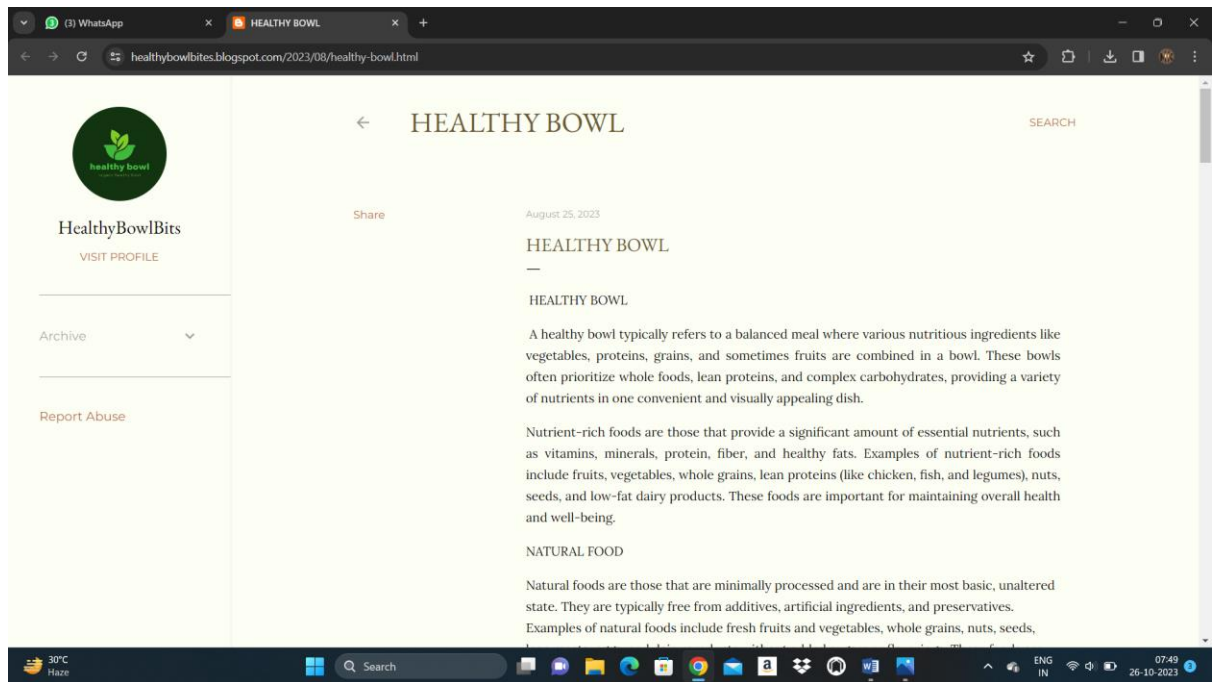


ASSIGNMENTS

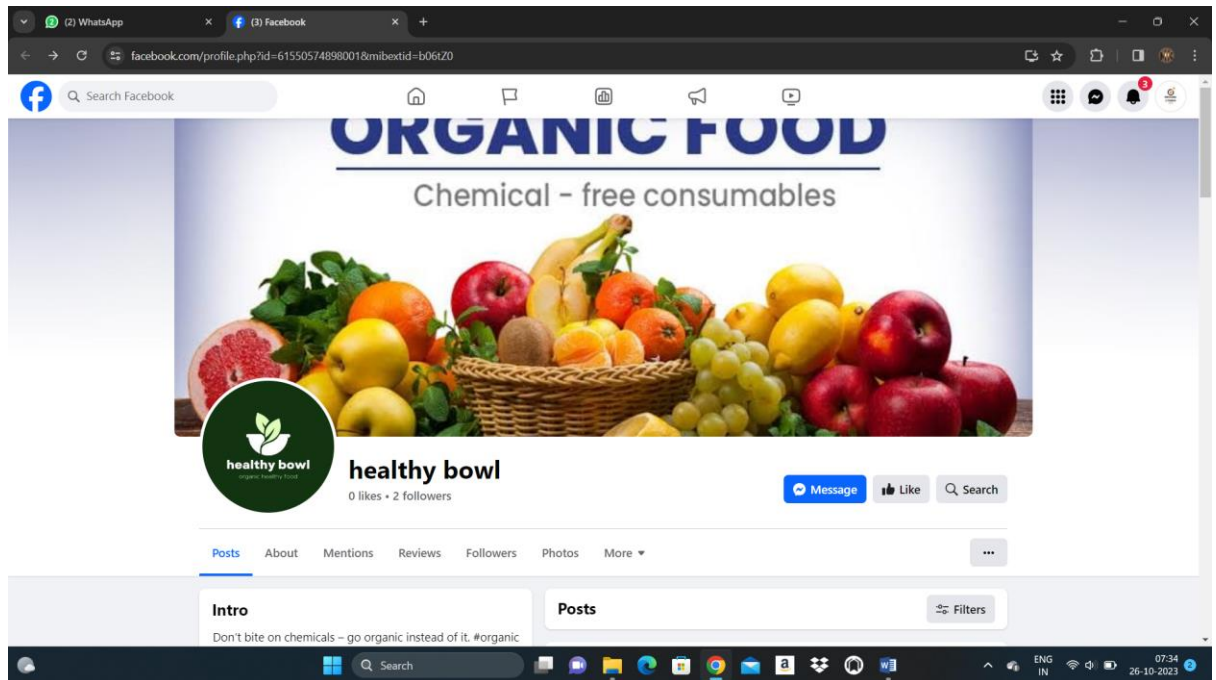
1. **CREATE A BLOG OR WEBSITE USING BLOGSPOT. CUSTOMIZE THE THEME DESIGN AND POST NEW ARTICLE WITH 500 WORDS**



