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## Using Fad Diets to Teach Information Evaluation

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# Using Fad Diets to Teach Information Evaluation

Jonathan Carlson, Annie Larson, Laura Bauer  
College of Saint Benedict/Saint John's University

#mnlb2021

# Who are we?

- ▶ Jonathan Carlson
  - ▶ Science Librarian
- ▶ Annie Larson
  - ▶ Humanities Librarian
- ▶ Laura Bauer
  - ▶ Visiting Assistant Professor of Nutrition

# Land Acknowledgement

- ▶ Both the College of Saint Benedict and Saint John's University occupy the original homelands of the Dakhóta and Anishinaabe peoples. We honor, respect, and acknowledge the Indigenous peoples forcibly removed from this territory, whose connection remains today. St. Benedict's Monastery and St. John's Abbey previously operated boarding schools for Native children. Now, students, faculty, and staff are working to repair relationships with our Native Nation neighbors.

# Overview

- ▶ How we started collaborating
- ▶ Nutrition 110
- ▶ Nutrition 125
- ▶ Compare Information Evaluation techniques
- ▶ What we've learned

# Instructional Technology Day

The background features a series of overlapping, semi-transparent green triangles and polygons of various shades, ranging from light lime green to dark forest green. These shapes are primarily located on the right side of the image, creating a modern, geometric aesthetic. The text 'Instructional Technology Day' is centered on the left side of the image in a clean, sans-serif font.

# Version 1: NUTR 110: Understanding Nutrition

- ▶ Class made up mostly of non-science majors
- ▶ Already analyzing personal diet
  - ▶ Needed to find a recipe to help improve their diet
- ▶ Librarians presented one 1/2-hour session plus group work time























# What did we cover?

- ▶ What is a search engine?
- ▶ Choosing terms
- ▶ Filtering results
- ▶ SIFT
- ▶ Copyright/plagiarism



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-  Business News
-  Camera & Photo Equipment
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-  Casual Games
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-  Classical Music
-  Clocks
-  Combat Sports
-  Company News
-  Company Size: Large Employer (250-10k Emplo...
-  Computer & Video Games

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# How did it go?

- ▶ Identification of authority
- ▶ Assignment got students thinking critically, but wasn't very in-depth
- ▶ Led to a deeper conversation of designing a new assignment to foster more critical information evaluation

# Collaborative Assignment Design

- ▶ Started with learning objective and topic
  - ▶ Topic of Fad Diets
  - ▶ Justice themed course
- ▶ Brainstormed different ideas for the assignment
- ▶ Decided on a case study with 2 library sessions on internet searching and database searching

# Version 2: NUTR 125: Concepts of Nutrition Science

- ▶ Core class for Nursing & Nutrition majors, class mostly science & pre-health majors
- ▶ Case study assignment with a focus on fad diets & food justice
- ▶ Librarians each presented one 1-hour session
  - ▶ Annie: Internet research
  - ▶ Jonathan: Database searching for scholarly articles

# What did we cover?

## Internet Searching: Annie

- ▶ Stayed pretty much the same
- ▶ What is a search engine
- ▶ *Online Verification Skills with Mike Caulfield* YouTube video
- ▶ SIFT
- ▶ Search Tricks

## Database Searching: Jonathan

- ▶ Primary/Secondary/Tertiary
- ▶ Nutrition databases
- ▶ TRAP
- ▶ Database search tips for diets

# How did it go?

- ▶ Students were a lot more engaged
- ▶ More embedded information literacy goals
- ▶ Preliminary assessment

