

## Co-Curricular NTI days 21-30

**NTI 21:** Create an advertisement or commercial for a fitness drink.

Include the following:

Name of the product

Available flavors

Package design

Ingredients

Health benefits

3 Options: You could create an artwork, record the commercial, or turn in a description that details all parts

**NTI 22:** Create a meme related to the importance of handwashing. You may describe how it will look or sketch it out. Support your sketch or description by explaining who your intended audience is and why they will find it interesting, true, or funny in 3-5 sentences.

**NTI 23:** The most delicious thing that I love to eat....

Describe the most delicious thing that you love to eat in 10 sentences.

Include:

Why is this food so mouthwatering? Is it the taste, smell, texture...

Describe the packaging of your food.

Where does it come from?

List nutritional benefits of your food...vitamins in your food, calories, fat

You may need to research your food.

**NTI 24:** Planning is often a great way to produce a thoughtful, meaningful artwork. Picasso made some very abstract portraits and some were inspired by African art. Pick a culture that is interesting and brainstorm some ideas by describing your future artwork in at least 10 sentences.

Include the following in your description:

Name of the culture that you chose.

Why is this culture fascinating?

What will your artwork mean?

How did you develop your idea?

What will the colors or shading look like?

If you could choose any media for this artwork what would it be?

How large would the artwork be?

What will the title be?

**NTI 25:** Many of our students hunt deer, turkey, and other wildlife. Some people are totally against hunting. Take a side and explain in 10 or more sentences why you think this a healthy activity or not. Please support your argument with some researched information.

**NTI 26:** Old Technology scavenger hunt! Explain what the listed tech. was used for and how it has been replaced today. You may need to research these using Internet technology : )

A: What was it used for?

1. Pager
2. Phonograph
3. Walkman
4. Typewriter
5. Floppy Disk
6. 8 track tape
7. Kerosene lamp
8. Phone book
9. Carbon paper
10. Black berry
11. Buggy
12. Celestial navigation
13. Quill pen
14. Audio cassette
15. Hourglass

B: How has it been replaced today?

**NTI 27:** Paying bills is a part of life. Make a list of 4-6 necessary bills that you know the average family has to pay. Describe the service that is provided by each. List three luxury bills that some people pay and the service that is provided.

**NTI 28:** Walking is great exercise for many people. They love getting outside when the weather is nice. Seeing, hearing, and smelling nature....What is your favorite physical activity or sport? Create an artwork about this activity or describe why you enjoy it in 8-10 sentences.

**NTI 29:** The color green is associated with healing. Red is a passionate color. Research what colors mean and create a color poem that is 6 lines long about yourself. Underline the color and its meaning.

My smile is the color yellow because I am cheerful.

My heart is blue and filled with my faith.

**NTI 30:** Explain what blood pressure is in 8-10 sentences. Include the following in your answer:

- what does each number mean?
- what is too high and too low?
- what is a healthy number for you? Your parents?
- how to reduce the number if it is too high?
- foods that can help?