BLOGSPOT LINK –

<https://healthybowlbites.blogspot.com/2023/08/healthy-bowl.html>

2. **CREATE A NEW FACEBOOK BUSINESS PAGE AND POST ONE SOCIAL MEDIA POSTER FOR YOUR BRAND.**



FACEBOOK BUSINESS PAGE LINK-

<https://www.facebook.com/profile.php?id=61550574898001&mibextid=b06tZ0>

FACEBOOK POST



3. CREATE AND DESIGN A SOCIAL MEDIA ADVERTISEMENT POSTER USING CANVA

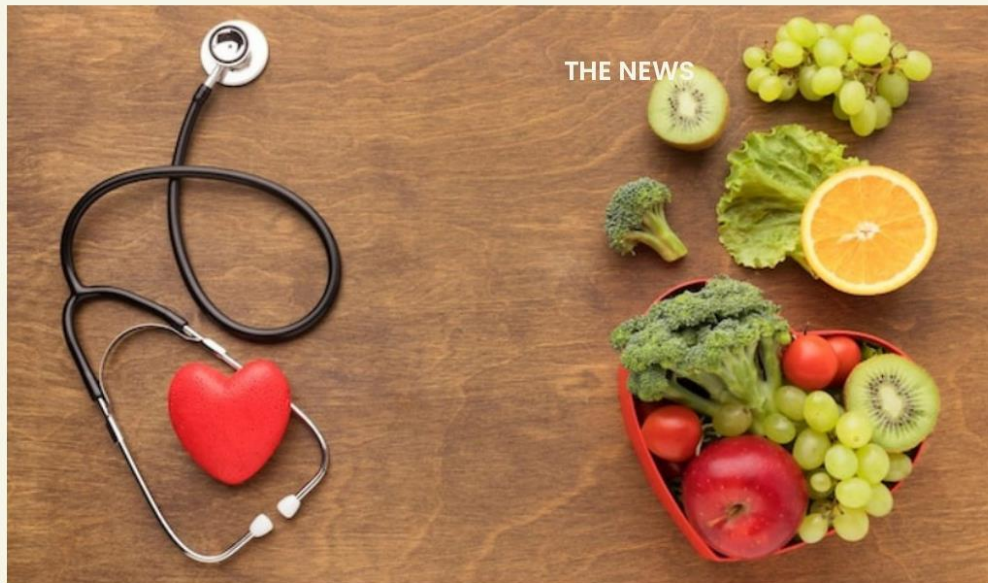


4. CREATE EMAIL NEWSLETTER DESIGN USING CANVA TOOL

WELCOME TO OUR NEWSLETTER



02 October 2023



HEALTH TIPS

Nutritional Tips: Share advice on balanced diets, portion control, and the importance of various nutrients.

Healthy Recipes: Feature easy-to-follow recipes for nutritious meals and snacks.

Seasonal Eating: Discuss the benefits of eating seasonally and offer ideas for in-season produce.

Superfoods: Highlight the health benefits of superfoods and how to incorporate them into your diet.

Lifestyle Tips: Include tips on mindful eating, meal planning, and staying active.



OUR STRATEGY

Try to eat less saturated fat and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados. For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee.