**Major Project 2- Excel – 150 Points**

**Purpose & Introduction.** Thus far in K200 you have been working out of the textbook following step-by-step instructions to create and edit workbooks. This helped you learn skills in creating and editing workbooks in Excel. Now you will need to use those learned skills to complete the below projects.

There are two parts to Major Project #2 – Excel: **Part 1-Food Log and Part 2-Super Food Log**. (75 Points each)

**Student Data Files.** You will find the needed assignment files on the K200 web site listed under Major Project #2 - Excel.

**Submit for Grading.** Electronic copies of the major project files must be in the **Major Project #2 - Excel** section inCanvas Assignments by ***11:59 pm. Sunday, July 2, 2023****.* If your work is not in the correct section, it will not be graded. You will not submit any printed material.

Files to be submitted:

1. **Lastname\_Firstname\_Food\_Log.xlsx**
2. **Lastname\_Firstname\_Food\_Log\_Super.xlsx**

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**TASKS: Part 1-Food Log; & Part 2-Food Log - Super**

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**Part 1 - Food Log**

*Assess Skills: 1. Apply proper formatting; 2. Using Excel for data collection and critical thinking.*

For this project part you will create your own daily food log. You will record what you at for one day, how many calories you ate, how many calories came from fat, and what percentage of calories from fat you ate.

Read through the Proposed Workflow below to help you create the Food Log Workbook. Also be sure to examine Project Part Helpers below the Proposed Workflow.

**URGENT BIG NOTE:** If filling out a food log about yourself or another person is stressful for you, then you can use the information given at the end of these instructions under **OPTIONAL:** **Special Note – Hulk Meals**.

This part is worth 75 points.

**Proposed Workflow:**

* Open the Excel file **k200\_food\_log.xlsx**.
* Save the workbook with the title **Lastname\_Firstname\_Food\_Log.xlsx**.
* *Remember to save your work every five minutes at the least!!*
* Change the worksheet name from Sheet1 to **My Food Log**. (Yes, even if you are using Hulk food listed below.)
* Put your name in the second row replacing Firstname Lastname.
* Make sure to put the name of the day you are recording in cell A5.
* Format the headings, labels, and data so the information you put in the worksheet will be easy to read and understand.
* Make sure that the heads, labels, and data have different formatting from each other to make them stand out. This is important!
* Record all food eaten in one day.
* For each new piece of food, add a row.
* Use the food tracker headings in the workbook to find nutritional information about your food. ***Note****:* Make sure you have at least three food items listed.
* Use The Calorie Counter - <http://www.thecaloriecounter.com/> to find the calories and calories from fat for the food you are recording. **Note:** You may use any calorie counter tool you wish.
* Look at row 6 for an example of how to enter information AND see the formula in E6.
* Fill in your food information following the example in row 6. Yes, you can delete the information in row 6 ***but keep the formula. Please take note of the percentage formula in column E***.
* Once you have filled in all information, you will need to make formulas
* In the Total row using formulas, calculate:
  1. Total number of calories you have eaten,
  2. Total number of calories from fat, and
  3. The *percentage* of calories from fat. NOTE: You will continue the percentage formula in column E into the Total Row.
* Under the How I Did heading evaluate your day. Do you think you ate well? Why or why not? **Note**: This is not to judge you, just for you to reflect on yourself. The only time your teacher will worry is if you eat less than 800 calories a day. Then she will want to feed you.
* Run a spell check.
* Compare your work to the Criteria for Success: Grading Rubric listed below. Anything that is off, fix for full points.
* Save your work.
* Submit for grading.

