State College of Florida HUN # 2201 Fundamentals of Nutrition

Class 7

**Nutrition Research Project – Report and Presentation**

When you start your research project, look in the textbook for some information. Then survey the research for current information. If you cannot find much research, look up some statistics about your topic. Statistics are science. Some is more biased or independent than others, depending on who funded the research.

In the first chapter of the text book, it tells you about the different kinds of scientific nutritional research. It describes different kinds of original research. There is research that uses animals, or human cells and human beings. A kind of **original research** often used in nutrition research, is **Prospective studies.** These studies involve giving people something and then the researchers study the changes in the people. They write about the changes in the articles that are published in a professional Journal.

To find these articles in the journals, start by looking in the library in what used to be the “card catalog” now on the computer terminals. Look up a topic and find articles about the subject.

Or, go to the school website homepage. Click on the library tab to access the “virtual library”. You can go to what is in their database. Your ID is your G00 number and the password is the last 4 numbers of your G00 number. Or you can go to other websites for information. See the attached list of informative websites. Wikipedia is a place to start looking for information. It should not be your only resource. Google Scholar is a somewhat more authentic.

You can download the **full text** of the article or ask the librarian to help you get a copy of the article through the inter-library loan system. \* You can access information from your hometown library, but you will have to pay a copyright fee for printed copies of articles. You will need the “reference” information. Or read the **abstract,** a small summary of what the article tells about the results of a study. Write about the full text or the abstract. It is better to have the full text article. Write the **reference in your report for either the abstract or full text, although say which it is. \***Try to get information from at least one original research study.

Other articles in journals are **Review Articles.** They comment on other people’s research. They usually compare several research studies and may be important information. This is what your report will be doing also. You will receive higher credit for reporting about original research. Your report is a survey of the experts on a topic with your commentary at the end.

There is information about some **ongoing studies,** epidemiological research.There are national Nutrition Surveys of Nurses, Doctors and people in the US. This is good information if it relates to your topic. The US Government plans what it would like to see in people every 10 years. The current goals are called Healthy People 2020 are described on page J-1 in the Appendix J section of the textbook. The national trend of obesity continues.

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Consider **people** who have a family history of a problem, people who use a certain product or eat a certain way. You can **interview** them and write about it. List the date of your interview in your references at the end of your report. You cannot interview yourself. A research report is not a personal story.

**Books** may contain information about your subject. Reference the book in your report. References of books should include the author, the title of the chapter and the page or pages that contain the information, the publisher, the place and year of publication. See the references listed at the end of each chapter for examples of how to write a reference.

References to **Journal Articles** should include the first author’s last name and first initial and credentials.. If there are other authors, list them also. If you don’t know the other authors, add **et. al.**. Include the name of the article, the name of the Journal, the volume and page numbers of the article or the page on which there is some information which

you have quoted. See the examples of references at the end of each textbook chapter.

\*\* **In-text Citations:** At the end of a quote or idea taken from a source, identify it,in parentheses, with the first **word of the reference in the List of References.**

If you use footnotes, quotes or someone else’s idea, identify it in the list the reference in the bibliography. Nutrition information can also be found in **magazines and newspapers.** Reference the magazine or newspaper, not the study they are talking about.

\* At the end of your report, you must list all the sources of your information in a

**List of References.** Without any List of References, that would be Plagiarism – taking someone else’s words or ideas without giving them credit.

**The List of references should be in APA format.** List the author or authors, the name of the book or article, the publisher, the place of publication and the date of publication. (In APA format, the name of the book or the Journal should be in Italics.)

From the year 2004 to the present, the last 10 years, is considered current information. You can quote or refer to the class instructor. List the corresponding Class number.

See Handouts

Research Project & Presentations

Research Websites

Evaluation of both projects

How to access a Scholarly Article – in ANGEL Lessons Class 7

Send the instructor an e-mail message about your topic as soon as possible.

Try to choose your research report topic by April 1st.

There is assistance in writing research reports in the Writing Center in the

Academic Resource Center on both the Bradenton and Venice campuses.