

Biology 104 project essay examples

[Food & Diet](#)



**ASSIGN
BUSTER**

Popular Press Article

Roussell, Mike. "7 Foods a Nutritionist Would Never Eat And Why You Shouldn't Either!."

Shape 2012. Web. 18 June 2012 .

This article provides information about seven types of food that people perceive as healthy but are actually not. The information provided includes the reasons why these foods are perceived as healthy, as well as the reasons why they are more harmful than healthy for the body. In addition, the author provided some alternatives for some of the food types.

People would be interested in reading this article because it provides new and surprising information about foods that they normally perceived as healthy. It would serve as an eye opener for some.

The readers would be inclined to follow the advice provided by the author as most of the foods included in this article are quite common that they are most likely found in many American homes. As such, eliminating them from the reader's diet is something that would be doable for them.

The information provided in the article can be considered authoritative and reliable because the author is indicated as having a Ph. D. Shape Magazine is also a popular health magazine and for sure, they would ensure the validity of the articles they publish so as to take care of their reputation.

Scholarly Articles

1st Article

Mozaffarian, Dariush, Hao, Tao, Rimm, Eric B., Willett, Walter C. and Hu,

Frank B. "Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and

Men." *New England Journal of Medicine* 364 (23 Jun 2011): 2392-2404. Print.

This article provided information about how the types of lifestyle and diet affected weight gain among men and women in the long-term. In particular, the study showed that changes in physical activity and diet resulted in large differences in weight gain.

This article is scholarly because it was written by professionals in the field, all having degrees in medicine or a PhD. The article also made use of jargons, a statistical analysis of data, and included references for the sources of information.

The article is also authoritative and reliable because the authors are experts in the field and the findings described in the article were evidence-based. The sources of information were also properly cited, which further added credibility to the article.

The article supported the information in the popular article as both articles promoted a healthy diet. Both articles provided information about which foods were healthy and which were not.

2nd Article

Jacka, Felice N., Kremer, Peter J., Berk, Michael, de Silva-Sanigorski, Andrea M., Moodie,

Marjorie, Leslie, Eva R., Pasco, Julie A. and Swinburn, Boyd A. “ A Prospective Study

of Diet Quality and Mental Health in Adolescents.” PLoS One 6. 9 (Sept. 2011): 1-7.

Print.

This article described the findings of a study that determined the relationship between the quality of diet among adolescents and their mental health. The study showed that improvements in the quality of the diet resulted in improvements in mental health and that deteriorations in diet quality resulted in poorer psychological functioning.

This article was scholarly because it was authored by psychiatric experts. Jargons were used throughout the article; data was statistically analyzed; and the references used were properly cited. Similarly, the information can be considered authoritative and reliable because the findings described were based on a long-term study that the experts conducted. The sources of information used by the article were also properly cited, which further showed that the article was based on valid and reliable information.

This article supported the information in the popular article in that it also advocated for a healthy diet not only to promote good physical health, but good mental health as well.

Works Cited

Jacka, Felice N., Kremer, Peter J., Berk, Michael, de Silva-Sanigorski, Andrea M., Moodie,

Marjorie, Leslie, Eva R., Pasco, Julie A. and Swinburn, Boyd A. “ A Prospective Study

of Diet Quality and Mental Health in Adolescents.” PLoS One 6. 9 (Sept. 2011): 1-7.

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