortable ride. This also gives you the ability to control the car’s ride height and give you better clearance or better aerodynamics. This is currently only available on the Mercedes Benz CL-Class.

There are several new technologies that will make driving much easier for drivers. The first of these is intelligent cruise control. Any cruise control system can maintain a set speed. This new system also maintains a set distance from other cars too. This system uses radar to detect any cars ahead for about 500 feet. If a slower vehicle is detected in front of your car, the system will slow down the car until you reach the set distance that you selected earlier. This is currently only available on the Mercedes Benz CL-Class.

The next technology geared towards making driving easier is the electronic parking guide. This simple system uses radar to measure how close the vehicle’s bumper is to other objects and signals the driver with both visual and audio alerts to stop the need for guessing if your close or not and gets rid of the chance of scraping your bumper. This is currently only available on the Mercedes Benz CL-Class.

The next piece of sophisticated technology is voice-recognition technology, or simply the ability to control systems by talking to the car. This lets the driver keep his eyes on the road and his hands on the steering wheel. The hard part about developing this technology was getting it to recognize different voices and inflections. There are still some bugs, but it’s a good first try. You will be able to control audio, climate-control, and cellular phone systems easily. With just a word or two, drivers can control radio station, CD tracks, and volume, adjust temperature, switch audio sources, dial a number, and lots more. The driver must remember several key words for the technology to operate properly. It doesn’t always work though, sometime you have to repeat the word or the system will just ignore you. This technology will eventually get much better though since the current technology is first generation. You will be able to enjoy this feature on the Jaguar S-Type and the Mercedes Benz S-Class.

I will now discuss several safety features that will be put into high tech cars. The first safety feature is push-button help. With the push of a button, you can get travel information, roadside assistance, and emergency aid with the Mercedes Benz Tele Aid System. It connects you to a 24-hour centre that can track your vehicle’s location via GPS. In an accident, the system will automatically call for help and transmit your location, while centre personnel direct emergency help to the vehicle. This will also easily and quickly locate your car if it is stolen. This is currently only available on the Mercedes Benz CL-Class.

**A Dummy used for testing security features**

The next technology which will make the roads safer are Thermal Imaging and Night Vision to see through fog and at night. This technology uses a heads-up-display, like on fighter jets, mounted on the dashboard in front of the driver. This heads-up-display, or HUD, then projects the image onto the windshield. This Night Vision gives the driver a view of the road ahead and picks up any heat-emitting objects., such as people, animals, and running cars. Heat-emitting objects appear in white on a black background. This can sense anything three times as far as low beams. When you are driving, you don’t look directly at the HUD, but your peripheral vision would pick up the bright object in the Night Vision display. This can be used to avoid deer, see cars in dense fog, or even see a parked police car with its lights out and its engine running sitting by the side of a highway. This is only available on the 2000 Cadillac Deville.

The final safety technology that I will cover is smart seats. One new system has 10 air cells which sense the passenger’s weight distribution and automatically adjusts for better support, while other seats have heaters and cooling fans in them for maximum comfort. There are even massaging backrests to calm you down. For safety, seats are being tied into the passenger airbag systems. One system uses sensors that actually detect the electrical activity in a person’s body. Using this, the system can tell if a child is in the seat (by monitoring the height) or if a person is leaning against the door. In either case, the side airbag is deactivated and the front bag deploys at a lower speed. These various systems will be options on Cadillac’s, Mercedes-Benz’s, Lincoln’s, Lexus’, BMW’s, and Acura’s.

In this paper, I have covered many topics. I have shown how you can use your car to check e-mail, get the weather, or listen to the radio without interference. You will be able to let the cruise control drive for you, park easily and without worry, drive without any sort of movements inside of the car, and control the car with voice commands. You will be able to get help with the push of a button, see on a pitch-dark night, and won’t have to worry about airbags hurting you.

Your life will be affected in many ways from these new technologies. You will have much less things to worry about and have more fun driving. You will be more comfortable, and also safer. With these new technologies and the other technologies that will surely come, the roads will be a much safer place with less accidents and faster trips. (Customwritings.com, n.d.)

