My Favorite Cookies

A Microsoft Excel Project

HIGH STUDENT INTEREST

ADVANCED CHARTING SKILLS!

INTERNET RESEARCH
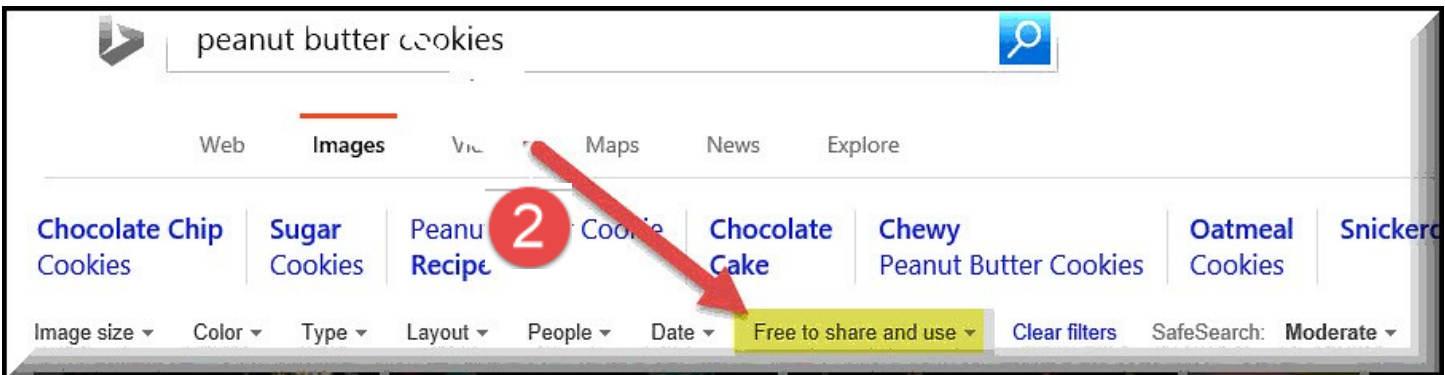
Everybody loves cookies! Your assignment is to research your favorite cookies and prepare an Excel table as to their nutritional values and then chart their calories. You will be finding pictures of your cookies and taking out their backgrounds to put on your sheet.

Here are the steps to follow:

STEP ONE

1. Choose 10 of your favorite cookies. Go to Bing.com and set to Images and look up one of the cookies. Then set the **License** setting to **FREE TO MODIFY, SHARE AND USE**. See below example.
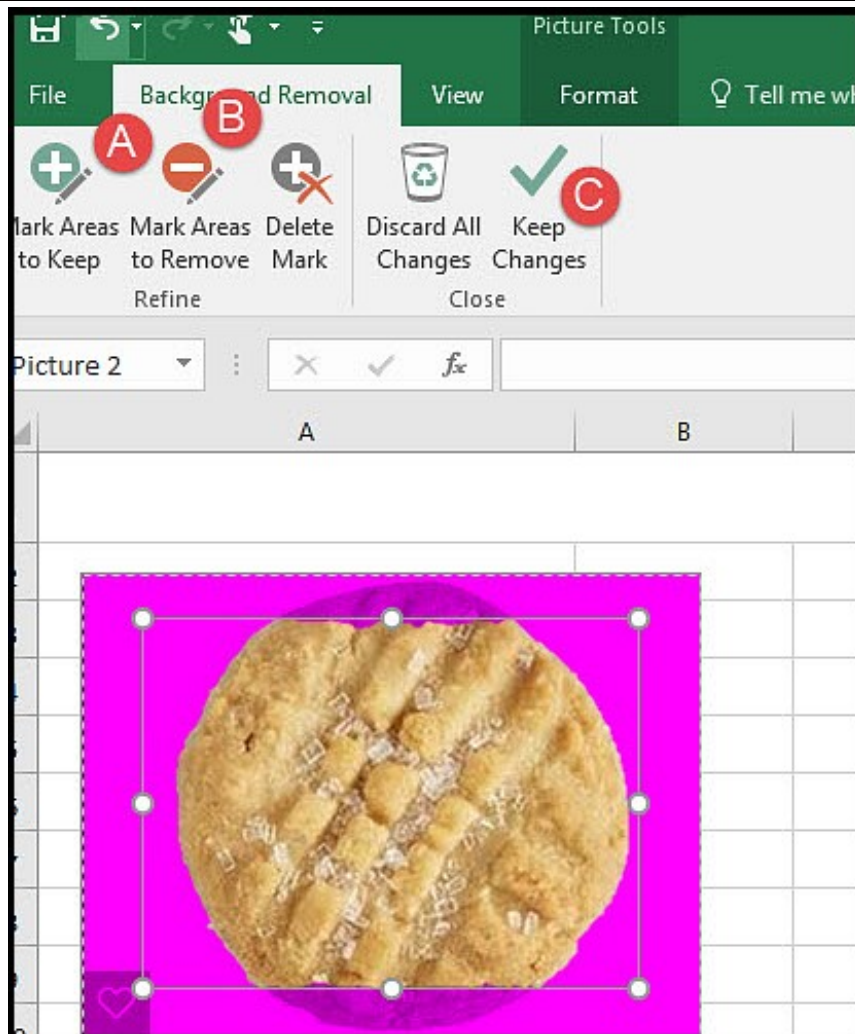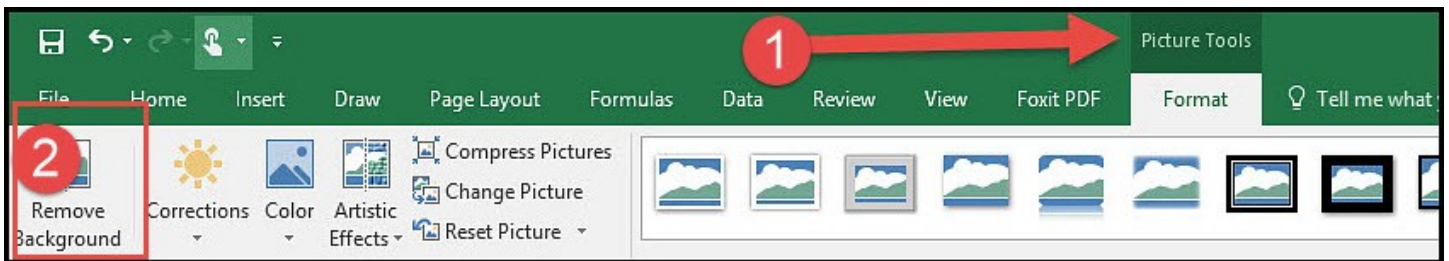

2. Copy/Paste your cookies on your Excel Spreadsheet. **SAVE YOUR FAVORITE COOKIE ON YOUR COMPUTER'S DESKTOP OR FLASHDRIVE TO PUT INTO CHART LATER.**

STEP TWO Remove the Background from each of the Cookies.

You should have 10 cookies inserted on your Excel Spreadsheet. Your next step will be to remove the background from each of the cookies.

1. Select your first Cookie.

2. Select the Picture Tab

3. Select Remove Background (as shown below)

Your Program will now try to guess what it should remove for you by turning it PURPLE.

Use **MARK AREAS TO KEEP (A)** to remove the purple so that that the area will not be removed.

Use **MARK AREAS TO REMOVE (B)** to indicate the area should be removed.

When you are satisfied that the correct parts are purple to be removed, click **KEEP CHANGES (C)**.

4. CONTINUE TAKING OUT THE BACKGROUND OF ALL 10 COOKIES

STEP THREE RESEARCH THE NUTRITIONAL VALUES OF YOUR COOKIES

Now you will research the Nutritional value for each of your cookies and create a spreadsheet and fill in the following information for each of your cookies.

Research each cookie on the Internet. See if you can find it's **FAT GRAMS, CARBS, PRO-TEIN,** and **CALORIES** per cookie. Fill in the blank form before.

My Favorite Cookies

Cookie Name	Fat Grams Per Cookie	Carbs per cookie	Protein Per Cookie	Calories Per Cookie

