

VICELAND

Diving into Excel

*Kaylen and Yisbell
(Food Database)*

The importance of excel

Microsoft Excel is one of the most important because of the key role it plays in many sectors. It is the most used spreadsheet program in many business activities, classwork and even personal data organisation. Excel was first released in the year 1985. Since then, it has played a vital role in performing formula based arithmetic and calculations, and other activities that may require mathematical calculations.



1. Graphing

The screenshot shows the Microsoft Excel interface. The ribbon includes File, Home, Insert, Page Layout, Formulas, Data, Review, View, and Developer. The Home ribbon is active, showing options for Clipboard, Font, Alignment, Number, Styles, Cells, Editing, and Privacy. The active cell is D5. The following table is displayed in the worksheet:

	A	B	C	D	E	F	G	H	I	J
1	Expenses	Value								
2	Postage	1000								
3	Electricity	2000								
4	Heating	3000								
5	Repairs	4000								
6	Depreciation	5000								
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										

The status bar at the bottom shows 'Ready', 'Num Lock', and 'Pak accountants.com'.

2. Data organisation

	A	B	C	D	E	F	G	H	I	J	K	L
1	OrderDate	Region	Rep	Item	Units	UnitCost	Total					
2	01/23/2016	East	Jones	Pencil	95	1.99	189.05					
3	01/23/2016	Central	Kivell	Binder	50	19.99	999.50					
4	02/26/2016	Central	Jardine	Pencil	36	4.99	179.64					
5	02/26/2016	Central	Gill	Pen	27	19.99	539.73					
6	03/15/2016	West	Sorvino	Pencil	56	2.99	167.44					
7	04/18/2016	East	Jones	Binder	60	4.99	299.40					
8	04/18/2016	Central	Andrews	Pencil	75	1.99	149.25					
9	05/22/2016	Central	Jardine	Pencil	90	4.99	449.10					
10	05/22/2016	West	Thompson	Pencil	32	1.99	63.68					
11	6/25/2016	Central	Morgan	Pencil	90	4.99	449.10					
12	07/29/2016	East	Howard	Binder	29	1.99	57.71					
13	07/29/2016	East	Parent	Binder	81	19.99	1619.19					
14	08/15/2016	East	Jones	Pencil	35	4.99	174.65					
15	08/15/2016	Central	Smith	Desk	2	125.00	250.00					
16	09/18/2016	East	Innes	Binder	60	8.99	539.40					

Sheet1

3. Programming



```
Microsoft Visual Basic for Applications - Book1 - [Module1 VBA]
File Edit View Insert Format Debug Run Tools Add-Ins Window Help
In: 100 Col 1
VBAProject [Book1]
Microsoft Excel Objects
Sheet1 (Sheet)
ThisWorkbook
Modules
Module1
ThisWorkbook (Code)
Module1
Worksheet: [Category1]
Module1
Sub MyFirstMacro()
    MyFirstMacro Macro
    Keyboard Shortcuts: Ctrl+Q
    Range("I1").Select
    With Selection.Interior
        .Pattern = xlSolid
        .PatternColorIndex = xlAutomatic
        .Color = 192
        .TintAndShade = 0
        .PatternTintAndShade = 0
    End With
    Range("I4").Select
    With Selection.Interior
        .Pattern = xlSolid
        .PatternColorIndex = xlAutomatic
        .ThemeColor = xlThemeColorAccent2
        .TintAndShade = 0
        .PatternTintAndShade = 0
    End With
    Range("I6").Select
    With Selection.Interior
        .Pattern = xlSolid
        .PatternColorIndex = xlAutomatic
        .ThemeColor = xlThemeColorAccent2
        .TintAndShade = 0
        .PatternTintAndShade = 0
    End With
    Range("I7").Select
    With Selection.Interior
        .Pattern = xlSolid
        .PatternColorIndex = xlAutomatic
        .ThemeColor = xlThemeColorAccent2
        .TintAndShade = 0
        .PatternTintAndShade = 0
    End With
    Range("I8").Select
    With Selection.Interior
        .Pattern = xlSolid
        .PatternColorIndex = xlAutomatic
        .ThemeColor = xlThemeColorAccent2
        .TintAndShade = 0
        .PatternTintAndShade = 0
    End With
    Range("I9").Select
    With Selection.Interior
        .Pattern = xlSolid
        .PatternColorIndex = xlAutomatic
        .ThemeColor = xlThemeColorAccent2
        .TintAndShade = 0
        .PatternTintAndShade = 0
    End With
    Range("I2").Select
    With Selection.Interior
        .Pattern = xlSolid
        .PatternColorIndex = xlAutomatic
        .ThemeColor = xlThemeColorAccent2
        .TintAndShade = 0
        .PatternTintAndShade = 0
    End With
End Sub
Sheet1
```