**Question 05:**

**(Other parts of this question were done in the previous assignment)**

▪ Write 4 different bookmark and use go to book mark options.

▪ Apply auto formatting on text the word is Pakistan.

**Part 1 Answer:**

(This is a sample text taken from <https://www.ukessays.com/essays/media/understanding-food-health-nutrition-and-diet-media-essay.php> to fulfill the instructions given in the questions)

As food industry is rapidly growing, we will focus on how early advertisements for foods had helped in changing the way of food we eat. The word “advertising” is acquired from the French advertisement which is also said as a giving attention or broadcast. The aim of the advertisement is to publicly convey the information through mass communication. Advertising brings focus to variety of products such as consumer products, including food which is also a major consumer of advertising. Advertising depends on individual manufactures or as in a group and by growing, and distributors

According to the long history of advertising, modern advertising began with discovery of printing in the sixteenth century. The early advertisements for foods which were implied those for books, medicines, cures and remedies meant to be for foods and drinks that were first dominated by upper class people. The English first reported coffee in 1652, chocolate in 1657 and tea in 1658. there was no significance expansion of print advertisements until the eighteenth and nineteenth centuries. The growth of the advertisement began to spread by changing and developing trade patterns especially the rail network and the improvement of roads, therefore the improvement of transportation granted the expansion of extended regional and national trade networks. As the goods and products began increasing, they had to be more efficient and effectively distributed and marketed. The early stage of advertisement included the print media, the spread of literacy, newspapers and magazines, after 1850, the development stimulated. In the last hundred years that advertisement has developed in a major industry. So, it has become important that it is the core to the production of general communications and provides the commercial basis that qualifies to exist.

Understanding Food, Health, Nutrition and Diet

**Food**

Food can be defined as the any substance that provides the nutrients necessary to maintain life and growth when absorbed. However, when most of the animals feed, they repeatedly consume foods necessary for their wellbeing but in humans, however, do not eat. they eat. Over the last 100 years the society has believed that the apart from supplying basic energy, food has very little sustain on physical and mental health. food then, is something very powerful rather that of mere nourishment, it forms the significance of the very being.

**Health**

Health comparable to love or joyness is hard to explain or basically impossibly to measure. According to WHO (World health organisation), health is defined as” a state of complete, physical, mental and social wellbeing and not merely the absence of diseases and infirmity”. This definition of health has a whole dimension of meaning on how we understand health. Our health is affected by how we choose to live our life and these aspects of life depends on mental issues, significance such as climate, our intake in nutritional food, comfortable shelter, clean air to breath and pure water to drink and socially how much we are connected with our family, friends and in our workplace.

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Health is how we take decisions in our daily life, sometimes the social and physical environment present obstacles to making healthier choices. Health is not something that happens food, comfortable is three main things to remember about health.

Being free from symptoms of disease and pain as much as possible.

Being active, able to do what you want and what you must at the appropriate time.

Being in good spirits and feeling emotionally healthy most of the time.

**Nutrition**

Nutrition is the study of all the intercommunication that occur between people and food. It includes the understanding which nutrients we need, where to find them in food, how they are used by our bodies, and the result they have on our health. Its s also considered the other factors such as society, culture, economies and technology, which are involved in maintain and choosing the food we eat. we do not eat specific nutrient, we eat food and we choose the right amount of combination of foods and thus our diet provides all the nutrients we need to stay healthy and if we choose a poor amount of food in our body the essential nutrients will be missing in our body  but however to maintain the right nutrients it can be very challenging and difficult because we eat for many other reasons but we do not eat thinking that we need nutrients to maintain a good diet .

There are over 40 different nutrients important to human life. We need to consume these nutrients in our diets because it is not made by our body and it cannot be made in large amounts to get healthy. Different food contains different nutrients depending in amounts and combinations. Nutrients provide three basic functions in the body. Some nutrients provide energy, some provide antibodies and some provide structure. Each nutrient has its own unique way of performing all these functions and all the nutrients together are needed for growth, to maintain and repair the body and to allow us to reproduce

**Diet**

Diet is the right amount of food we eat according to our body’s resistance. Once our nature of diet is determined, it is important to develop and control of what we eat. this is important because to provide enough energy as well as balance our metabolic needs. Although we have the right amount of our nutrients it is important to have a balance diet. As for the formal routine of our meals which is three square meals depending on what we eat in our breakfast, lunch and dinner but many of us end up eating much more than how much we have to eat. we indulge ourselves with several snacks or treats thorough out the day depending on our food and energy. the pattern of eating has been changing thus to maintain of body nutrients we need to have a balanced diet and approach to healthy eating.

Life style and behaviour

Early childhood is considered the most important stage of the development. Healthy early child development includes the physical. Healthy early child development includes the physical, social (emotional and language) and cognitive behaviours each of which is equally important. our early childhood stages of influenced by wellbeing, obesity, or stunting, mental health, heart disease, literacy and numeracy criminality and economic participation through life.

The relationship between lifestyle and health is regardless of understanding the consequences and of personal decision making and patterns of behaviour that have tremendous effect on health and on the nation’s economy. The range of other behaviours that adversely affect health is tremendous. Our dietary behaviours such as consumption of fat, sodium, and sugar, leading to an epidemic of obesity and associated problems. Fast food has dominated the cycle of food industry. the cheaper price and tasty way of changing how eat .it is impossible to count and focus on how to check the intake of carbohydrate and fatty food. on the other hand, if we talk about exercises, it is yet very essential to at least jog or walk a mile everyday to reorganise our body but because of growing number of facilities and remedies were prolong to give ourselves some time, so should we blame on modernisation? We have easily coped with modern society and its technology. many researchers have revealed that too much spending time on for example television can cause harmful illness as it has less physical activity. These days children have no outdoor activities because they are lured in computers, video games and mobiles.

**Part 2 Answer:**

**(Sample text taken from https://essaywritingservice.pk/essay-on-pakistan/)**

# Pakistan

Pakistan is a Muslim country, located in southern Asia. The neighboring countries are India, Iran, Afghanistan, and China. It is officially called the Islamic Republic of Pakistan. In the south, it has long coastline along the Arabian Sea. Pakistan is the 34th largest country in the world and has the 7th largest army in the world. The capital of Pakistan is Islamabad. Before 1960, it was Karachi, which is now the country’s largest city. The motto of the country is Unity, Discipline, and Faith. The national language is URDU. The name Pakistan means Land of the Pure in Persian and Urdu.

# History of Pakistan

The struggle for Pakistan was started when the Muslim of sub-continent got harassed by the Indian government and was not getting their proper rights. Pakistani leader Sir Syed Ahmed Khan firstly used the word“Nation” for the Muslims. After his “Two Nation Theory” and Allama Iqbal’s thought about a separate state in which Muslim can live according to Islamic teachings. The Muslims of India start many movements only for the separation they struggle and sacrifice their lives for their generations. After this effort on 14th of August, 1947, Quaid e Azam M.A Jinnah and all the Muslims succeed by getting a separate state.

# Location and Climate

The geographical location of Pakistan is in southern Asia. The neighboring countries are China, India, Afghanistan, and India. There is a long coastal line with the Arabian Sea in the south. The mountain ranges of Karakoram and Pamir are located on northern and western highlands. Pakistan also has all four seasons because of the location, winter from December through February, spring from March through May, summer rainy season from June through September and the retreating monsoon period of October and November. The beginning and length of these seasons vary according to the location. Pakistan also consist number of Rivers and river Indus is the biggest river.

# Districts

Pakistan has four provinces, two territories, and two special areas. The special areas are in Kashmir. The provinces and territories were divided into 26 divisions and now the 147 districts directly divided from the provinces. The four provinces are Baluchistan, Khyber Pakhtunkhwa (formerly NWFP), Punjab and Sindh. Among all these provinces Baluchistan is the largest one by area. Baluchistan and Khyber Pakhtunkhwa both have PATA (Provincially Administered Tribal Areas) which are going to be regular districts. The territories are Islamabad CapitalTerritory and Federally Administered Tribal Areas. Azad Kashmir and Gilgit Baltistan are the Administrative areas of Pakistan.