STEP FOUR CREATE YOUR COOKIE TABLE IN EXCEL

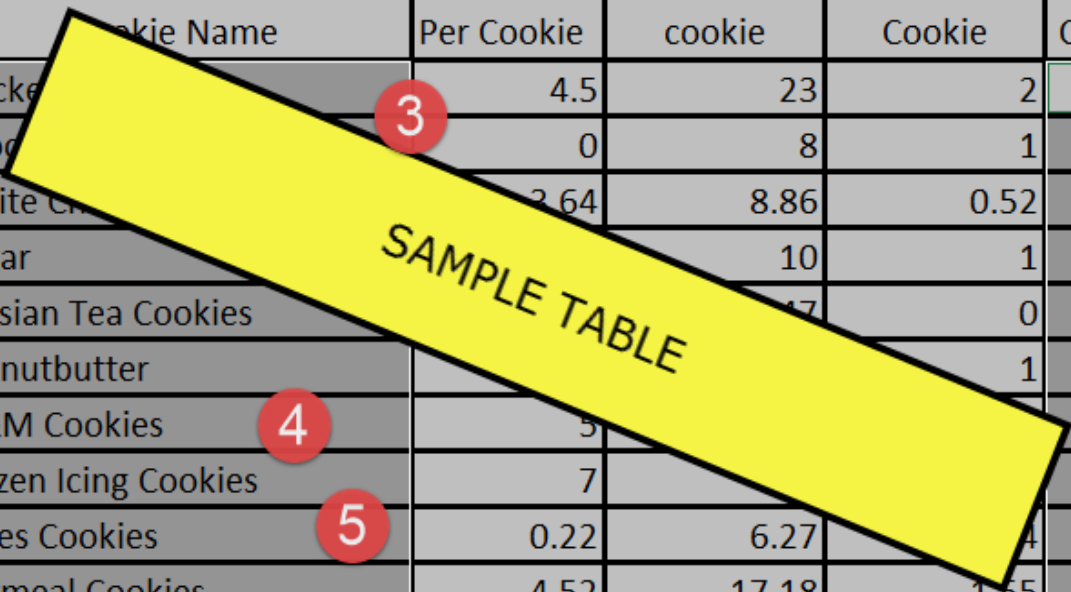| 1 My Favorite Cookies				
⬤kie Name	Fat Grams Per Cookie	Carbs per cookie	Protein Per Cookie	Calories Per Cookie
Snicke⬤	4.5	23	2	140
Choc⬤	0	8	1	45
White C⬤	3.64	8.86	0.52	69
Sugar		10	1	70
Russian Tea Cookies			0	2
Peanutbutter			1	70
M&M Cookies	5			150
Frozen Icing Cookies	7			180
Reses Cookies	0.22	6.27	4	30
Oatmeal Cookies	4.52	17.18	1.55	112

SAMPLE TABLE
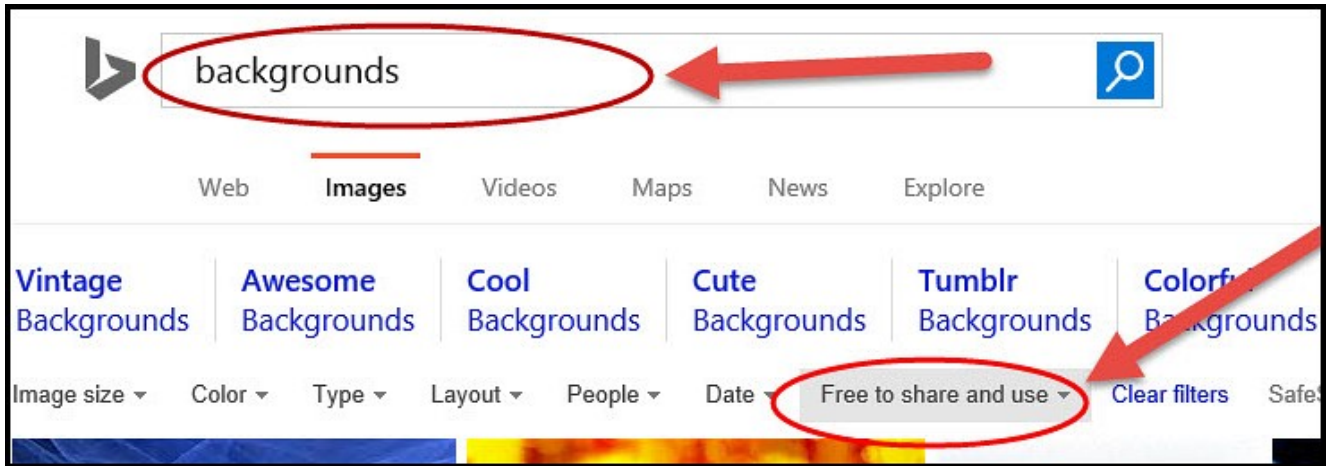
Table Instructions

Create a Table in Excel with 5 columns and 12 rows as shown above and on Page 3.

