

Obesity Unit: Food Myths Activity

(30 points)

Objective: To dispel food myths and confirm food realities.

Rationale: You cannot believe everything that's out there (marketing ploys).

To do: There are many statements made about food and health. Some are true, but some are not. This assignment is to take **three** of any kind of sayings or actual facts made about food in relation to health benefits and investigate using reliable sources to see whether or not they are true. To help you get started, consider these statements. Are they actual facts, or mere marketing ploys?

1. Will drinking diet soda help you lose weight?
2. Will eating broccoli make you feel gassy?
3. If I regularly eat after 7 o'clock at night, will I gain weight?
4. Does the size of the plate that I eat from matter in terms of amount of food I eat?
5. Is it possible to drink too much water?

Assignment must be typed, double spaced, one inch margins on all sides, and titled under a single spaced "name/date/period #." You should have three paragraphs (one for each food statement) that identifies the statement, the research found that supports or denies it and its source (which, as much as possible, should not be a ".com" website), and what you feel about your finding (is it believable?). Note: even if you don't find the answer you were looking for, describe your research evidence to get partial (and possibly full) credit.

For example:

1. Will drinking diet soda help you lose weight?

Answer:

Although it may seem that drinking diet soda will be helpful to lose weight, some studies suggest otherwise. It's not just about the calorie intake, but drinking diet soda may replace drinking other healthier options, like water, or low fat milk. Drinking diet soda tricks the mind to thinking that the body is being filled with calories, but after it realizes this is not so, one may overeat to compensate the fact that it is not full. Some may drink diet soda as the only weight loss strategy, but not cut down on food calories, which will cause the person to gain more weight. I think everything needs to be taken in moderation. I drink diet soda; sometimes too often, and I know I should be drinking more water. I must also consider other factors like cutting down on my food calories and protecting my tooth enamel.

My references used:

--suggests that drinking the diet soda is a trick on the mind of empty calories; also an excuse to not eat well; can make you not want to drink water or healthier beverages

<http://ezinearticles.com/?Is-Diet-Soda-Bad-For-You?&id=2551120>

--studies suggest that the risk for diet soda drinkers to be overweight/obese is 55%

<http://www.webmd.com/diet/news/20050613/drink-more-diet-soda-gain-more-weight?page=2>

--studies shown to cause cancer or brain tumors (sugar substitute)

<http://www.cancer.gov/cancertopics/factsheet/Risk/artificial-sweeteners>

--diet soda contains acid that can erode tooth enamel <http://womenshealth.gov/faq/oral-health.cfm>

Teacher directions and notes:

1. Make the handout similar to above for students to see examples and detailed directions for assignment.
2. You may start out with discussions, or connect with the “Mythbusters” show, about the two “scientists” who attempt to see whether old wives tales are indeed true.
3. You may need to help them with thinking about common misconceptions/sayings/statements. Remember to point out it has to be food (or drink) related.

National Healthcare Foundation Standards and Accountability Criteria:

2.1 Concepts of Effective Communication

2.2 Written Communication Skills

9.1 Healthy Behaviors