## **ASSIGNMENTS**

## 1) LINKEDIN Profile

URL: https://www.linkedin.com/in/akshaya-m-38b226237

## 2) Brand Logo and Brand Name promotion on FACEBOOK

**Brand Logo** 







## **Brand Name promotion on FACEBOOK**



## 3) BLOGGER Website

<u>URL:</u> https://www.blogger.com/blog/posts/7804037566302201920

## 4) EMAIL Newsletter

URL: https://princessroyalland.blogspot.com/2023/09/email-newsletter.html



# Food is our common ground universe experience



#### Sweets

People on a low carbohydrate diet often ignore the fact that glucose is also a significant nutrient of the human body. The correct number of sweets can help to fuel your mind and body. Some sweets also contain all the necessary fibers, antoxidants, and vitamins for the diet.



#### Fast foods

Fast food is a type of mass-produced food designed for commercial resale, with a strong priority placed on speed of service.



### Healthy foods

Palltny Tooc
Following a healthy diet has
many benefits, including
building strong bones,
protecting the heart,
preventing disease, and
boosting mood. The positive
effects of healthy eating on
your life may include weight
loss, reduced risk of diabetes,
improved heart health,
decreased cancer.





www.royalland.com





## 5) Infographic

URL: https://princessroyalland.blogspot.com/2023/09/infographic-graphic-design-process.html

# GRAPHIC DESIGN PROCESS

## 1. DESIGN

Design brief – setting out the goals and strategy of your design



#### 2.RESEARCH

Research phase—learning about the market or users you're designing for



#### 3.CONCEPTS

Concepts – brainstorming ideas for your designs



#### 4.DEVELOPMENT

Concept development – polishing and refining your ideas



#### **5.REVIEW**

Design review – getting feedback on your design ideas



#### **6.ITERATE**

Iterate – improving your designs and collecting more feedback



#### **7.APPROVE**

Approve – getting sign-off from your stakeholders



#### **8.USER TESTING**

User testing – collecting feedback from real users or customers



www.royalland.com

## 6) Article:

URL: https://princessroyalland.blogspot.com/2023/10/article.html

# CURRY IN A HURRY

Around the world, adults consume energy outside of traditional meals such as breakfast, lunch, and dinner. However, because there is no consistent definition of a "snack," it is unclear whether those extra eating occasions represent additional meals or snacks. The manner in which an eating occasion is labeled (e.g., as a meal or a snack) may influence other food choices an individual makes on the same day and satiety after consumption. Therefore, a clear distinction between "meals" and "snacks" is important. This review aims to assess the definition of extra eating occasions, to understand why eating is initiated at these occasions, and to determine what food choices are common at these eating occasions in order to identify areas for dietary intervention and improvement. Part I of this review discusses how snacking is defined and the social, environmental, and individual influences on the desire to snack and choice of snack. The section concludes with a brief discussion of the associations of snacking with cardiometabolic health markers, especially lipid profiles and weight. Part II addresses popular snack choices, overall snacking frequencies, and the demographic characteristics of frequent snackers in several different countries. This review concludes with a recommendation for nutrition policymakers to encourage specific health promoting snacks that address nutrient insufficiencies and excesses



