

You Can Do It - Sources Table

Item (filename & extension)	Where found	P or S*	Permission required?	Details of permission if used	Description of item	Produced by	Details of editing	Where used
Smallsteps4lifelogo.gif	http://smallsteps4life.direct.gov.uk	S	Yes	If I was going to reproduce this image for commercial purposes, I would need to replace it with an image of my own.	Small Steps 4 Life Logo I used this logo as the challenges that You Can Do It promotes are being promoting for the SmallSteps4Life organisation	Small Steps 4 Life Organisation	Re-Sizing	E-Portfolio, Questionnaire
Caviar Details	http://nutritiondata.elf.com/facts/finfish-and-shellfish-products/4038/2	S	No	N/A	Caviar Nutritional Values I required this information to add nutritional details for this food to my database.	Nutrition Data	N/A	Eat Well Database - Table
Halibut Details	http://nutritiondata.elf.com/facts/ethnic-foods/10005/2	S	No	N/A	Halibut (Cooked with Skin) Nutritional Values I required this information to add nutritional details for this food to my database.	Nutrition Data	N/A	Eat Well Database - Table
Raw Turtle Details	http://nutritiondata.elf.com/facts/finfish-and-shellfish-products/7743/2	S	No	N/A	Raw Turtle Nutritional Values I required this information to add nutritional details for this food to my database.	Nutrition Data	N/A	Eat Well Database - Table
Olympiclogo.png	http://risporter.com/wp-content/uploads/2012/03/olimpijskeigre_velika.png	S	No	N/A	The 5 Olympic Rings The challenges are all about promoting Olympic values, therefore it seemed appropriate to include the Olympic rings symbol.	www.london2012.com	Re-Sizing	Questionnaire
00441322.png	Microsoft Office Clip Art	S	No	N/A	A Cartoon Thumbs-Up A thumbs-up hand gesture is generally regarded as a positive gesture, and I can personally understand that questionnaires aren't typically enjoyable and fun. Therefore, it seemed appropriate.	Microsoft	Flipping Horizontally	Questionnaire
MC900442129[1].png	Microsoft Office Clip Art	S	No	N/A	A Cartoon Information Sign I used this image as the Information Point's purpose is to provide information. Therefore, an Information sign seemed appropriate to let the viewer/student know what exactly to expect from the presentation.	Microsoft	Re-Sizing, Flipping Horizontally	Information Point

Olympic_Rings_Stock.jpg	http://wallpapers.org/90_-_Olympic_Rings_Stock.htm	S	Yes	If I was going to reproduce this image for commercial purposes, I would need to replace it with an image of my own.	A different representation of the 5 Olympic Rings, shown in a more artistic form. I used this more artistic version for the same reason as the previous Olympic Rings image, other than in this situation, I felt a more artistic and creative representation would add a positive and creative spark to my e-portfolio. This is simply chosen through personal choice.	Wallpapers.org	Re-Sizing	E-Portfolio
Logo2128.jpg	http://static.guim.co.uk/sys-images/Media/Pix/pictures/2007/06/04/logo2128.jpg	S	Yes	If I was going to reproduce this image for commercial purposes, I would need to replace it with an image of my own.	The 2012 Olympic Logo The Olympics that the challenges are representing are the 2012 Olympics, therefore the 2012 version of the logo is most suitable.	Wolff Olins	Re-Sizing	E-Portfolio Favicon
how_to_create_a_law_of_attraction_vision_board_2.jpg	http://picasaweb.google.com/lh/photo/34vn1D2ClwKTA_meBjAk-Q	S	Yes	If I was going to reproduce this image for commercial purposes, I would need to replace it with an image of my own.	A representation of Feeling Good - A man standing with his arms in the air, feeling happy with the sun in the background. The challenge I was promoting with the challenge card was the challenge of Feeling Good, therefore someone feeling good was the best choice of imagery.	Malik Imran Awan	Re-Sizing	Challenge Card Image
Food-Wheel1.jpg	http://www.thechilterncentre.co.uk/chiltern/wp-content/uploads/2010/12/Food-Wheel1.jpg	S	Yes	If I was going to reproduce this image for commercial purposes, I would need to replace it with an image of my own.	A representation of the Food Wheel using real food, with the appropriate portions. This image of a food wheel was used as the particular slide from the Information Point was promoting the challenge of Eat Well. In order to eat healthily and well, it's important to have an understanding of the food wheel and the correct proportions of food that one would need to consume.	Chiltern Health Centre	Re-Sizing, Setting Transparent Colour, Sharpening	Information Point
Get_active.jpg	http://health.marksandspencer.com/uploads/images/healthy_lifestyle/hero/get_active.jpg	S	Yes	If I was going to reproduce this image for commercial purposes, I would need to replace it with an image of my own.	A woman in a running position in front of a blue background, with the words "Get Active" in the bottom left. This image of a running woman was used as the particular slide from the Information Point was promoting the challenge of Get Active. When people see a running person, they typically think of sport and exercise (or at least being healthy). Therefore, this is appropriate for a slide dedicated to exactly that - sport and exercise.	Marks & Spencer	Re-Sizing, Cropping	Information Point

DSC00095.jpg	Primary Source Image taken from my Digital Bridge Camera	P	No	N/A	A pyramid-shaped pile of raspberries. I chose this image as the recipe specifically contained this ingredient.	Myself	Re-sizing, Cropping	Meal Card
DSC00090	Primary Source Image taken from my Digital Bridge Camera	P	No	N/A	A tomato cut in half down the middle. I chose this image as the recipe specifically contained this ingredient.	Myself	Re-sizing, Cropping	Meal Card

* P = Primary source S= Secondary source