List of jobs that require Excel skills

Sales, marketing, training and administrative managers

Project managers, project coordinators, and construction managers

Market research analysts and digital marketers

Financial analysts, investment bankers, and loan officers

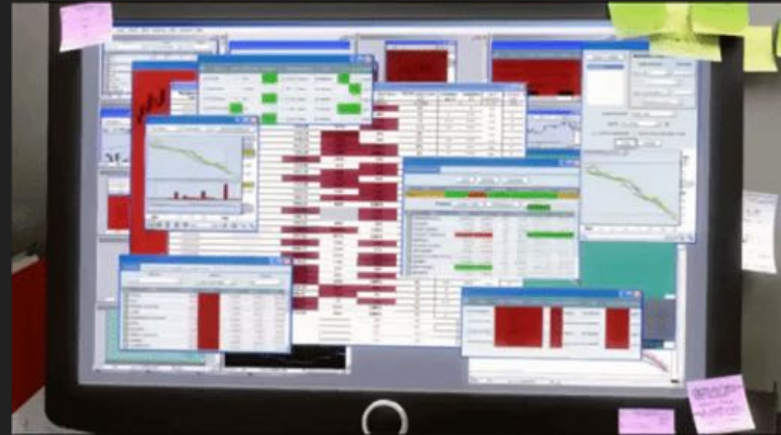
Educators, teaching assistants, and teachers

Cost estimators

Business, management, and market analysts

*Administrative assistants, office clerks,
information staff*

Accountants and auditors



Our project

Our project with Professor Lefebvre was designing and creating a Transatlantic Food Database called “Who banned it.com”. We compared food regulations and norms in the Eu and the US such as food additives, preservatives, antioxidants, pesticides, gmo’s, meat hormones, etc. This led to us making a excel spreadsheet of what was banned in one country yet not banned in another, why (disputes over quality v safety), and the products that contain the certain ingredient. Then transferring this information to the whobannedit.com website creating the ‘food database’. Given the cultural weight of food as an item in trade negotiations and disputes, this online database will allow its users to get a clear understanding of the political, cultural, and scientific logics that leads the European Union and the United States to ban specific food items.



File Home Insert Data Review View Tell me what you want to do Open in Excel Share Comments

Clipboard Font Alignment Number Tables Cells Editing

B1 Warming label

Name	EU Status	EU Legislation	EU Rationale	US Status	US legislations	US Rationale	Products [in US]	WTO/TAO Regulations
E132 (Yellow 5)	Warming label	EC No 1333/2008 https://eur-lex.europa.eu/eli/reg/2008/1333/oj Rationale: https://efsa.onlinelibrary.wiley.com/doi/10.29026/efsa.2009.1331	https://efsa.onlinelibrary.wiley.com/doi/10.29026/efsa.2009.1331	Restricted Use	21 CFR 74, Subchapter A, Subpart A https://www.ecfr.gov/cgi-bin/CFRSearch.cfm?fr=74.705 FDA GRAS Generally Recognized as safe	https://www.fda.gov/food	"The drink Mountain Dew contains it, as do many breakfast cereals, such as Life Quaker Oats, processed cheese, pasta, sweets and candies, jams, jellies, mustard, and even bread. It is also found in cosmetics such as lipsticks, toothpaste, mouthwash, shampoo, and deodorants, and many other common products. Even some medications, such as vitamin pills, throat lozenges, and indigestion tablets may contain tartrazine to give their coatings distinctive, easily identifiable colour. Skittles, Mac and Cheese, Welch's fruit snacks, Gummy bears, etc." verified http://www.cdm.fr/fr/uc/medic/ta/triazin/y/tartrazine.htm	

Coloring Fertilizers Other Pesticides Antioxidants EST&G Herbicides Preservatives Sheet2 Flavoring

File Home Insert Data Review View Tell me what you want to do Open in Excel Share Comments

