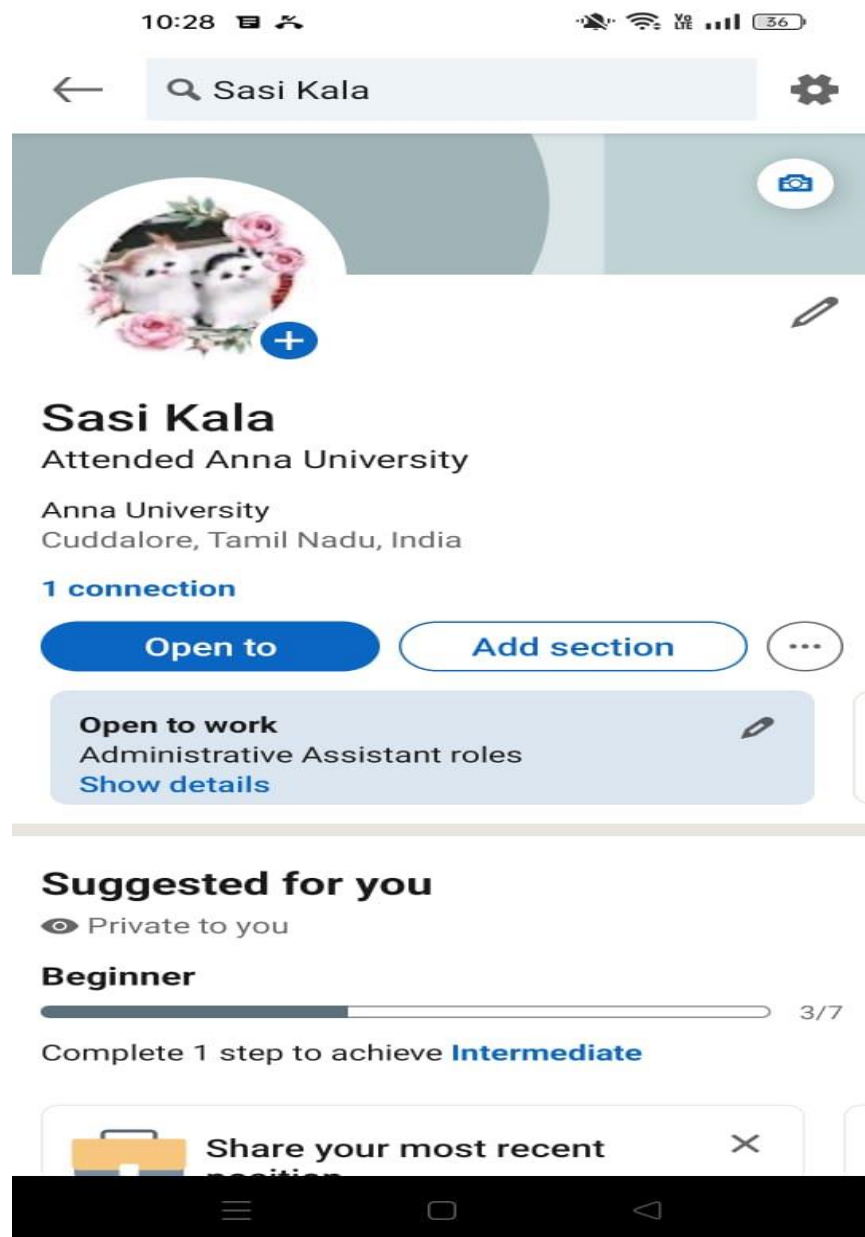


ASSIGNMENTS

1) LINKEDIN PROFILE

URL: <https://www.linkedin.com/in/sasi-kala-341947288>

2) BRAND LOGO AND BRAND NAME PROMOTION ON FACEBOOK



3) BLOGGER WEBSITE

URL: <https://www.blogger.com/blog/posts/>

4) EMAIL NEWSLETTER

URL: <https://sasiklasasikala.blogspot.com/2023/09/email-news-letter-trendy-plus-size.html>

Trendy Plus Size

One-Stop Newsletter for Plus-Size Fashion



Fashion 01



Fashion 02



Go Vintage

Yes, the retro outfit trend is back! Vintage and chic clothing dated back to the '40s to '80s are overflowing the market. You can discover the range for men and women.

