

Healthy Living PowerPoint Criteria

Your project should be 8-12 slides. We will follow the writing process. Plan it out, rough draft on paper, edit/revise and then the good copy using PowerPoint. It must contain the following:

Title Page:

- title
- pictures
- names

Contents Page:

- title
- topics
- slide numbers

Each of the following topics is one or more slides and is a combination of a title, text and pictures.

Diet: (balanced: food groups and number of servings, Why?)

Exercise: (How much? Why is it important?)

Sleep: (How much? Why is it important?)

Water: (How much? Why is it important?)

Cyber Safety: How much screen time? Why? Strangers/Friends Why?

Unhealthy Foods/Drinks: (Examples? Why are they poor choices?)

Mental Health: (Positive Attitude/Friendships)

Substance Abuse: (Vaping/Smoking)

Visual Appeal:

- slides are well designed and in sensible order
- transitions between slides
- spelling counts (It always does!!!)

Oral Presentation:

- speak to the audience (don't simply read aloud)
- eye contact
- loud, clear voice
- show confidence and knowledge