# Information Evaluation

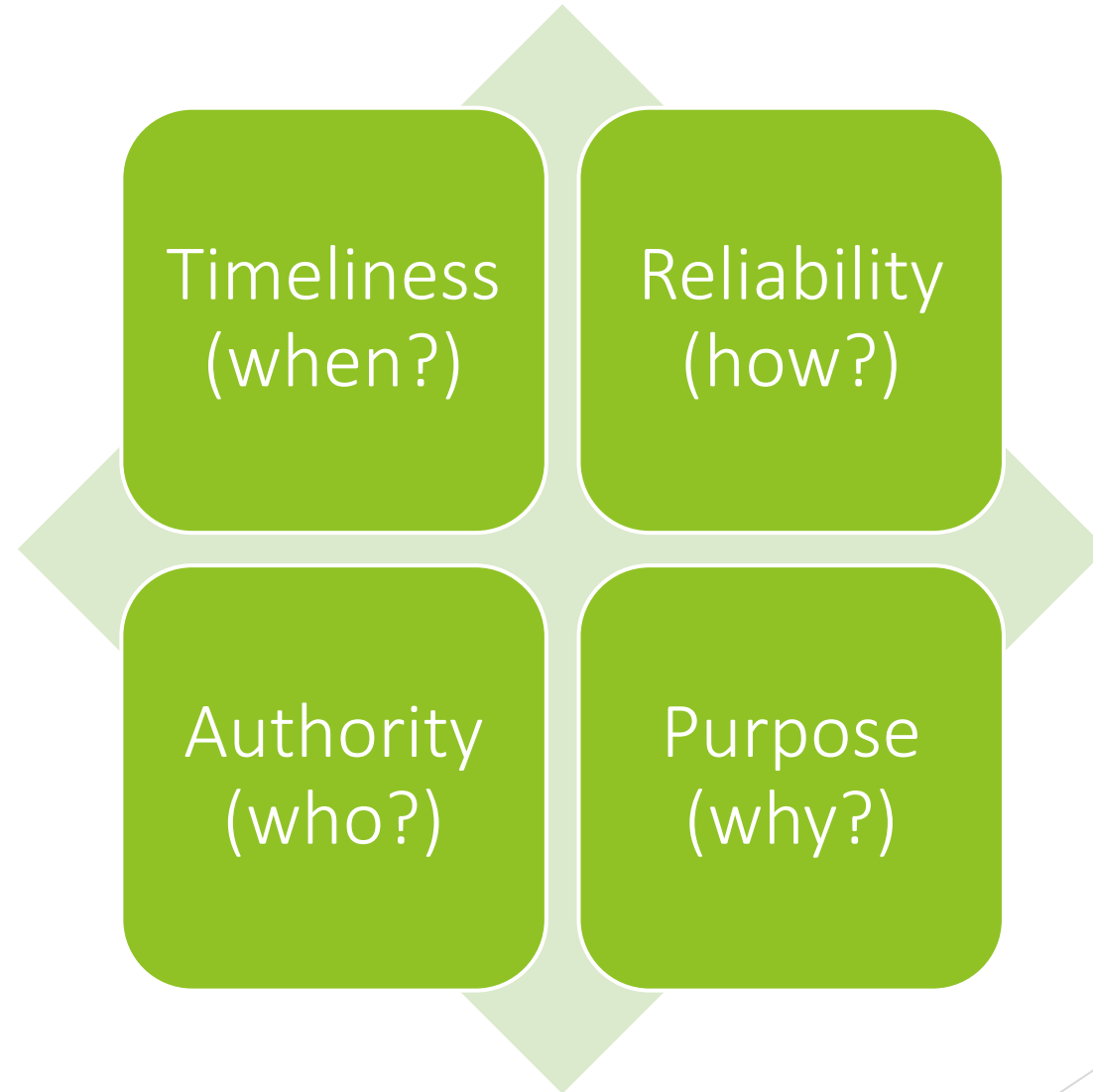
SIFT and TRAP

# SIFT





# TRAP



# Trap: Timeliness

- ▶ Is the information current? Historical? Out of date?
- ▶ When was it created or last updated?



# tRap: Reliability

- ▶ Are the sources cited?
- ▶ Can you verify facts in other sources?
- ▶ Is the publication peer reviewed?

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# trAp: Authority

- ▶ Are the author credentials available?
- ▶ Is the author qualified to write on the topic?
- ▶ Is the article cited by other authors?

# traP: Purpose

- ▶ Is the information fact, opinion, or propaganda?
- ▶ Is there a discernable bias or agenda?
- ▶ Biases could be political, ideological, cultural, religious, institutional, or personal.
- ▶ Was there a conflict of interest?

# When to use?

## SIFT

- ▶ Intended for internet research
- ▶ A process
- ▶ Both investigate purpose and address authority but in slightly different ways

## TRAP

- ▶ Intended for scholarly sources
- ▶ A more specific checklist
- ▶ Assumes some level of vetting
- ▶ Timeliness of sources addressed

# Our Next Steps

- ▶ We're now implementing the fad diet assignment in the NUTR 110 course this semester
- ▶ Liaison reorganization
- ▶ Outreach to other instructors?

# Questions?

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