

NAME : MANOHAR P  
DEPARTMENT : ELECTRONICS AND  
COMMUNICATION ENGINEERING  
COLLEGE : GOVERNMENT COLLEGE OF  
TECHNOLOGY  
:NAAN MUDHALVAN COURSE DIGITAL MARKETING  
NAAN MUDHALVAN ID : 45697C90A5B33E99DC14C135804F2BB  
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### ASSIGNMENT ON DIGITAL MARKETING

1. Create a blog or website using blogspot and wordpress. Customize the theme design and post new article with 500 words

:Blogspot

<https://foodygoody01.blogspot.com/2023/10/importance-of-food.html>

:Wordpress

<https://food8867.wordpress.com/2023/10/29/importance-of-food/>

## IMPORTANCE OF ...



**F**ood is of paramount importance for several reasons:



1. Nutrition and Health: Food is the primary source of nourishment for the body. It provides essential nutrients, vitamins, and minerals necessary for growth, energy, and overall well-

2. Energy: Food serves as the body's fuel. The calories from food are converted into energy, which powers all bodily functions and activities.

3. Growth and Development: Proper nutrition in the formative years is crucial for healthy growth and development in children. It's also important throughout life for maintaining health.

4. Immune System Support: Certain foods contain nutrients that boost the immune system, helping the body defend against diseases and infections.

5. Emotional and Social Connection: Food is often at the center of social gatherings, celebrations, and family meals. It fosters emotional connections and is linked to cultural and personal traditions.

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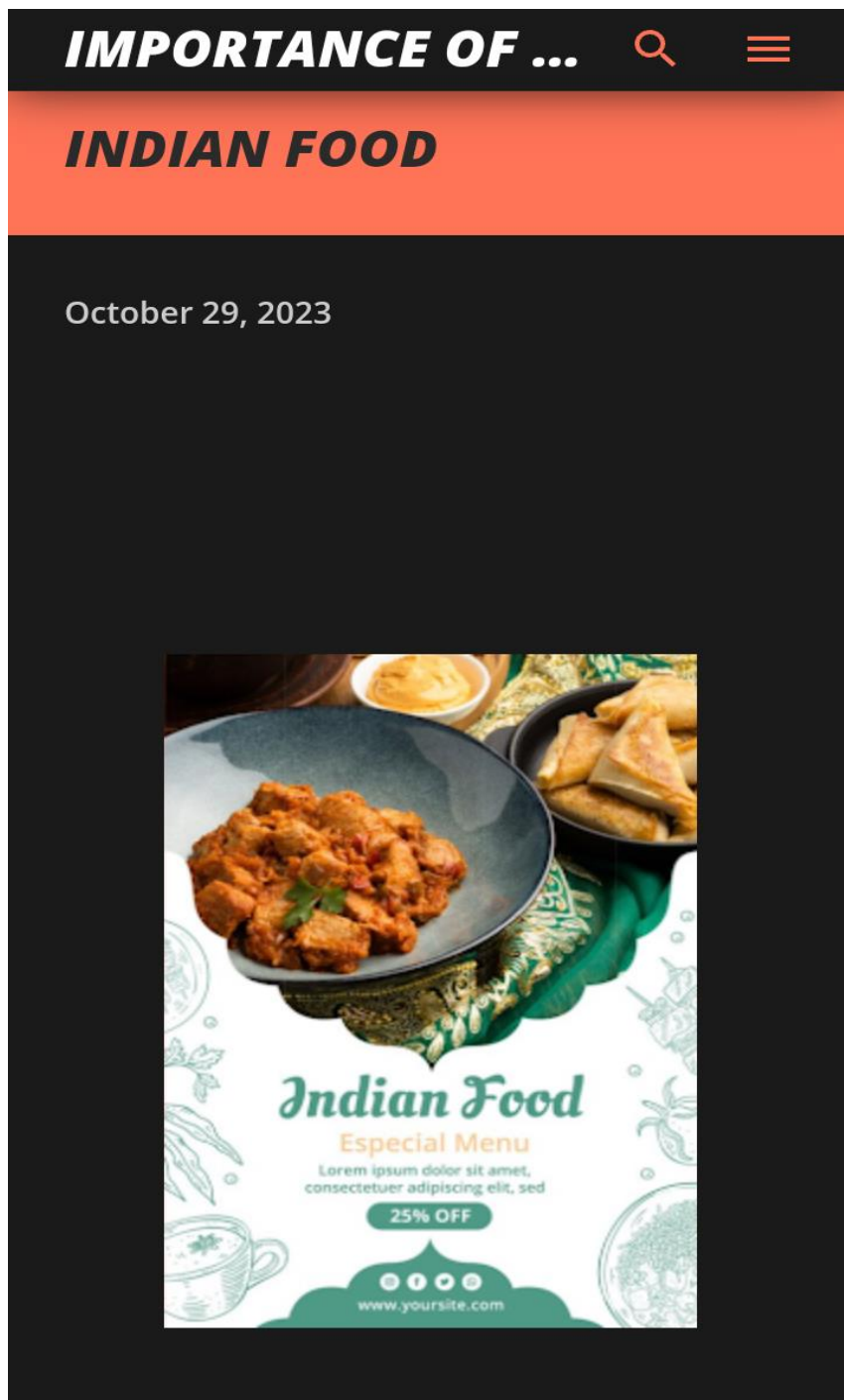
5. **Emotional and Social Connection:** Food is often at the center of social gatherings, celebrations, and family meals. It fosters emotional connections

and is linked to mental health.

and is linked to mental health.  Comment  Follow ...

.Create and design a social media advertisement poster using canva.2

<https://foodygoody01.blogspot.com/2023/10/indian-food.html?m=1>



Create email newsletter design using Mailchimp or canva tool

<https://foodygoody01.blogspot.com/2023/10/advantages-and-disadvantage-of-food.html?m=1>



The infographic is titled "Fast Food Advantages and Disadvantages" and features a background image of a burger and fries. It is divided into two main columns: "GOOD" (light gray) and "BAD" (orange), separated by a dashed vertical line. Each column contains three numbered points.

GOOD	VS	BAD
<b>1. Saves Time.</b> One of the advantages of choosing fast food chains over regular restaurants or home cooking is its fast serving time.		<b>1. Unhealthy Food.</b> This is perhaps the most known disadvantage of fast food. This is because the ingredients include sodium.
<b>2. Convenient.</b> Aside from not having to exert too much effort to eat or cook for the whole family or yourself.  Americans love fast food because there are establishments.		<b>2. Causes Obesity.</b> In a study, children who are obese were found to be eating fries and burgers most of the time. With the high sodium in fast food.
<b>3. Offers Healthy Options.</b> Fast food items are not really limited to hotdogs, burgers, fries and tacos. Today, fast food chains are starting to add healthier food options.		<b>3. Shortens Quality Time.</b> With the fast cooking and fast eating time, the time of communication and interaction with families and friends is shortened.

