

ASSIGNMENTS

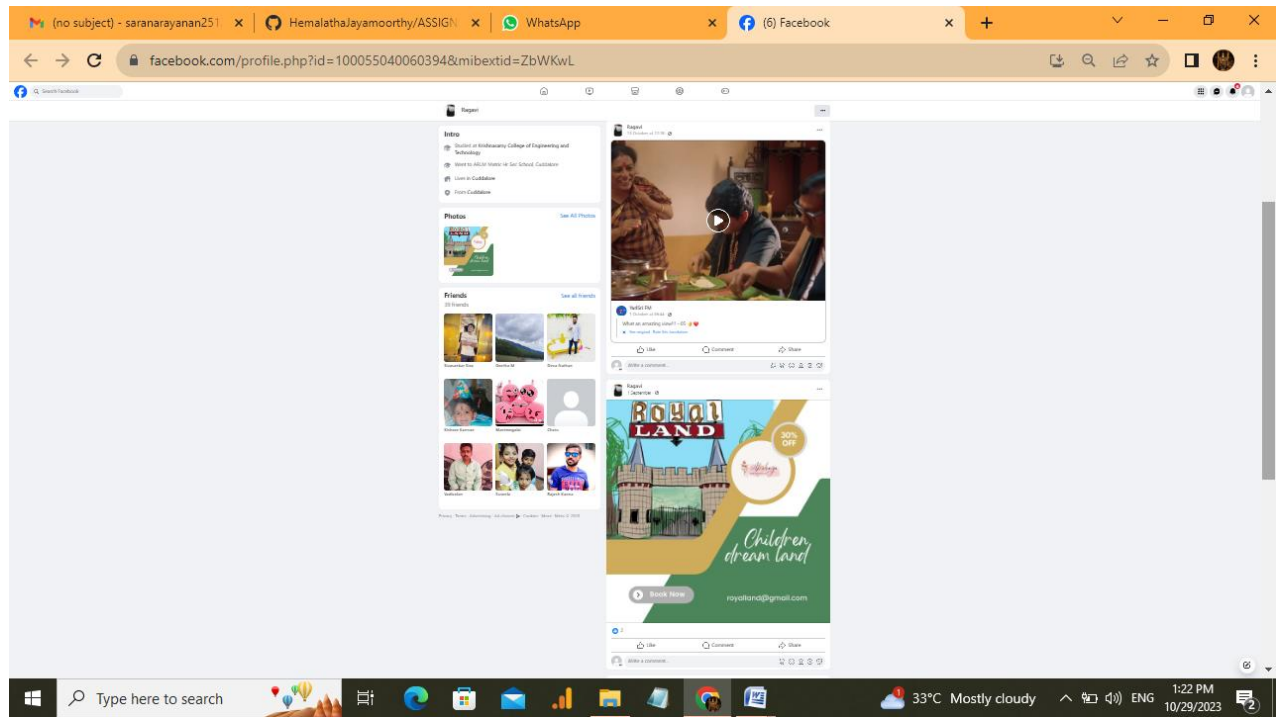
1) LINKEDIN PROFILE

URL: <https://www.linkedin.com/in/charumathi-elangovan-003581285>

2) BRAND LOGO AND BRAND NAME PROMOTION ON FACEBOOK



BRAND LOGO



BRAND NAME PROMOTION ON FACEBOOK

3) BLOGGER WEBSITE

URL: <https://pandafoodiesite.blogspot.com/2023/09/we-believe-that-having-healthy-balanced.html>

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4) EMAIL NEWSLETTER

URL: <https://pandafoodiesite.blogspot.com/2023/09/we-believe-that-having-healthy-balanced.html>



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DON'T SKIP YOUR BREAKFAST

Breakfast is often called 'the most important meal of the day', and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work or at school. Those are just a few reasons why it's the most important meal of the day.

It's hard to know, though, if breakfast causes these healthy habits or if people who eat it have healthier lifestyles.

But this much is clear: Skipping the morning meal can throw off your body's rhythm of fasting and eating. When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it.

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5) INFOGRAPHICS

URL : <https://pandafoodiesite.blogspot.com/2023/09/simple-habits-for-healthier-you.html>