1. Merge and Center the Title **MY FAVORITE COOKIES** across the columns.

2. Create the next row for the titles.
   Wrap the words **"Fat Grams Per Cookie"**, **"Carbs Per Cookie"**, **"Protein Per Cookie"**, and **"Calories Per Cookie"** titles.

3. Continue entering the data on each of your cookies

4. Put a black border inside and outside the cells

5. Put YOUR FAVORITE COLOR Fill in your table
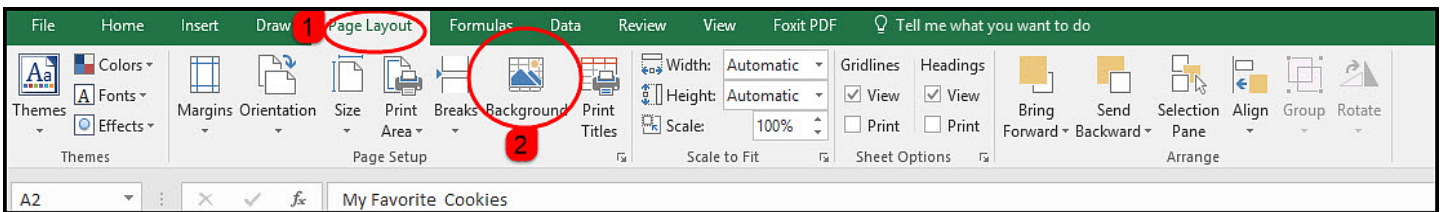
6. Spread your cookies around the table.

STEP 5 PUT A BACKGROUND ON THE EXCEL SHEET
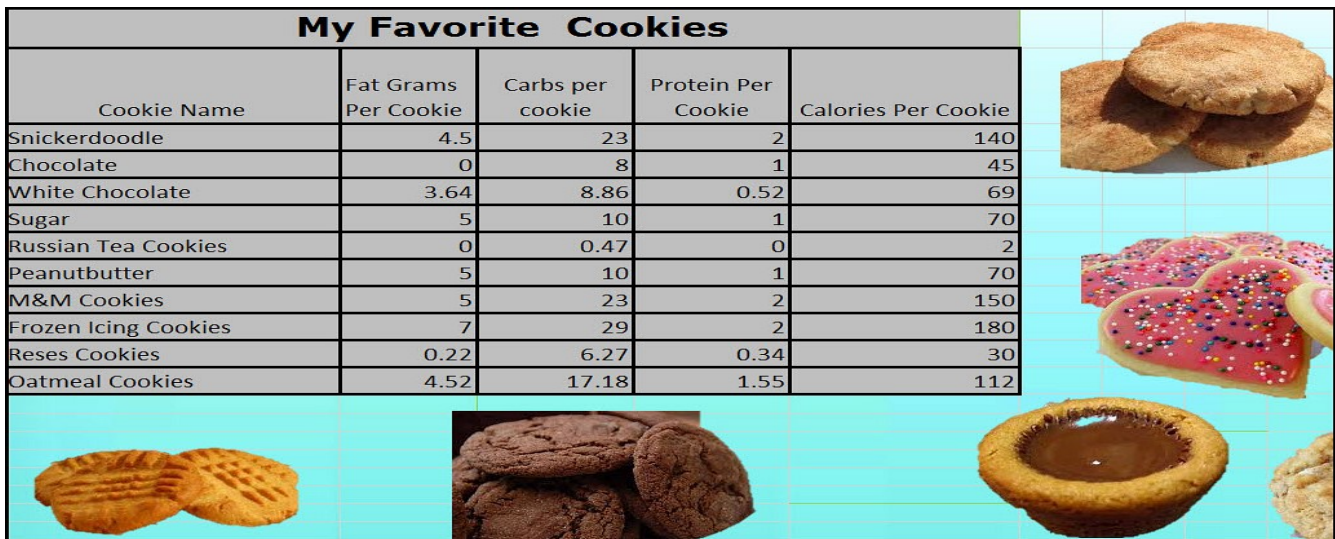
INSTRUCTIONS FOR INSERTING A BACKGROUND

1. Go to www.bing.com and under images look for a background you like. Make sure you set your license on **FREE TO SHARE AND USE. Save the background on your computer's desktop or flash drive.**