Clipboard Font Alignment Number Styles Cells Editing

	A	B	C	D	E	F	G	H	I
1									http://www.fda.gov/oc/foia/whistleblowers.htm
2	E110 (Yellow 6)	Warning label	EC No 1333/2008 https://eur-lex.europa.eu/eli/reg/2008/1333/oj	https://www.efsa.europa.eu/en/press/news/1333	Authorized for orange	21 CFR 74, Subchapter A Subject A https://www.accessdata.fda.gov/scripts/cdrh/cddocs/cfch/CFRsearch.cfm?r=74.306	https://www.fda.gov/oc/foia/whistleblowers.htm	Doc foia request	
3	E119 (Red 40)	Warning label	EC No 1334/2008 https://eur-lex.europa.eu/eli/reg/2008/1334/oj	https://www.efsa.europa.eu/en/press/news/1334	Authorized for orange	21 CFR 74, Subchapter A Subject A https://www.accessdata.fda.gov/scripts/cdrh/cddocs/cfch/CFRsearch.cfm?r=74.306	https://www.fda.gov/oc/foia/whistleblowers.htm	Doc foia request	
4	E143 (FD&C Green 3)	Unauthorized	EC No 1333/2008 https://eur-lex.europa.eu/eli/reg/2008/1333/oj	https://www.efsa.europa.eu/en/press/news/1333	Authorized for orange	21 CFR 74, Subchapter A Subject A https://www.accessdata.fda.gov/scripts/cdrh/cddocs/cfch/CFRsearch.cfm?r=74.302 Exempt from certification	https://www.fda.gov/oc/foia/whistleblowers.htm	Doc foia request	
5	E121 - Citrus Red No. 2	Unauthorized	EC No 1333/2008 https://eur-lex.europa.eu/eli/reg/2008/1333/oj	https://www.efsa.europa.eu/en/press/news/1333	Authorized for orange	21 CFR 74, Subchapter A Subject A https://www.accessdata.fda.gov/scripts/cdrh/cddocs/cfch/CFRsearch.cfm?r=74.302 Exempt from certification FDA regulations—Generally Recognized as safe (GRAS)	https://www.fda.gov/oc/foia/whistleblowers.htm	Doc foia request	Codex Alimentarius http://apps.who.int/food-additives-contaminants-jecfa-database/chemical.aspx?chemID=1417 http://www.inchem.org/documents/jecfa/jecval/jac_445.htm



	A	B	C	D	E	F	G	H	I	J	K
10	E143 Calcium polyphosphate	unauthorized									
11	E144 Ammonium polyphosphate E 545 - emulsifier	unauthorized	(EC) No 256/97 https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:3201000715 [name of the chemical showed here does it have the "poly"]	no	authorized	21CFR184.1141a	GRAS	US: Mondelez Tu 8282C	26th ICFIA (1962)	yes	http://www.fao.org/faoadmin/user_upload/ef/efia_additives/efia/Monograph11848-tive-025.pdf
12	E550 - Sodium Silicates (i) Sodium silicate (ii) Sodium metasilicate - anti-caking agent	unauthorized	sodium aluminum silicate is approved but not sure if it is considered the same as E 550	no	authorized	21CFR184.1769a	GRAS	US: Big Y Foods, Inc. Food Town Stores, Inc.	ICFA Monographs 17 (2015)	yes	http://www.fao.org/3/96129/en/bu287/en.pdf
13	E557 - Zinc silicate - anti-caking agent	unauthorized	no	no	authorized	21CFR175.390		US: Hy-Vee, Inc.	no	yes	
14	E558 - Borax	unauthorized - no E	21CFR 175.390 https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-175/subpart-175.390	no	authorized	21CFR184.2150	no		Environmental Health Criteria 250		https://www.ehponline.org

Accordions!



The accordion is a graphical control element comprising a vertically stacked list of items, such as labels or thumbnails. Each item can be "expanded" or "collapsed" to reveal the content associated with that item.

We chose to do easy accordion pro-- a wordpress plugin. Easy Accordion Pro has a lot of customization options. It helps you to display multiple accordions into your site or blog quickly without writing any code. It comes with intuitive admin panel, horizontal and vertical layout and color picker for unlimited color & styling options. You can put the content of any type inside accordion expandable section including Shortcodes, Images, YouTube, Audio or any custom HTML code.

Dashboard

Dashboard

Screen Options ▾ Help ▾

At a Glance

[2 Posts](#)[9 Pages](#)

WordPress 5.2.2 running Twenty Nineteen theme.
[Search Engines Discouraged](#)

Activity

Quick Draft

Title

Content

What's on your mind?

