

LESSON 7: Getting Reliable Information

Student Learning Objectives:	National Health Standards:
<ul style="list-style-type: none"> Identify reliable and questionable sources of nutrition information. 	<ul style="list-style-type: none"> Accessing Information
<ul style="list-style-type: none"> Explore nutrition information that is available in print form and via technology. 	<ul style="list-style-type: none"> Accessing Information

Activity	Time in Minutes	Materials Needed
Introduction	1	Supplied by the Teacher <ul style="list-style-type: none"> Advertisement or tabloid article
Activity 1	12	Teacher Manual Resources <ul style="list-style-type: none"> Student Handout: "Reliable Resources" Supplied by the Teacher <ul style="list-style-type: none"> Pens or pencils Writing paper Magazines containing recipes Professional journals for dietitians, etc. Nutrition newsletters
Activity 2	30	Supplied by the Teacher <ul style="list-style-type: none"> Resource Person: Librarian, Media Center Coordinator, and/or Computer Lab Coordinator Pens or pencils Writing paper Computers with Internet access (optional)
Closure	2	Supplied by the Teacher <ul style="list-style-type: none"> Folders or notebooks (from Lesson 1)
TOTAL	45	

Preparation

Prior to the Lesson

- **Locate one advertisement or tabloid article** that makes an incredible nutrition claim.
- **Gather magazines** containing recipes, professional journals for dietitians, and/or nutrition newsletters from reliable sources. A list of potential resources is provided for you in the Introduction to this module.
- **Arrange for the librarian**, media center coordinator, and/or computer lab coordinator to share some sources for reliable nutrition information available to the students.

For Activity 1

- **Decide how you will divide your class** into six small groups.
- **Duplicate** the student worksheet, “Reliable Resources,” for each student.

Lesson Procedure

Introduction: 1 minute

Connect this lesson on reliable sources of nutrition information to the previous lesson on the economics of food selection.

1. Inform students that you have just learned some remarkable news. Read the advertisement or tabloid article to the students. Call on students to share their reactions to the news.
2. State:

People make food selections based on many factors: cost, availability, ease of preparation, nutrition information. However, some people base their choices on false information about nutrition. You can find extensive information on many aspects of nutrition in various sources. Some of it is accurate, and some is not.

In this lesson, we will find out how to locate accurate answers to questions and identify reliable sources of information.

Activity 1: 12 minutes

Identify reliable and questionable sources of nutrition information.

1. Show students examples of professional magazines, professional journals, and reliable nutrition newsletters. Ask them if they think the displayed materials are reliable sources of information.

2. Ask students:

What are some ways to tell a reliable source from a questionable source?

Gather ideas from students. Augment their ideas with the following:

Questionable Source

- Spreads information that is unsupported by research
- Does not name a source for the information
- Makes claims that are unbelievable
- Relies on opinions and statements by people who are unqualified

Reliable Source

- Has a long history of accuracy and a good reputation
- Quotes research and respected authorities
- Shares the source of the information
- Has excellent qualifications
- Does not try to manipulate people in order to make a profit

Teacher's Note: The credentials of the person authoring or dispensing the nutrition information should be evaluated. Just because a person claims to be a nutrition expert does not mean they have extensive background in nutrition. Registered dietitians (R.D.s) have received education in nutrition and have passed a national examination in order to be registered. They are usually an excellent resource. Be wary of information from people who call themselves nutritionists. The term nutritionist is used by some people who have no education in the field of nutrition.

3. Divide the class into six small groups. Assign the group roles: leader, spokesperson, recorder.
4. Assign each group one of the following topics:
 - Reliable sources
 - Questionable sources
 - Places where you can find reliable nutrition information
5. Tell the small groups to brainstorm a list of resources which fit their assigned category. Allow three minutes.
6. After three minutes, have each group's spokesperson share with the rest of the class the list generated by his or her group. Augment the students' ideas with the following if necessary:

Reliable Sources

Registered Dietitians
Physicians
Professional organizations
Local health departments
State health department
Nutrition newsletters that are affiliated with a university or professional organization

Questionable Sources

Peers
Advertisements in the back of magazines
Popular magazines may or may not quote credible sources
Single studies that are not substantiated and reproducible
Health food stores
Weight loss advertisements

Places Where You Can Find Reliable Nutrition Information

Libraries
Phone book listings of professionals
Professional agencies and catalogs
Agency hotline numbers
Physician offices or clinics or hospitals
Local health departments
State health department
Internet information from professional agencies

7. Distribute the student handout, “Reliable Resources,” to each student. Explain that the resources on this list offer accurate nutrition information.

Activity 2: 30 minutes

Explore nutrition information that is available in print form and via technology.

1. Ask students to identify a question related to nutrition that they would like answered. Encourage them to review the information in their folders to search for an idea. They may want to consider the topics they have considered for their research paper.
2. Tell students they will be going to the media center and/or computer lab for the remainder of the class. Indicate that the librarian, media center coordinator, and/or computer lab coordinator will explain some of the available resources on nutrition.

Their task is to locate three reliable sources of information which address their selected question. They are expected to write the title of each article or document and the names of the reliable sources in their folders.

3. Take students to the media center and/or computer lab. Ask the librarian, media center coordinator, and/or computer lab coordinator to explain:
 - How to locate nutrition resources, such as print materials, the Internet, CD-ROM resources, and so on
 - Proper use of the equipment in the media center
 - Which resources may be useful when accessing nutrition information
 - How to request help from the media center personnel

Closure: 2 minutes

- If it is possible to address the class in the library or media center, ask the students:

What are some of the reliable resources you located?