2. In your Excel Worksheet select **(1) PAGE LAYOUT TAB** and then select

    (2) **BACKGROUNDS.**   Now **insert your saved background.**

Cookie Name	Fat Grams Per Cookie	Carbs per cookie	Protein Per Cookie	Calories Per Cookie
Snickerdoodle	4.5	23	2	140
Chocolate	0	8	1	45
White Chocolate	3.64	8.86	0.52	69
Sugar	5	10	1	70
Russian Tea Cookies	0	0.47	0	2
Peanutbutter	5	10	1	70
M&M Cookies	5	23	2	150
Frozen Icing Cookies	7	29	2	180
Reses Cookies	0.22	6.27	0.34	30
Oatmeal Cookies	4.52	17.18	1.55	112

STEP 6 CREATE A BAR CHART COMPARING YOUR COOKIES WITH THEIR CALORIE COUNT
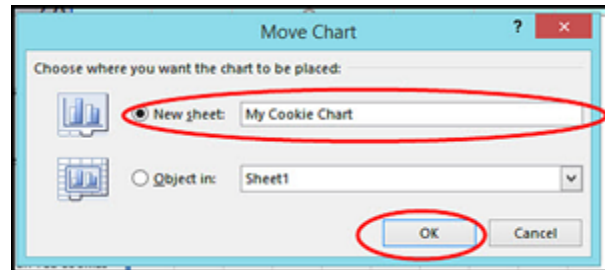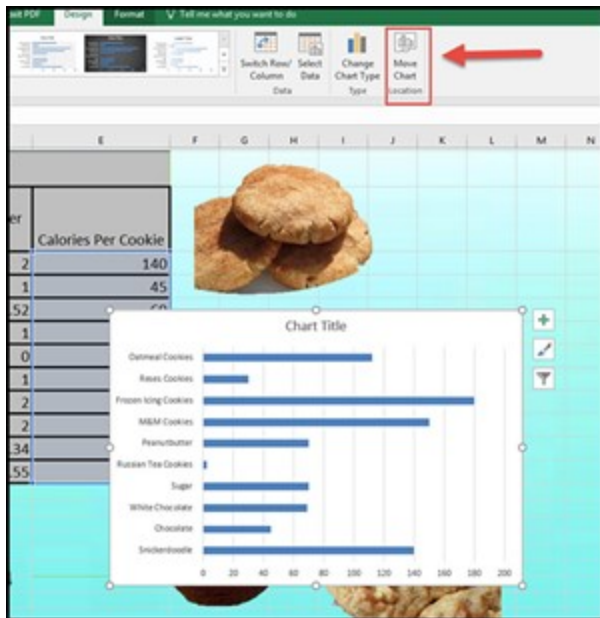
Chart Creation Instructions

1. Select the 1st column (Cookie Name) and then hold your CTRL-KEY down and select the 4th column (Calories Per Cookie) as shown below in red.

My Favorite Cookies

Cookie Name	Fat Grams Per Cookie	Carbs per cookie	Protein Per Cookie	Calories Per Cookie
Snickerdoodle	4.5			140
Chocolate	0			45
White Chocolate	3.64			69
Sugar	5			70
Russian Tea Cookies	0	0.47	0	2
Peanutbutter	5	10	1	70
M&M Cookies	5	23	2	150
Frozen Icing Cookies	7	29	2	180
Reses Cookies	0.22	6.27	0.34	30
Oatmeal Cookies	4.52	17.18	1.55	112

