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**MHS 1600 PROJECT 3: NUTRITION IN THE NEWS**

**MHS 1600 Introduction to Nutrition and Health in a Changing World**

***Comparing what you read or hear in popular media to the science behind it***

For this project, you’ll be evaluating a nutrition related media “hot” topic in relation to scientific studies (*see the project link on Brightspace for this semester’s topics – choose* ***one***). Download “MHS 1600 Nutrition in the News Project 3” file from Brightspace (Word document or pdf). **TYPE** your answers within the document (expand spaces as needed, you do not have to stay within space provided). When requested, answers should be in discussion format in *your own words* – note that discussion implies at least a paragraph, not a one to two sentence answer or bulleted points. Be sure to include your news/media article or story (can insert a screen shot if located on the web, provide valid link or preferably include entire article at end of worksheet or separate attachment) ***and*** *two related peer-reviewed medical/scientific journal articles or abstracts* (copy and paste within document or at end or as separate file under Project 3 submission link on Brightspace)*.*

1. Which of the nutrition related “hot” topics did you choose to explore? Why was this topic of interest to you?
2. Using G*oogle* (Google News) or another search engine, search for *popular press* or internet news or media stories on this topic (preferably that appeared in print or online within the past two years). ***Provide the title, source and date of article or news story*** (publication, news website, etc. - for example: *Article Title*, New York Times, March 4, 2020). Take a screen shot to insert at end of worksheet or copy link to your news story or article here.

3. Why was this topic, finding, or report newsworthy? In other words, why would people be interested in reading or hearing about this topic?

4. **Propose a possible question** that the public might be asking or wondering about the topic (for example from past semesters: *Are diet sodas worse than regular soda for my weight and health?*). You’ll be giving your “expert” answer to this question later in project as well as developing a consensus statement with your classmates during class time.

5. ***Identify 3-5* terms**, major concepts, or issues included or discussed in the media/news story. **Include definition and/or significance of each term or issue** (may use textbook or other resources to define or discuss terms —cite source with brief bibliography here or at end of project).

6. ***In your own words***, **briefly summarize the news report or story**. What was the primary message or take away from the reporter or author? Did the story reference a recent study, scientific report or finding? If so, did the news story include information regarding study design and results (include in summary)?

7. Review of scientific literature on your topic:

**RESEARCH YOUR TOPIC**: If your news story identified a specific scientific study or report, use PUBMED at <https://www.ncbi.nlm.nih.gov/pubmed/> (suggest skimming the “How To” for search tips) to search for and locate the actual study if cited in your media story **PLUS** a *second* related or pertinent study/review article from a *medical or scientific journal*. You may have to try different or combinations of search terms to find something of interest and applicable – take your time exploring, scrolling down and trying different search parameters. ***If the news story did not reference a particular study or you cannot locate the study referenced***, search PUBMED using the main topics or terms of the story to find TWO relevant review articles, studies, or journal abstracts that pertain to the media story topic(s) (Note: these can support, refute, or expand upon the premise of the news story or the question you posed in # 4 and should be no more than 5 years old). For the purposes of this assignment, the abstracts should provide sufficient information without having to access the full text of the articles.

1. DESCRIBE YOUR FINDINGS***: In your own words***, write a one paragraph *description/summary of the research/ study design and actual findings or conclusion* ***for each*** of the scientific abstracts or articles.
2. Title, source and date of journal article:

*Your summary of research/review and conclusion*:

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1. INCLUDE YOUR ABSTRACTS (or full text) of the scientific studies/research articles you found for comparison to your news story. You can include a screen shot *or* provide specific link *or* include document along with submission. NOTE: Your two abstracts/research studies MUST be from peer-reviewed scientific journals or periodicals which PubMed will lead you to---do not submit a second media or lay article or an opinion paper or letter to the editor.

8. From what you read and reviewed, ***write a discussion that addresses and includes the following****:* 1) How accurately you feel the news report reflected study findings or current scientific evidence/position? 2) Were any important points from scientific studies omitted or misrepresented in the news story? If applicable, comment on strength of research design or consistency of findings from other research on this topic. 3) Did the news article tell the “whole story” or was it misleading?

9. From your readings and brief review of scientific literature on the topic you explored, consider the question you proposed in question #4. Do you think there is sufficient evidence to answer this question? Explain.

10. ***Draft a brief answer or consensus statement\* to address the question you posed***. You might imagine yourself as an “expert” nutrition scientist on a health subcommittee contributing to a draft of a consensus statement on the topic – what would be your input? *Might begin with a statement like “Based on current evidence and research, it is the opinion of….”*

If you used other references in addition to the two journal abstracts and a media story, cite them here (links or screen shot of the abstracts with complete citation information will suffice for those). If your attachments do not include source information, list that information here as well.

\**Consensus Statement: a public statement developed by an independent panel of experts, usually multidisciplinary, convened to review the research literature and evidence-based knowledge for the purpose of advancing and sharing the understanding of an issue, procedure, or method*.

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