**Reflection Rajai El Ghoury**

Overall, I had so much fun doing the project with my friends and learned new stuff.

**For The:** Global, Business and English Project.

**What I Learned:**

I learned some new stuff when me and my team did the power point and flyer. I learned that if u don’t sleep well, you will get fatter and how to calculate the BMI (body mass index) of a person (weight in kg divided by height in meters squared). To add on, I learned that the main cause of obesity is when your body can’t digest all the food which makes fat storage.

**What We Did:**

I did the power point along with Sanad, he helped me translate and gave me ideas. I wrote the power point.

For the flyer Sanad and ja3far wrote and drew the flyer while Yazan gave us some design ideas.

**For the:** Physics, Math and ICT Project.

**What I learned:**

I Learned how to calculate Energy, Power output and electrical bill

**What We Did:**

For the excel sheets Sanad made the table and I did the ICT part which is making the equations into formulas and made a table for the costs of items which Ja’afar filled, and Yazan made the graphs. For the word document we all made 1 room.