SELECT **1**

After selecting, hold your CTRL KEY DOWN, and select 2 **2**

2. Now select the **Insert Tab (1)** and the lower right arrows to open the **INSERT CHART (2)** dialog box, select **BAR CHART (3),** and select **OK (4)** as shown below.
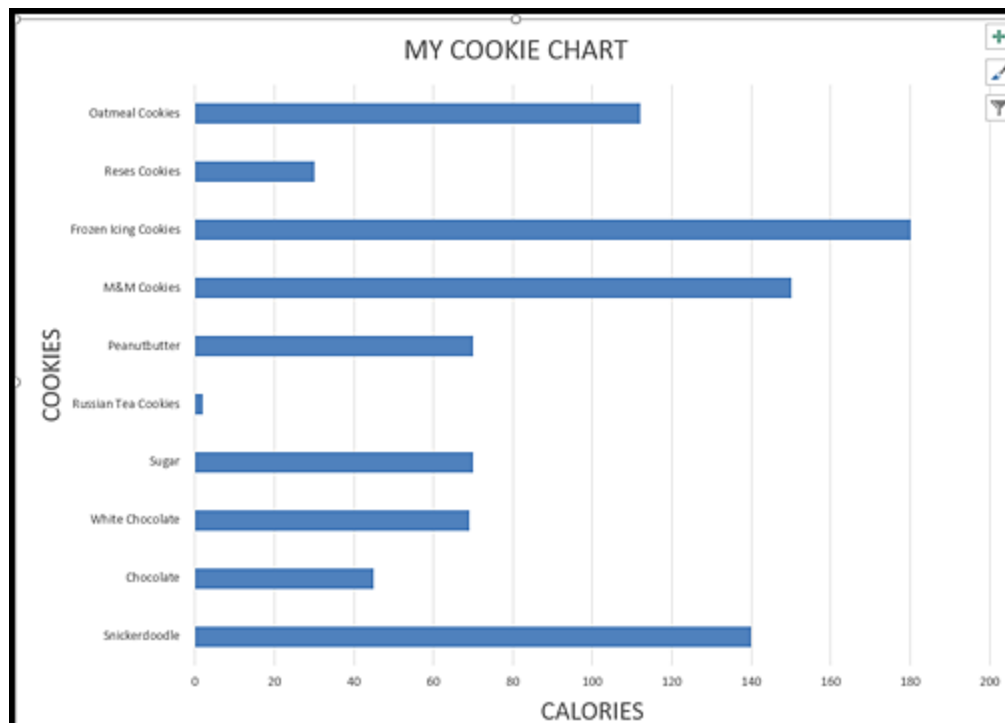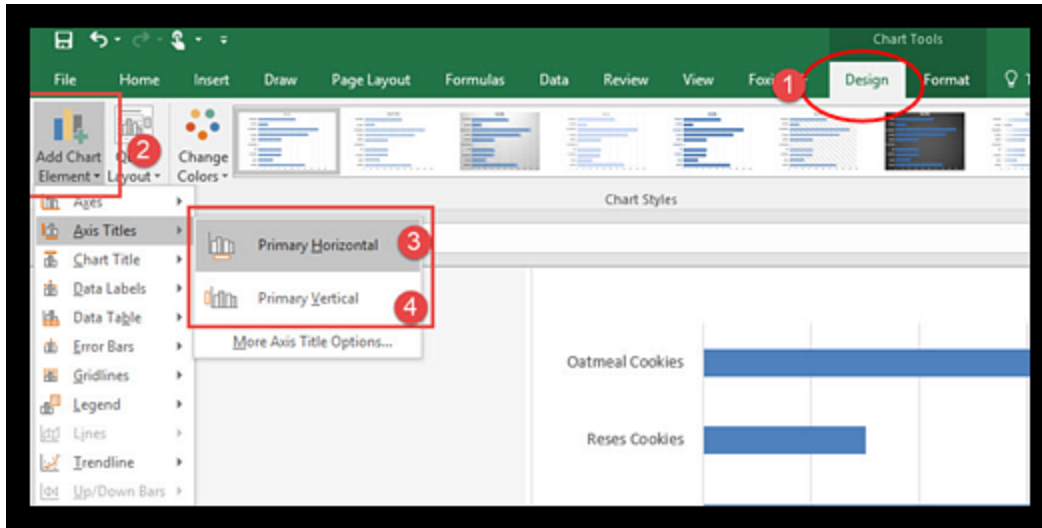
3. Move your chart to a new sheet and label the sheet **MY COOKIE CHART**. With your chart selected press the **MOVE CHART BUTTON** and the select **NEW SHEET** insert **MY COOKIE CHART**. **(See example below)**
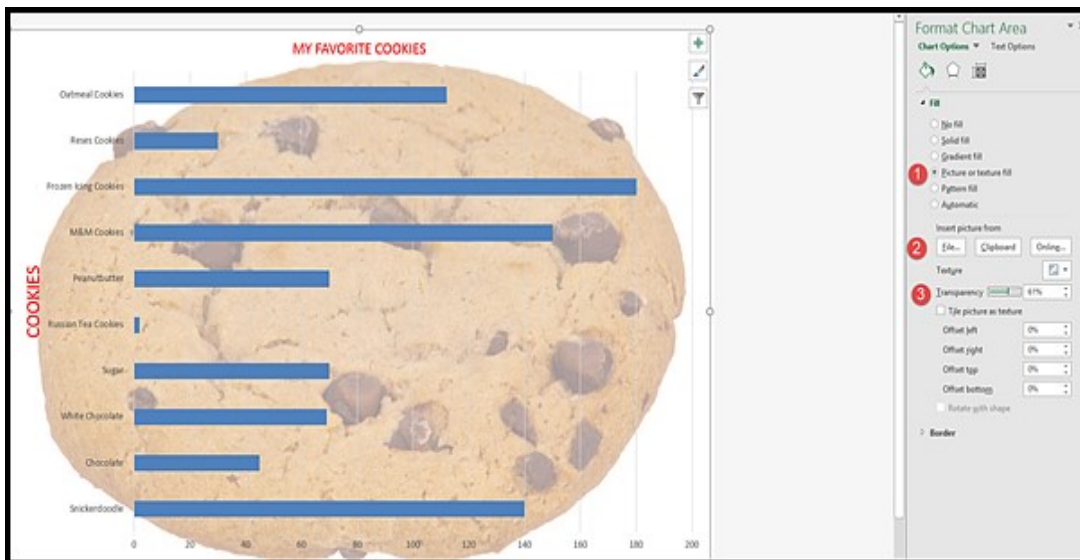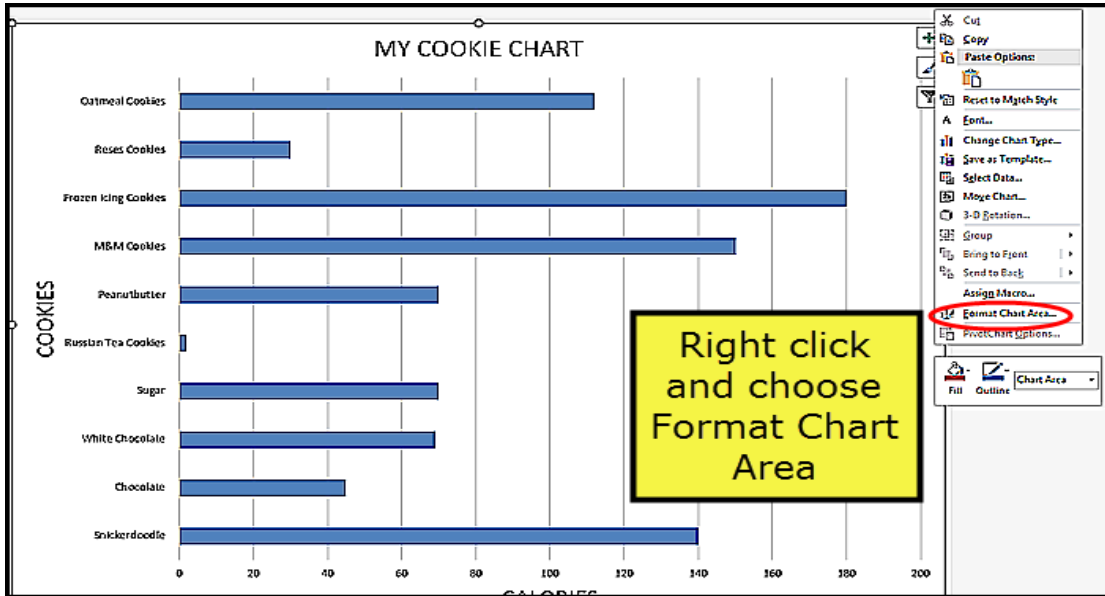
STEP SEVEN FORMATTING YOUR TABLE

Formatting Table Instructions

⇒ Put in the chart title **MY FAVORITE COOKIES. Adjust the font to a size that looks appropriate to you.**

⇒ Add Horizontal Label **CALORIES. Adjust the font to a size that looks appropriate to you.**

⇒ Add Vertical Label **COOKIES. Adjust the font to a size that looks appropriate to you.**

STEP EIGHT PUTTING A PICTURE AS THE BACKGROUND OF YOUR CHART

You will need the picture of your favorite cookie saved on your computer's desktop or flash drive to do this step.

When the Format Chart Area appears, (1) select Picture, (2) File (retrieve your cookie from desktop or flash drive, (3) if the picture is too dark, lighten using the Transparency setting.

My Favorite Cookies

Cookie Name	Fat Grams Per Cookie	Carbs per cookie	Protein Per Cookie	Calories Per Cookie