

STORYBOARD (Sketch)

INTRODUCTION: How to stay healthy

1. VOICE OVER: Title and description
2. BACKGROUND: Outdoor scene
3. ANIMATION SEQUENCE:
 - Pop up character (arms folded)
 - Wave hand, show fit body and strength
 - Get/Look on phone (zoom in)
 - Browsing YouTube for health tips
 - Thinking / feel confused
 - Got an idea



Maintaining a Healthy Diet

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - zoom out foods



1. Limit packaged foods

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - Show trans fat as creatures (Zoom in)
 - Show cooking food



2. Watch those portion sizes

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - Show person eating slowly



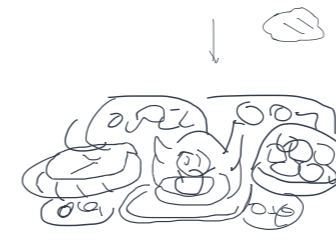
3. Share an entree

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - Show two person sharing food in a restaurant



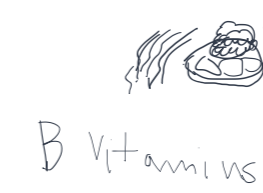
4. Eat less meat

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - Show lots of meat then drop some healthy food to reduce meat



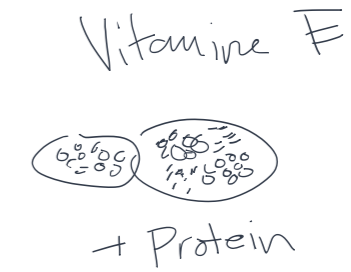
5. Eat more whole grains

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - Show grain foods
 - Indicate benefits



6. Snack on nuts, seeds and legumes

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - Show snack foods like seeds, peanuts, beans etc.
 - Indicate benefits



7. Limit Processed Foods

1. VOICE OVER: Title and description
2. ANIMATION SEQUENCE:
 - Show eating processed food and got fat
 - Show eating veggies and got thin

