**Directions** – Research two of the five questions/topics at the bottom of this page using the tools and techniques discussed in class. Out of the sources you find, select five different ones that you feel are the “best” sources of information on that topic. From those sources synthesize a succinct statement that addresses the question posed. In your answer, do not use any words that you do not understand or cannot define.

Also list the five sources that you selected as the “best”. Please write down the complete URL of each website. For each source evaluate its reliability and trustworthiness using the following criteria:

*Expertise* - 2 points if the source was written by an individual with reasonable credentials for the issue (ex. Medical Doctor for an article about the cellular impact of protein), 1 point if they cite an expert, 0 points otherwise.

*Citations* - 2 points if multiple other sources are cited, 1 point if a single source is cited, 0 points if no sources are cited.

*Professionalism* - 2 points if the source is from or associated with a professional organization (such as a University, Hospital, or Governmental Agency), 1 point if the source is from a business organization (such as a food tracking website or about.com) or personal website (blog)

*Advertising* - 2 points if no advertising is present, 1 point if ads are high quality or from reputable organizations, 0 points if there are many ads or the ads are questionable

For each source add up the values for the 4 criteria above and write that score next to it. Reputable sources typically have scores of 5 or higher.

**Topics**
1. What are some useful strategies to improve the consistency of aerobic exercise?

2. Explain the health risks for 3 of the ingredients in Mountain Dew? What are 5 lower sugar and lower calorie alternatives to Mountain Dew?

3. What happens to your body when you do not eat enough protein?

4. What happens in the human body when ecstasy is taken? Name 3 risks caused by the way the body reacts to ecstasy.

5. What are the benefits of cardiovascular exercise? Describe 5 different low impact exercises that provide cardiovascular benefit.
Write the first question or topic you are addressing on the line below:


Answer:


Sources:

1. 


2. 


3. 


4. 


5. 


Write the first question or topic you are addressing on the line below:

Answer:

Sources:
1.
2.
3.
4.
5.