

Evaluative Nutrition Information

1. Nutrition as a Science (Page 32 ff)

A. Scientific Method (page 33)

i. Human Variables and Nutrition Relationships (page 33 - 34)

a. Steps in Scientific Method

- Make Observation
- Ask Questions
- Develop Hypothesis
- Test Hypothesis
 - * Test or treatment group and control group
- Collect Data
- Make Conclusion

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2. Epidemiological Studies (Page 35 - 38)

A. Experimental (page 35)

i. Placebo (page 35)

- Placebo Effect

B. Observational (page 36)

- Correlation vs Causation

i. Case Control Study

ii. Cohort Study

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3. How Nutrition Information is Found (Page 38 - 41)

A. Observation and then Study

B. Hypothesis

C. Experiment (Design a Study)

i. Double Blind Study

D. Data Analysis

E. Conclusion

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4. PseudoScience (Page 43)

5. Nutrition and the Internet (Page 43)

i. Disclaimers

ii. Source

iii. Federal Trade Commission (FTC) - 1-877-382-4357

6. Nutritionists (Page 48 ff)

A. Registered Dietitian