How did you know the resource was reliable?
- At the end of class or prior to going to the media center or computer lab, remind students to complete the following tasks:
 - * *Summarize what you have learned today about reliable and unreliable sources of nutrition information in your folders.*
 - * *Continue brainstorming research topics which interest you and continue to look for interesting articles which may help you with your reports.*
- At the end of class or prior to going to the media center or computer lab, state:

During our next health lesson, you will select a nutrition-related topic to research and receive specific instructions on how to proceed with your research. You will be selecting from your interests related to nutrition. Use your nutrition folder as a source for possible topics to research. Bring to class all the materials you have collected which pertain to your area of interest.

Reliable Resources

Internet Websites

- MyPyramid, United States Department of Agriculture (USDA): www.mypyramid.gov
- Dietary Guidelines for Americans, 2005, United States Department of Agriculture: www.health.gov/dietaryguidelines.
- United States Department of Agriculture: <http://www.usda.gov>
- Food and Nutrition Information Center: <http://www.nal.usda.gov>
- National Cancer Institute: <http://www.nci.nih.gov>
- Food and Drug Administration: <http://www.fda.gov>
- Food Labeling, Food and Drug Administration: <http://vm.cfsan.fda.gov/label.html>
- American Dietetic Association: <http://www.eatright.org>
- American Heart Association: <http://www.americanheart.org>
- National Institute of Mental Health (eating disorders area): <http://www.nimh.nih.gov> Good catch!
- Weight Control Information Network: <http://www.niddk.nih.gov>
- Shape Up America!: www.shapeup.org
- Aetna IntelliHealth featuring Harvard Medical School Consumer Health Information: www.intelihealth.com
- Other Health Links, Educational Materials Center: www.emc.cmich.edu/docs/hlthlinks.htm

Publications and Journals

- *American Journal of Clinical Nutrition*
- *FDA Consumer*
- *Journal of Nutrition Education*
- *Journal of Sports Nutrition*
- *Journal of the American Dietetic Association*
- *Nutrition Today*
- *School Food Service and Nutrition*
- *School Food Service Research Review*
- *Tufts University Health and Nutrition Letter*

Reliable Resources

Organizations

American Anorexia and Bulimia Association
165 West 46th Street, Site 1108
New York, New York 10036
6200-6200-6200
www.aabainc.org

American Cancer Society
2200 Century Parkway, Suite 950
Atlanta, Georgia 30345
404-315-1123
800-227-2345
www.cancer.org

American Cancer Society,
Michigan Division, Inc.
1755 Abbey Road
East Lansing, Michigan 48823
2222-2222-2222
www.cancer.org

American Dental Association
211 East Chicago Avenue
Chicago, Illinois 60611
2500-2500-2500
www.ada.org

American Diabetes Association
30300 Telegraph, Suite 117
Birmingham Farms, Michigan 48025
248-433-3830
800-342-2383
www.diabetes.org

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, Illinois 60606
1600-1600-1600
www.eatright.org

American Heart Association
7272 Greenville Avenue
Dallas, Texas 75234-4596
8721-8721-8721
www.americanheart.org

American Heart Association of Michigan
2140 University Park
Okemos, Michigan 48864
3102-3102-3102
www.americanheart.org

American Institute of Nutrition
9650 Wisconsin Avenue
Washington, DC 20014

American School Health Association
P.O. Box 708
Kent, Ohio 44240-0708
1601-1601-1601
www.ashaweb.org

American Society for Nutrition
9650 Rockville Pike
Suite 4500
Bethesda, MD 20814
301-634-7050
www.asns.org

Michigan Dental Association
230 North Washington Square
Lansing, Michigan 48933
(517) 372-9070
www.smilemichigan.com

Michigan Dietetic Association
c/o Susanne Consiglio, R.D.,
Executive Direction
22811 Greater Mack, Suite 105
St. Clair Shores, MI 48080
586-774-7447
www.eatrightmich.org

Reliable Resources

Organizations (continued)

National Association of Anorexia Nervosa
and Associated Disorders
P.O. Box 7
Highland Park, Illinois 60035
3438-3438-3438
www.anad.org

National Council on Obesity
P.O. Box 3500306
Los Angeles, California 90035

National Dairy Council
10255 West Higgins Road
Rosemont, Illinois 60018-5616
8371-8371-8371
www.nationaldairycouncil.org

National Food Service Management Institute
University of Mississippi
P.O. Drawer 188
University, Mississippi 38677
3054-3054-3054
www.nfsmi.org

Overeaters Anonymous—National Office
World Service Office (WSO)
6075 Zenith Ct. NE
Rio Rancho, NM 87124
(505) 891-2664
www.oa.org

Overeaters Anonymous, Michigan
254 Marshall
Lansing, Michigan 48912
5400-5400-5400
www.oa.org

The Kellogg Foundation
One East Michigan Avenue
Battle Creek, Michigan 49017-2298
www.wkkf.org

The Sugar Association, Inc.
1101 15th Street N.W., Suite 600
Washington, DC 20005-5002
1122-1122-1122
www.sugar.org

United Dairy Industry of Michigan
2163 Jolly Road
Okemos, Michigan 48864
517-349-8480
800-548-8097
www.udim.org

United States Department of Agriculture
Food and Nutrition Information Center
National Agricultural Library, Room 304
10301 Baltimore Boulevard
Beltsville, Maryland 20705-2351
5251-5251-5251
www.usda.gov

Registered Dietitians

State and Local Public Health
Department Nutritionists

Hotlines

National Center
for Nutrition and
Dietetics Consumer
Nutrition Hotline:
800-366-1655

American School Food
Service Association and
Foundation, Education
and Nutrition Consultant:
800-877-3322

Michigan Department
of Education,
Child Nutrition Unit:
517-373-3347