



# CAPSTONE PROJECT

## MY HEALTHY BUDDY

### Objective

Create a digital assistant to help students stay organised, track habits and promote healthy choices.

### Session 1: Designing the Healthy Buddy

#### Activities

##### 1. Digital Persona using Word

###### ❖ Task

Research and compile a list of healthy habits for children and prepare a structured report that introduces Healthy Buddy, a tool designed to encourage healthy routines and support organisational skills in young learners.

###### ❖ Skills Practiced

Safe Internet search, text formatting and infographics.

##### 2. Sketchpad Logo Design

###### ❖ Task

Design a creative and fun logo for Healthy Buddy.

###### ❖ Skills Practiced

Shapes, colours and text elements

#### Outcome for Session 1

Word report and a creative logo in Sketchpad.

### Session 2: Visual Sorting and Presentation

#### Activities

##### 1. Visual Sorting of Healthy vs. Unhealthy

###### ❖ Task

Insert the Healthy Buddy logo and images of healthy and unhealthy items into a Word document and label each image accordingly.

### ❖ Skills Practiced

Inserting images and arranging and labelling items.

## 2. PowerPoint Presentation: Introducing My Healthy Buddy

### ❖ Task

Create a presentation about Healthy Buddy. Include slides that explain what it is, how it supports healthy habits and why it is enjoyable to use. Add one slide that shows a sample Word report.

### ❖ Skills Practiced

Inserting slides and giving presentations.

### Outcome for Session 2

A visual sorting activity in Word and a PowerPoint presentation introducing the Healthy Buddy.

## Session 3: Creating Interactive Elements

### Activity

#### Custom Sprite Creation in Scratch

### ❖ Task

Create a custom sprite for Healthy Buddy in Scratch and create a script where the sprite asks the user: “Would you like a healthy activity or a fun break?” and responds accordingly.

### ❖ Skills Practiced

Drawing custom sprites and using blocks to create interaction.

### Outcome for Session 3

A custom sprite with its script in Scratch.

## Final Deliverables

Tick (✓) the box if submitted:

- ❖ A report introducing Healthy Buddy and the visual sorting activity.
- ❖ A logo designed for Healthy Buddy.
- ❖ A custom sprite with interactive choices.
- ❖ A presentation about Healthy Buddy.

