**PRACTICAL ASSIGNMENT**

**Module 2 – Digital Literacy:   
Tablets/smartphones and apps**

In order to better your understanding of how mobile applications work, we would like to ask you to imagine the scenario where you need to plan a healthy diet for the person you are taking care of. The restrictions of the diet include:

* no white bread
* no fried meals
* no sugars

You need to **find an app** that calculates the amount of carbohydrates, proteins, fats, minerals and vitamins that person should intake per day and what meals can actually contribute to this dietary “budget”.

It is perfectly acceptable to use more than one applications for the assignment.

**Goal of the assignment** is for every participant to install a set of applications of their choice that would help them in for the diet planning.

**Bonus assignment:**

If you are done with your practical assignment and would like to make your typing a bit easier, install **Gboard – the Google Keyboard** application and set it to be your default keyboard.

Find instructions on the setup of the application on the apps page on Google Play or in the Internet, without asking the trainer for help.

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