

Arrange the text on the artboard any way you'd like so that it is **easy to understand** the information and **pleasing to view**.

The smallest font you should use is 14 pt.

Use **shapes, colors, and Illustrator created images** to enhance the design.

When you are happy with the design **SAVE** what you have created up to this point. You will be going back and editing.

THEN, Export what you have at this point as a JPEG and put it in your **Journal Doc titled, "PreCRAP"** :)

TEXT TO USE IN YOUR DESIGN: (It is already in the ai. file along the left side of the artboard. Each sentence or phrase is in it's own text box.

You must find a way to include all of it. Your artboard is big enough to allow for that. Read through the text first to see if there are any natural groupings.....information that should go together in your design.

Grains

Vegetables

Fruits

Milk

Meat and Beans

Eat at least 3 oz/ of whole-grain cereals, breads, crackers, rice, or pasta every day.

Eat more orange vegetable like carrots and sweet potatoes.

Eat a variety of fruit.

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

Choose low-fat or lean meats or poultry.

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Choose fresh, frozen, canned, or dried fruit.

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Bake it, broil it, or grill it.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Go easy on fruit juices.

Vary your protein routine-choose more fish, beans, peas, nuts, and seeds.

Eat 6 oz. of Grains every day.

Eat 2 ½ cups of Vegetables every day.

Eat 2 cups of Fruits every day.

Consume 3 cups of Milk every day.

Eat 5 ½ oz. of Meat & Beans every day.

BAD EXAMPLE!!!! Try to arrange the words/phrases so that they make sense and are easy to read.....not just a crammed paragraph of random phrases.

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