

Health/Nutrition Article Citation Activity

Purpose: The purpose of this activity is to provide critical thinking approaches to health and nutrition information while offering practice using the APA citation method. Critical thinking involves knowing where and how to get information as well as assessing the credibility of sources.

Activity: In the academic environment citation of information allows others to trace the source of information and gives credit to the author. You will be evaluating the attached article, writing the article review, and developing the citation using APA format. This will be a foundation activity for the articles and/or sources that you will use for your papers in the course.

Overview of Credibility of the Sources

In Chapter 1 of your text on page 18 you will find general strategies for evaluating sources of health information. You will be determining:

1. Who is the source of the information?
2. What kind of language is used to describe the information?
3. Distinguish between studies and public health advice. Personal testimonies are not justification for safe approaches to health behaviors.
4. Who profits from the information? Be skeptical, if it sounds too good to be true it probably is not true.

Article Review in APA Format

This assignment requires you to review the attached article. Your article review is to be typed (title page, review, references) double spaced, using Times New Roman, with a font size 12. The margins of the paper are to be 1 inch for the top, bottom, and sides.

Components of your Article Review

1. Title page. The following information is to be centered, mid page, in the following order:
 - a. Title (should be the topic reviewed in your article)
 - b. Your name
 - c. The name of the course (Health 101, Health 100)
 - d. The date
2. Manuscript Page Headers
 - a. At the top right of every page (including the title page and reference page), you will need a manuscript header. A manuscript header is a short version of your title (from your title page), followed by five spaces and the page number (e.g., Cardiovascular 1)
3. Article Review Page
 - a. In the first paragraph, using the overview of credible sources share with me an overview of the credibility of the information.

- b. In the second paragraph, tell me what you found to be the most interesting information that you learned from the article. This is the paraphrase/summary portion of the assignment- so no quotes are to be used in the second paragraph. Simply state in your own words what you found interesting. Then, remember to include an in-line citation at the end of your paragraph. This will let your reader know the source of your information.
- c. For the third paragraph, tell me something you learned from the article that surprised you. In this paragraph, include a direct quotation from the article. Your quotation should be forth words or less, and include a citation. The quotes let your reader know the exact words of the author(s), and the citation will let the reader know the source of the information.

If you are quoting a source that your source quoted or paraphrased, you will indicate the author as your secondary source (not the source that you read) by citing the name as follows:

“This is an example quote” (Eso & Kelly as cited in Peterson, 2006, p. 65).

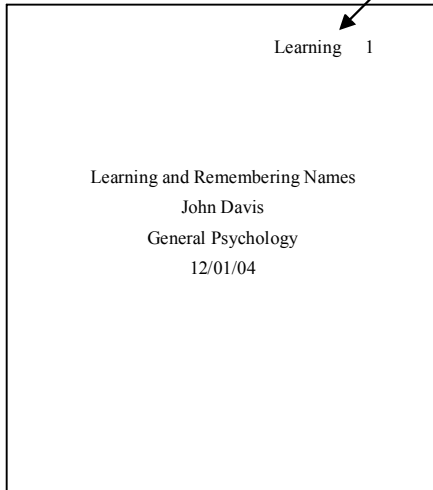
4. Reference Section

- a. The reference section is the last page of your paper. This page is titled Reference (centered at the top of the page – but below the manuscript header).
- b. List the article that you cited, using APA format.

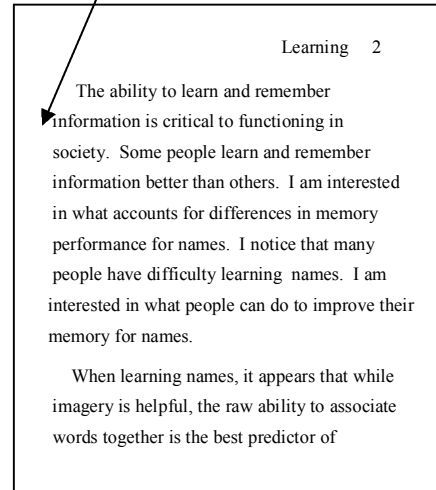
Once you are done with the article review answer the following questions.

1. How did this activity contribute to your understanding of how to evaluate health information?
2. What should have been included in the APA format activity to make the process easier to follow?
3. Do you think it is important to give credit to the author or source of health information with a citation? Why or why not?
4. Are there any consequences for not giving credit to the author or sources of health information when used in the academic environment?
5. How would you define plagiarism?

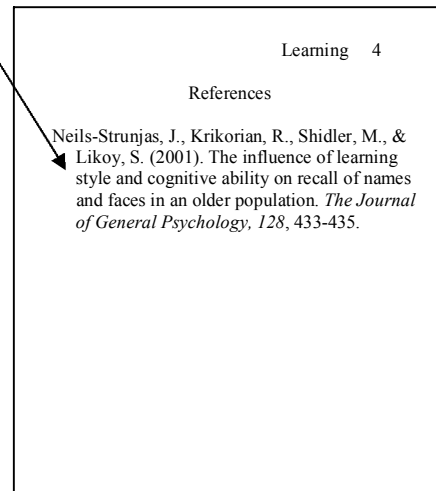
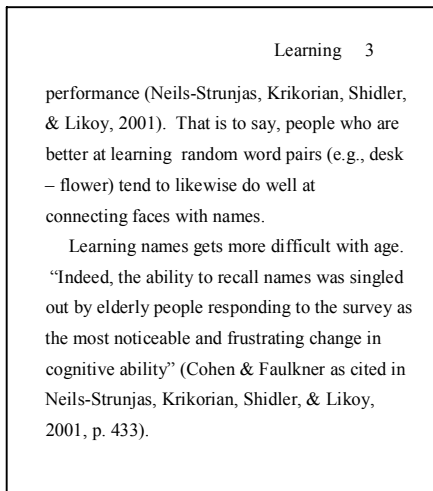
Manuscript
page header



One inch margins all around the page, double
spaced, and use Times New Roman, size 12.



Remember to indent every line (after the first line) by 5 spaces,
and to italicize the journal's name and volume number.



Assessment: The following criteria will be used for grading:

- Completeness, Clarity, & Depth of Thought
- Followed Directions (Title Page, Running Head, Article Review, & References)
- Paraphrase/Summary Citation
- Quote & Citation
- APA Reference