"Vintage clothing is clothing with a story"

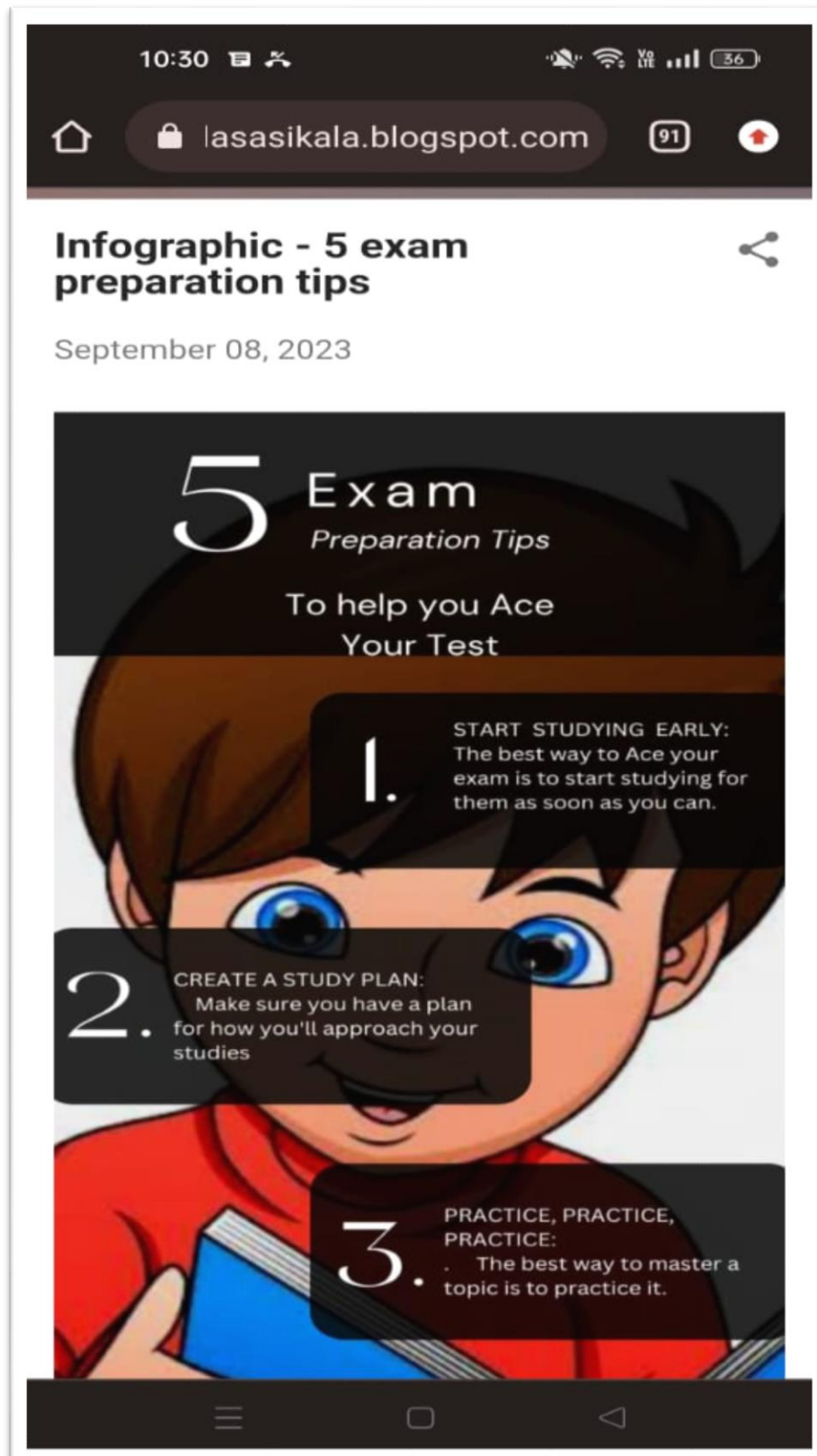
Blouses and t-shirts represent vintage-style clothing for plus-size women. You can pick those made of rayon, cotton blend, or even silk. As for the patterns, you can go for floral, abstract, checked, or dots printings. You can opt for long-sleeved, ¾ sleeves, or even sleeveless.

Wear your curves proudly

www.sasikalasasikala.com

5) INFOGRAPHICS

[URL:https://sasiklasasikala.blogspot.com/2023/09/infgraphic-5-exam-preparation-tips.html](https://sasiklasasikala.blogspot.com/2023/09/infgraphic-5-exam-preparation-tips.html)



6) ARTICLE

[URL:https://sasiklasasikala.blogspot.com/2023/10/article.html](https://sasiklasasikala.blogspot.com/2023/10/article.html)

PEOPLE WHO LOVE TO EAT ARE ALWAYS THE BEST PEOPLE." -

...

Food is one of the basic necessities of life. Food contains nutrients—substances essential for the growth, repair, and maintenance of body tissues and for the regulation of vital processes. Nutrients provide the energy our bodies need to function.

The energy in food is measured in units called calories. Age, sex, weight, height, and level of activity determine the number of calories a person needs each day. Depending on age, sex, and activity level, the recommended daily caloric intake for a child aged 11 to 14 can range anywhere from 1,600 to 2,600 calories per day, with sedentary girls needing the fewest calories and active boys needing the most. For adults, this can range from 1,800 to about 3,000.