**Criteria for Success: Grading Rubric:**

* Formatting makes workbook easy to read and understand. Change color and font size to make life easy for the viewer. *(-20 if difficult to read or understand)*
* No cells are covered due to narrow columns or rows. *(-10 for each instance of covering)*
* All headings in the food log file must be used. *(-10 if not done)*
* All headings must have corresponding data entered by student. *(-10 if not done)*
* Heads, labels, and data all have different formatting from each other. *(-10 if not done)*
* Percent of Calories from Fat MUST use a formula. *(-10 if not done)*
* Total calories MUST use a formula. *(-10 if not done)*
* Total Calories from Fat MUST use a formula. *(-10 if not done)*
* Written reflection food given on the worksheet. *(-10 if not done)*
* No grammar or spelling errors – run a spell check. *(-10 if not done)*
* File has correct name: **Lastname\_Firstname\_Food\_Log.xlsx**. *(-10 if incorrect)*
* Submitted to Major Project #2 – Excel in Assignments. *(-75 if not done)*

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**OPTIONAL: Special Note – Hulk Meals**

If you do not want to write about your own food or someone else’s how about Hulk? In *Avengers: Endgame* he has a few meals. Below I have listed what I see him eat for breakfast, lunch, and dinner.

**Breakfast** *(36:57 into the movie)*:

* Scrambled Eggs – 48 oz
* Link Sausage – 48 oz
* Pancakes, Plain – 6 large
* Maple Syrup – 1 cup
* Butter – 1 cup
* Coffee, Black – 20 oz

**Lunch:** (*48:39 into the movie*):

* Hardshell tacos with refried beans, lettuce, tomato, onions, salsa – 4.   
  ***READ:*** In this scene we see Hulk give Scott Lang/Ant-Man two tacos. I figured that Hulk’s hands were so big he could easily hold six tacos. So, he gets four for this lunch.

**Dinner** (*1:04:09 into the movie*):

* Ben & Jerry’s Hunka-Hulka Burnin' Fudge Flavor – 2 Pints Container.   
  ***READ:*** In this scene we see Hulk eating some ice cream around a dinner with his friend’s discussing their mission. Since the flavor Hunka-Hulka Burnin’ Fudge does not exist in our universe, I have chosen [Milk Chocolate Chance – Link](https://www.benjerry.com/flavors/mint-chocolate-chance-ice-cream/pint). Flavor has mint and fudge and that look about right for Hulk. Click on the link to find out about this ice cream. Click Ingredients on the page to discover the nutritional values for your work. Now yes, I am saying it is a two pint container cause one pint would get lost in Hulk’s hand.

**Anything Else? You decide.** What would you want to feed Hulk or see him eat? No, you don’t have to add anything else, but you can if you wish.

Oh, and in case you are wondering, yes, I am a HUGE [Marvel Cinematic Universe](https://www.marvel.com/movies) (MCU) fan.

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**Part 2 - Food Log - Super**

*Assess Skills: 1. Apply proper formatting; 2. Using Excel for data collection and critical thinking.*

Once again you will be creating a food log. However, this time you choose your own superhero!!

**NOTE!!!!!**

**IF** you did Hulk before, do someone else.

**IF** you **DID NOT** do Hulk before, you can use his stats. You can also use someone else.

**Person in this food log** does not have to be a superhero or hero. You decide.

**Animal.** Yes, you could use a pet or superhero pet. HOWEVER! Be sure you still use correct nutrition information from their food.

In order to create this new food log, use the same steps that you did for Part 1. Yes, you can even use the same formatting. YES, to using the same formulas!!!

**DIFFERENCE:** This time when you write the how I did reflection, add why you chose the superhero/person/animal you did.

**Criteria for Success: Grading Rubric:**

* Formatting makes workbook easy to read and understand. Change color and font size to make life easy for the viewer. *(-20 if difficult to read or understand)*
* No cells are covered due to narrow columns or rows. *(-10 for each instance of covering)*
* All headings in the food log file must be used. *(-10 if not done)*
* All headings must have corresponding data entered by student. *(-10 if not done)*
* Heads, labels, and data all have different formatting from each other. *(-10 if not done)*
* Percent of Calories from Fat MUST use a formula. *(-10 if not done)*
* Total calories MUST use a formula. *(-10 if not done)*
* Total Calories from Fat MUST use a formula. *(-10 if not done)*
* Written reflection food given on the worksheet. *(-10 if not done)*
* Give explanation on why character/person/animal was chosen. *(-10 if not done)*
* No grammar or spelling errors – run a spell check. *(-10 if not done)*
* File has correct name: **Lastname\_Firstname\_Food\_Log\_Super.xlsx**. *(-10 if incorrect)*
* Submitted to Major Project #2 – Excel in Assignments. *(-75 if not done)*