

### **Nutrition & Wellness Research Paper**

The Nutrition Research Paper for this class composes the highest weight for class assignments and is worth 100 points. It gives you a chance to develop a thesis, research reliable sources of nutritional information, put them into your own words, evaluate them, and present them in a well written paper. You to pick a topic (see list of possible ideas) that is of personal interest to you. Researching and Learning are so much easier if it is something that you yourself are personally interested in and want to know more about. Learning becomes more deeply ingrained in your mind when you have to organize your information sources and present them in an understandable manner.

- Use reliable sources of nutrition information. You will need to have a minimum of six sources. They cannot all be from the internet; one must be from a current periodical (like Magazines or Professional Nutrition Journals), and one must be from a nutrition textbook or an interview with a qualified Nutrition Professional (as defined in Section 2 of this course). Additional sources may be used if desired.
- You should also provide an application of this project to a "real life" situation. For example, if you are researching "Lactose-Intolerance" in humans, it will add greatly to your paper and grade, to interview or talk to a person with Lactose-Intolerance and describe how they cope with it and what level of intolerance they have. Or if you have a genetically influenced nutrition related disease like diabetes or heart disease, it would be good to talk to family members who have it and to describe how it has influenced your family.
- Papers will be word-processed on the computer using MLA methods of documentation. Also you must include at least a 6-7 sentence paragraph in which you write what your personal interest in this topic is, if you felt your sources were reliable, what you feel you learned from doing this, and how you feel you can apply this in life situations.

### **Ideas for Nutrition & Wellness Research Paper**

Diet and Diabetes (Can focus on either Type I or II)  
Nutritional Supplement Products (i.e. Slimfast or Ensure, etc.)  
Nutrition for End of Life Issues  
Weight Reduction (What works and What doesn't)  
Eating Disorders (Anorexia, bulimia, over-eating)  
Gastric Bypass Surgery for Weight Loss  
Body Size Issues and Media Messages  
Type II Diabetes in Children and Adolescents  
Childhood Obesity  
Calcium and Osteoporosis  
Food Safety Issues in Today's Society  
Vitamins: Use and Misuse (What's appropriate and What's not?)  
Nutrition and the Elderly  
What Diet Restrictions are Appropriate in Long Term Care?  
Eating Habits and Nutrition in the Toddler and Pre-school age.  
Nutrition for Pregnancy and Breastfeeding  
Sports Nutrition  
Low Carbohydrate/High Protein Diets - Are They Good for Us?  
Dysphagia: Chewing and Swallowing Disorder  
Tube Feedings  
Food and Culture in Northwest Iowa (i.e. Hispanic, Dutch, Kosher Jews)  
Syndrome X  
Alternative Medicine (Use of Herbal Products)  
Caffeine — What's It In and How Much is too Much?

## **Bibliography**

After selecting your topic your next step in developing your research paper is identifying excellent Web resources where you can find the information you will need later when you develop your paper's thesis statement and outline.

A critical aspect of creating a good bibliography of Web-based sources is assessing whether these sources are valid and dependable. Use the form below for each of the five Web sites you select to show that you have fully assessed the quality of each site.

Remember, you want sites that include content about your topic and the civilizations you are comparing and contrasting, all during the appropriate era. Answer the last question in each form to demonstrate how that Web site will provide information about your chosen topic and civilizations.

**Web Site # 1 Title**

**URL (Web address)**

Is this site a personal site? (look in the URL)  Yes  No  Uncertain

### **Who is responsible for the site?**

Is there an individual author?	Yes, author's name <input type="checkbox"/> <input type="text"/>	<input type="checkbox"/> No
Is the "author" a sponsoring agency?	Yes, agency's name <input type="checkbox"/> <input type="text"/>	<input type="checkbox"/> No
Is the page sponsored by a "parent" organization or association?	Yes, sponsor's name <input type="checkbox"/> <input type="text"/>	<input type="checkbox"/> No
Can you locate credentials for the author/association/agency?	Yes <input type="checkbox"/>	<input type="checkbox"/> No

### **What type of site is it? (What is the domain?)**

<input type="checkbox"/> edu (educational)	<input type="checkbox"/> net (network/utilities)	<input type="checkbox"/> gov (government)	<input type="checkbox"/> org (organization)	<input type="checkbox"/> mil (military)	<input type="checkbox"/> com (commercial)
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### **Where can you find more information?**

Is there an email address?	Yes, it is <input type="checkbox"/> <input type="text"/>	<input type="checkbox"/> No
Is there contact information other than an email address?	<input type="checkbox"/> Yes, phone#/street address <input type="text"/>	<input type="checkbox"/> No
Is there documentation (like a bibliography) for factual statements, assertions and secondhand information?	Yes, there are citations for sources <input type="checkbox"/>	<input type="checkbox"/> No
Are there links to other viewpoints, if applicable?	Yes, links/references for other viewpoints <input type="checkbox"/>	<input type="checkbox"/> No

### **Why was this site created?**

<input type="checkbox"/> To sell	To persuade <input type="checkbox"/>	To advocate an agenda <input type="checkbox"/>	To inform <input type="checkbox"/>
Are advertisements (if any) appropriate for the content of this site?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/> Uncertain
Explain: <input type="text"/>			

**Prove Appropriateness:** Write a sentence or two explaining why your trust this site to provide valid information.

**Prove Usefulness:** How will this Web site enable you to create a thesis statement and outline for your research paper? Write a sentence or two defining the specific ways this site will be useful.

**Web Site # 2 Title**

**URL (Web address)**

Is this site a personal site? (look in the URL)  Yes  No  Uncertain

**Who is responsible for the site?**

Is there an individual author?	Yes, author's name <input type="checkbox"/>	<input type="checkbox"/> No
	<input type="text"/>	
Is the "author" a sponsoring agency?	Yes, agency's name <input type="checkbox"/>	<input type="checkbox"/> No
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**When was the site created or updated?**

Date:  /  /  (Caution: if today's date, it is likely an automated dater)  No date

**Where can you find more information?**

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	<input type="text"/>	
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**Web Site # 3 Title**

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**Web Site # 4 Title**

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Is the page sponsored by a "parent" organization or association?	<input type="checkbox"/> Yes, sponsor's name <input type="text"/>	No <input type="checkbox"/>
Can you locate credentials for the author/association/agency?	<input type="checkbox"/> Yes	No <input type="checkbox"/>

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Can you locate credentials for the author/association/agency?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

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