[Save Draft](#)

WordPress Events and News

Attend an upcoming event near you. [↗](#)

 Western Mass Wordpress - Wordpress hosting Northampton, MA, USA	Tuesday, Jul 16, 2019 7:00 pm
 WordCamp Boston Boston, Massachusetts, USA	Saturday, Jul 20, 2019
 WordCamp Lehigh Valley Bethlehem PA	Saturday, Aug 10, 2019

[WordPress 5.2.2 Maintenance Release](#)[WP Tavern: WordCamp Europe 2020 to be held in Paris, June 4-6](#)[WP Tavern: Contribution Time, Sponsored, and Teams Fields Added to WordPress.org User Profiles](#)[WP Tavern: Matt Mullenweg's Summer Update at WordCamp Europe 2019: Gutenberg's Progress and a Preview of Upcoming Features](#)

All Accountions

[Add New](#)[Settings](#)[Help](#)

- About WordPress
- WordPress.org
- Documentation
- Support
- Feedback
- Pages
- Comments
- TablePress
- Appearance
- Plugins
- Users
- Tools
- Settings
- Easy Accordion Pro**
- All Accordions
- Add New
- Settings
- Help
- Collapse menu

All Accordions [Add New](#)

All (8) | Published (8) | Trash (0)

Bulk Actions All dates

<input type="checkbox"/>	Accordion Title	Shortcode	Accordion Type	Date
<input type="checkbox"/>	Introduction	[sp_easyaccordion id="108"]	Content Accordion	Published 2019/06/19
<input type="checkbox"/>	Others - additives	[sp_easyaccordion id="93"]	Content Accordion	Published 2019/06/19
<input type="checkbox"/>	Preservatives	[sp_easyaccordion id="90"]	Content Accordion	Published 2019/06/19
<input type="checkbox"/>	Pesticides	[sp_easyaccordion id="87"]	Content Accordion	Published 2019/06/12
<input type="checkbox"/>	Not authorized flavoring	[sp_easyaccordion id="83"]	Content Accordion	Published 2019/06/11
<input type="checkbox"/>	MS - products - Not authorized - EU - additives	[sp_easyaccordion id="82"]	Content Accordion	Published 2019/06/06
<input type="checkbox"/>	not authorized coloring	[sp_easyaccordion id="81"]	Content Accordion	Published 2019/06/06
<input type="checkbox"/>	Coloring	[sp_easyaccordion id="78"]	Content Accordion	Published 2019/06/06
<input type="checkbox"/>	Additives - good - parent	[sp_easyaccordion id="74"]	Content Accordion	Published 2019/06/06
<input type="checkbox"/>	Accordion Title	Shortcode	Accordion Type	Date

- Dashboard
- Posts
- Media
- Links
- Pages
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- Appearance
- Plugins
- Users
- Tools
- Settings

Easy Accordion Pro

All Accordions

- Add New
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- 7. Item: Zinc silicate - E 557 - EU: unauthorized / U.S. authorized
- 8. Item: Vermiculite - E 501 - EU: unauthorized / U.S. authorized
- 9. Item: Magnesium stearate - E 572 - EU: unauthorized / U.S. authorized
- 10. Item: Magnesium gluconate - E 585 - EU: unauthorized / U.S. authorized
- 11. Item: Calcium aluminates - E 508 - EU: unauthorized / U.S. authorized
- 12. Item: Petrolatum - E 905b - EU: unauthorized / U.S. authorized
- 13. Item: Petroleum wax - E 905c - EU: unauthorized / U.S. authorized
- 14. Item: Ammonium persulphate - EU: unauthorized / U.S. authorized
- 15. Item: Calcium bromate - E 924b - EU: unauthorized / U.S. authorized
- 16. Item: Chlorine - E 625 - EU: unauthorized / U.S. authorized
- 17. Item: Acetone peroxide - E 929 - EU: unauthorized / U.S. authorized
- 18. Item: Calcium peroxide - E 930 - EU: unauthorized / U.S. authorized
- 19. Item: Dichlorodifluoromethane - E 940 - EU: unauthorized / U.S. authorized
- 20. Item: Chloropentafluoroethane - E 945 - EU: unauthorized / U.S. authorized

1. Item: Ferrous carbonate - E 505 - EU: not authorized / U.S. authorized
2. Item: Ammonium chloride - E 510 - EU: unauthorized / U.S. authorized
3. Item: Magnesium sulphate (Epsom salts) - E 518 - EU: unauthorized / U.S. Off-label/FDA unapproved

Title

Magnesium sulphate (Epsom salts) - E 518 - EU: unauthorized / U.S. Off-label?

Add icon

Description

Add Media

Visual Text

Paragraph

- European Union: not included in [EC 1129/2011](#) and, as a consequence, not authorized as a 'Other' food additive.
- United States: FDA rates it as "off label/ unapproved" according to [Title 21 of the Code of Federal Regulations](#).

Inactive item

4. Item: Copper(II) sulphate - E 519 - EU: unauthorized / U.S. authorized
5. Item: Ammonium polyphosphate - E 545 - EU: unauthorized / U.S. authorized
6. Item: Sodium Silicates - E 550 - EU: unauthorized / U.S. authorized