



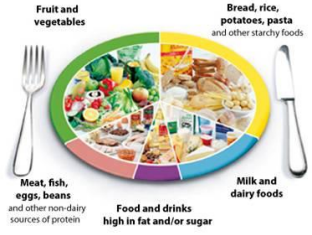






# SOURCES TABLE:

Throughout my project I have been using multiple sources to help me develop and finish my project to a high standard. I have written about the details of where the information was found in my other half of the Sources table, but this section is summarising why I got each piece of information and the use/purpose it served in my project as a whole. I also included an Image preview which was lacking in the other table.

<i>Item (filename &amp; extension)</i>	<i>Why I chose this item</i>	<i>Purpose Served:</i>	<i>Image Preview:</i>
<b>2012 logo</b>	I chose this item as it seemed pivotal and essential for upholding an Olympic theme throughout the project. Considering this is a project for the London Olympics, the Olympic Logo itself is critical	The Image serves as an inspiring image on my documents, and hopefully makes/would make people think that they are doing something great and something beneficial	
<b>Small Steps for Life Logo</b>	This Image again was a main part of my project, considering the fact that the three challenges that people could participate in originated from the SmallSteps4Life website, so I thought it was only fair to include this image In my documents to remind/inspire people of this	Much like the Olympic logo I hope that this would inspire people, and remind them of the purpose of what they are doing. On top of this of course the image is very clever, bright and aesthetically pleasing.	
<b>Olympic Rings</b>	The Olympic rings promote one of the Olympic values of equality, having the entire world come together and join in competitive games, and I thought it was fitting to have this symbol in my project much like the 2012 logo, as it seemed essential.	The Image served as an example in my documents, as well as being an inspiration for the colour scheme. It added splashes of colour in my work	
<b>2012 Paralympic Logo</b>	I chose this item as it seemed pivotal and essential for upholding an Olympic theme throughout the project. Considering this is a project for the London Paralympic Olympics, the Olympic Logo itself is critical	The Image serves as an inspiring image on my documents, and hopefully makes/would make people think that they are doing something great and something beneficial	
<b>Ostrich Meat Nutritional Details</b>	I needed this information, like the other two food details so that I could add new foods to my database. I chose these	The information I collected served as the guidelines for the new foods I put into my	None Available, (Website)

	foods as they seemed exotic/different and I thought that choosing foods that came from different parts of the world infused my documents with the Olympic spirit.	database, for which this information was essential, otherwise I would not have been able to complete the tables.	
<b>Grilled Octopus Nutritional Details</b>	I needed this information, like the other two food details so that I could add new foods to my database. I chose these foods as they seemed exotic/different and I thought that choosing foods that came from different parts of the world infused my documents with the Olympic spirit.	The information I collected served as the guidelines for the new foods I put into my database, for which this information was essential, otherwise I would not have been able to complete the tables.	None Available, (Website)
<b>Elk Nutritional Details</b>	I needed this information, like the other two food details so that I could add new foods to my database. I chose these foods as they seemed exotic/different and I thought that choosing foods that came from different parts of the world infused my documents with the Olympic spirit.	The information I collected served as the guidelines for the new foods I put into my database, for which this information was essential, otherwise I would not have been able to complete the tables.	None Available, (Website)
<b>Eat Well Logo</b>	I chose this image as it seemed relevant to the information I was exploring on the PowerPoint slide of my information point, while adding to the idea of creativity and keeping with the youth by it being drawn (or seemingly drawn) by a child	The image served by adding colour to the documents, as well as being varied compared to the other images I had which were real life images. I put these in the corner of each slide to show what theme was being explored	
<b>Feel Good Logo</b>	I chose this image as it seemed relevant to the information I was exploring on the PowerPoint slide of my information point, while adding to the idea of creativity and keeping with the youth by it being drawn (or seemingly drawn) by a child	The image served by adding colour to the documents, as well as being varied compared to the other images I had which were real life images. I put these in the corner of each slide to show what theme was being explored	
<b>Get Active Logo</b>	I chose this image as it seemed relevant to the information I was exploring on the PowerPoint slide of my information point, while adding to the idea of creativity and keeping with the youth by it being drawn (or seemingly drawn) by a child	The image served by adding colour to the documents, as well as being varied compared to the other images I had which were real life images. I put these in the corner of each slide to show what theme was being	

		explored	
<b>Feel Good wheel</b>	I chose this picture as it is bold, simple and effective at conveying its message. The green colour also stood out to me as it fitted with the Information Points colour scheme. It also looks, in my opinion, quite good.	This picture served the purpose of adding colour to my document, as well as making it clear which page the user was on, and making them aware of it. It also added colour in my Challenge Card.	
<b>Food Wheel</b>	I chose this picture as it was an easy way of showing people how they could eat well, by following the guidelines of food consumption the table/ wheel set out for them. It was bright, easy to read and added to the slide a lot, making it a “focal point” of the page.	This served as a way of conveying a lot of data and advice quickly and effectively to the users of the information point. Also it drew the reader/user into the page as it was different to a normal square image	
<b>Olympic Mascot</b>	I chose this image as personally I liked the image. I thought that having the Olympic mascot was a necessary image for my project, and it also made the slide I had look fun, and added a different pallet of colour compared to the greens of the other images	The purpose of the image was to add a new variety of colours, and add an aspect of fun to the slide, as well as reinforcing the Olympic theme.	
<b>Sports England Logo</b>	The sport England logo was used on the get active section of my information point as it seems necessary and useful. The reds and blue were again different to the colour scheme of the rest of the document. Also Sport England is a supporter of the Get Active scheme.	The purpose of this is to remind people that there are people/organisations out there which support the Get Active Scheme.	
<b>Smiley</b>	The smiley I chose added colour to my information point, as well as being encouraging to a reader. Not only this, it added a bit of fun to the document.	The purpose of this was to add a more casual element, or a feel of the younger generation to my documents.	
<b>Eat well for life logo</b>	I chose this picture, similarly to the reasons I included the SmallSteps4Life Logo. I thought it was only fair to include this image in my documents to remind/inspire people of this.	Much like the Olympic logo I hope that this would inspire people, and remind them of the purpose of what they are doing. On top of this of course the image is very clever, bright and aesthetically pleasing.	