# National Symbols

There are number of national symbols of Pakistan:

National Animal- MARKHOR

National Bird- CHOKAR

National Tree- CEDRUS DEODARA

National Heritage State Animal- SNOW LEOPARD

National Heritage State Bird- SHAHEEN FALCON

National Aquatic Marine Mammal- INDUS RIVER DOLPHIN

National Reptile- INDUS CROCODILE

National Fish- TOR PUTITORA

National Amphibian- BUFO STOMATICUS

National Butterfly- INDIAN PURPLE EMPEROR

National Fruit- MANGO

National Staple Crop- SUGERCANE

National Beverage- SUGERCANE JUICE

National Vegetable- OKRA

National Cuisine- PAKISTANI BIRYANI (beef)

National Sports- HOCKEY

National Dress- SALWAR KAMEEZ

National Mosque- FAISAL MOSQUE

National River- INDUS RIVER

National Mountain- K2

National Mausoleum- MAZAR E QUAID

Economy

In terms of Purchasing Power Parity(PPP), Pakistan’s economy is 25th largest in the world. In terms of Nominal Gross Domestic Product, the economy is 42nd largest. The growth poles of Pakistan’s economy are located beside the Indus River. In the past economy of Pakistan has suffered from internal political disputes, mixed levels of foreign investment and a fast-growing population. In 2016 October, the IMF chief Christine Lagarde confirmed the economic assessment of he that Pakistan’s economy was “out of the crisis”. This was also predicted by the World Bank that by 2018, the growth of the economy of Pakistan will increase to a “robust” 5.4%.

# Demography

According to the Census of Pakistan 2017, the total population of Pakistan was 207.8 million, representing a 57% increase in 19 years. That was equivalent to 2.57% of the world population. The population is estimated to reach 210.13 million by 2020. Pakistan is also classified as the “young nation” with an average age of 23.4 in 2016; about 104 million people were under the age of 30 in 2010. Life hope at birth was 67 years for females and 65 years for males in 2013. The healthcare expenditure was 2.8% GDP in 2013. About 19% of the population and 30% of children under five are skeletal.

# Languages

Including a number of provincial languages, more than 60 languages are spoken in Pakistan. Urdu is declared as the national language of Pakistan and it’s the main identity of the Muslims. Over 44.15% of Pakistan’s population in the Punjab province speaks the Punjabi language. The Khyber Pakhtunkhwa has a provincial language which is the Pashto language. Sindhi is the common language in the region of Sindh and Balochi is the most dominant language of Baluchistan region. In the region of Azaad Kashmir, the Kashmiri language is spoken. And many other languages are also spoken in Pakistan such as Hindko, Saraiki, gujrati, and many more.

# Education

Education in Pakistan is administrated by the Federal Ministry of Education and the provincial governments. The levels of education in Pakistan are pre-school, primary, middle, high (SSC), intermediate (HSC) and university. As per literacy level in Pakistan, now educators are focusing overwriting practice service in major subjects, such as [essay writing service](http://essaywritingservice.pk/) avails a huge business there, so now students are getting aware of writing practice, Also students need very major practice for writing an essay during CSS(civil superintendent services) exam in Pakistan.

# Culture

The culture of Pakistan is based according to Islam, as Pakistan is an Islamic Republic country. The system of joint family is a common family unit. The festivals of Pakistan are Eid ul Fitr, Eid ul Adha, Ramadan, Christmas, Easter, Holi, Diwali are religious in origin. The common dressing of the people of Pakistan is Shalwar Kameez for both men and women. Every single province has its own kind of Shalwar Kameez. And many different fashions, the fashion industry has developed in a changing environment.

1. an American late-night radio talk show [↑](#footnote-ref-1)
2. utilization of a clever system that regulates your engine to keep your car driving at a set speed [↑](#footnote-ref-2)