Gymnázium, Brno, Slovanské nám. 7

WORKBOOK

http://agb.gymnaslo.cz

Subject: Computer science

Student: .....

School year: ...../.....

Topic: Computer graphics

Lesson 1: Quick Tour of Zoner Callisto.

In this lesson you will get an overview of the **Zoner Callisto**

Assignment:

- You will be designing your own Snowboader pass.
- Use an existing Snowboader or Ski Resort. Research that resort- find out the correct color themes. Even google search ski passes to see if that resort has examples online.
- fill a symbol or placed object.
- Use Effects on Objects.
- Warp Text.
- You must have repeating Symbols.

- Please put your name in the artwork This is your fictional Skipass and therefore needs to look authentic as possible.
- Your finished product must have a minimum of three Elements of Art evident. In your description you will explain which three Elements of Art are strongest in each of your photos.
- find three artist from this class that produced the best picture. Send them a comment letting that artist know, and write it down in your sketchbook. And tell WHY you think it is a good piece of art.

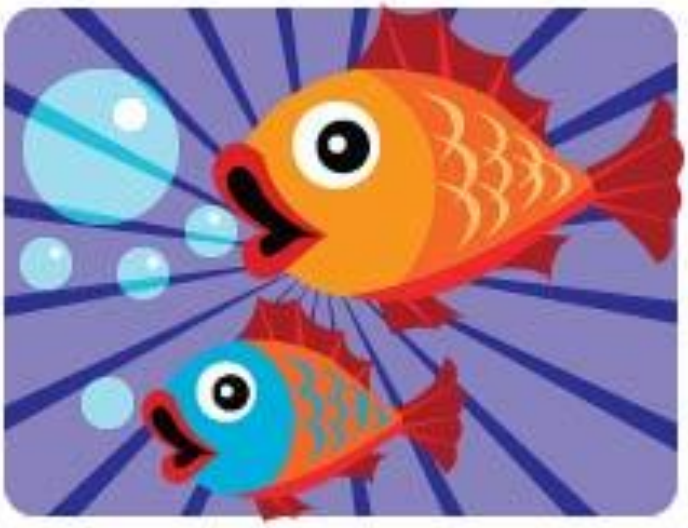
Lesson 2: Create a logo for a fictional Sushi restaurant.

Objectives:

- Creating Shapes
- Selecting Objects using the selection tools
- Transforming Shapes
- Using Layers to organize artwork

Assignment:
You will Create a logo for a fictional Sushi restaurant.

- You will create your own unique background
- You will change the colors of the fishes to a new color scheme that is harmonious with your background.
- You will add text to your logo that fits the overall scheme of the logo.
- Number of fish, the shape and expression of the fish, and other objects such as bubbles, etc are up to you and your inspiration.
- You must create from scratch an additional object to be in your logo to accompany the fish.
- Your name must be part of the artwork, either as the name of the restaurant or in the motto.
- find three artist from this class that produced the best picture. Send them a comment letting that artist know, and write it down in your sketchbook. And tell WHY you think it is a good piece of art.



Lesson 3: Working with and Formating Text.

Objectives:

- Importing text from an External File
- Change Text Formatting
- Saving Character and Paragraph Styles
- Setting Type on a curved path
- Applying text wrap to an object

Assignment:

Create a fictional box for a product of your choosing.

- Make sure the registered trademark is present in all instances of your fictional companies name in text.
- You may use the tie cut from the example lesson. Change the background color from blue to a color of your choosing.
- Find a photo that fits the whole box- roughly 10 X 6 inches.
- on the back of the box, add your own paragraph promoting your product. A minimum of two columns must be used with correct Justification.
- Use Paragraph and Character styles on your paragraphs,subheadings and product names to create uniform look.
- Use appealing font choices to compliment your product.
- Find an appropriate object to do a text wrap around in the paragraph on the back of your box.
- Warp text to create a logo. Find and apply an image to the text of the logo
- Create text in a shape on the spine of the box. The shape must be something other than the one used in the example lesson.
- Create Outlines on your top line of text on the front of the box. Then maniuplate the outlines (paths). Add a drop shadow to it.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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs
INGREDIENTS: ALMONDS, PEANUTS, WALNUTS, HAZELNUTS, CASHEWS, PISTACHIOS, BRAZIL NUTS, PECANS, MACADAMIA NUTS, FILBERTS.
Many doctors say that certain nuts deserve an honored spot in the kitchen of every healthy eater (as long as you're not allergic, of course). Nuts have lots of protein, fiber, healthy monounsaturated fats, vitamins, nutrients, and antioxidants. Many studies have shown that nuts have cholesterol-lowering effects that keep you healthy.
The Benefits of Nuts
Most people that you talk to think that nuts are high in calories and fat... and you know what? They are right! Nuts are very dense in calories. One ounce of almonds, for instance, deliver 160 calories! In addition, it is very difficult not to overeat these tasty snacks. If you can prevent yourself from overeating them, nuts can definitely be a part of a healthy diet.
Scientists have discovered that people who eat nuts regularly have much lower risks of heart disease than those who don't eat nuts. In 1996, a Women's Healthy Study found that women who ate nuts more than 4 times a week were 40% less likely to die of heart disease. Two years later, another study found that men who ate nuts five times per week lowered their risk of coronary heart disease by 50%. Additional heart health benefits of nuts were also found among men. In 2002, the Physician's Health Study found that men who consumed nuts 2 or more times per week had reduced risks of sudden cardiac death.
Nuts Nuts Nuts
Nuts are one of the best plant sources of protein and NUTZ® brand nuts uses only the best. They are rich in fiber, phytonutrients and antioxidants such as Vitamin E and selenium. Nuts are also high in plant sterols and fat - but mostly monounsaturated and polyunsaturated fats (omega 3 - the good fats) which have all been shown to lower LDL cholesterol.
In 2003, the FDA approved the following health claim for 7 kinds of nuts
"Scientific evidence suggests but does not prove that eating 1.5 oz per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."
The best approach is to reap the health benefits of eating nuts but not add excessive calories to your daily intake. So instead of simply adding nuts to your diet, eat them in replacement of foods that are high in saturated fats and limit your intake of these tasty treats to 1 to 2 oz per day . For instance, instead of adding chocolate chips when making cookies, sprinkle on some nuts. Or instead of making a deli meat sandwich, try a nut butter toast.
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