<p><b>Olympic Water Polo Picture</b></p>	<p>The reason I chose this picture, like the other Olympic pictures, is to show/emphasis the Olympic theme in my Eportfolio, while adding colour and making it livelier. I also quite liked the compilation of images I chose, as they were inspiring and good pictures</p>	<p>I chose this picture like the other Olympic/sport pictures for my Eportfolio as it added colour and made there be a constant theme throughout the pages, as well as reminding the user/moderator of the topic</p>	
<p><b>Olympic Running Picture</b></p>	<p>The reason I chose this picture, like the other Olympic pictures, is to show/emphasis the Olympic theme in my Eportfolio, while adding colour and making it livelier. I also quite liked the compilation of images I chose, as they were inspiring and good pictures</p>	<p>I chose this picture like the other Olympic/sport pictures for my Eportfolio as it added colour and made there be a constant theme throughout the pages, as well as reminding the user/moderator of the topic</p>	
<p><b>Olympic Torch Picture</b></p>	<p>The reason I chose this picture, like the other Olympic pictures, is to show/emphasis the Olympic theme in my Eportfolio, while adding colour and making it livelier. I also quite liked the compilation of images I chose, as they were inspiring and good pictures</p>	<p>I chose this picture like the other Olympic/sport pictures for my Eportfolio as it added colour and made there be a constant theme throughout the pages, as well as reminding the user/moderator of the topic</p>	
<p><b>Athens Olympic Arena Picture</b></p>	<p>The reason I chose this picture, like the other Olympic pictures, is to show/emphasis the Olympic theme in my Eportfolio, while adding colour and making it livelier. I also quite liked the compilation of images I chose, as they were inspiring and good pictures</p>	<p>I chose this picture like the other Olympic/sport pictures for my Eportfolio as it added colour and made there be a constant theme throughout the pages, as well as reminding the user/moderator of the topic</p>	
<p><b>Olympic Sprinting Picture</b></p>	<p>The reason I chose this picture, like the other Olympic pictures, is to show/emphasis the Olympic theme in my Eportfolio, while adding colour and making it livelier. I also quite liked the compilation of images I chose, as they were inspiring and good pictures</p>	<p>I chose this picture like the other Olympic/sport pictures for my Eportfolio as it added colour and made there be a constant theme throughout the pages, as well as reminding the user/moderator of the topic</p>	

<p><b>Olympic Diving Picture</b></p>	<p>The reason I chose this picture, like the other Olympic pictures, is to show/emphasize the Olympic theme in my Eportfolio, while adding colour and making it livelier. I also quite liked the compilation of images I chose, as they were inspiring and good pictures</p>	<p>I chose this picture like the other Olympic/sport pictures for my Eportfolio as it added colour and made there be a constant theme throughout the pages, as well as reminding the user/moderator of the topic</p>	
<p><b>Pasta Picture</b></p>	<p>The reason I took this picture was for the Meal Card publication. I wanted the picture to be interesting so I decided to try the idea of a cascading picture of pasta. I thought it would look artistic and hopefully make the document look no less professional, and hopefully add something to it.</p>	<p>The purpose of this picture is to show one of the ingredients required for the meal which I chose. This way it adds colour to the document, adds pictures and it filled in the brief required for the document</p>	
<p><b>Rice Picture</b></p>	<p>Unlike the pasta picture I was unable to make such an artistic picture, but I still took the picture as it was required in the brief and for marks to have a primary source. I didn't like this picture so much but I had to redo my pictures since my first set were not at a good enough standard.</p>	<p>The purpose of this picture is to show one of the ingredients required for the meal which I chose. This way it adds colour to the document, adds pictures and it filled in the brief required for the document</p>	
<p><b>Penne With Salmon Pasta</b></p>	<p>The reason I chose this picture as it made my dish look very attractive and tasty to eat. I hoped that the professional air of it would be portrayed into my document, and make it look better. The way it was taken gives a view of the entire dish, and shows a-lot of detail</p>	<p>The purpose this picture served was to add to the meal card, and to make it look professional and appealing to the user of the meal card, and make them more willing to eat it.</p>	
<p><b>Rice Pudding</b></p>	<p>The reason I chose this picture as it made my dish look very attractive and tasty to eat. I hoped that the professional air of it would be portrayed into my document, and make it look better. The way it was taken gives a view of the entire dish, and shows a-lot of detail</p>	<p>The purpose this picture served was to add to the meal card, and to make it look professional and appealing to the user of the meal card, and make them more willing to eat it.</p>	

**Singing Lady**

I chose this picture as it was quite a happy picture, and I thought this was needed in my challenge card to make the user feel better. I also chose this picture as it was readily available on clip art, therefore I knew there would be no copyright on it. Also it was required in the brief.

The purpose this picture served was to satisfy the brief, and to make sure that the challenge card was not just a selection of the text, and instead put a picture on it as some sort of variety.

