

Food and Nutrition Information in the Media: Fact or Fiction?



Ages 10 - 14

Lesson Overview:

In this lesson, students will learn how to differentiate between fact or fiction when it comes to food and nutrition information presented in the media. Students will then analyze food and nutrition related social media posts and decide if the information presented is credible or not.

Learning Outcomes:

Students will:

- be able to define fake news
- be able to explain why fake news is harmful
- be able to perform a lateral search using 3 sources
- be able to identify and use the 5 C's of critical consuming
- be able to identify nutrition experts
- be able to identify types of food and nutrition misinformation

Materials:

- Computer
- Projector
- Whiteboard/flip chart
- Marker
- Tablets/cellphones or computers for students
- Printed out copies of Food and Nutrition Misinformation Jigsaw Worksheet (one per learner)
- Printed out copies of Food and Nutrition Misinformation Jigsaw Information (one per group of 4)

Lesson

Activating Discussion:

Ask students who has heard about the term “fake news”. What does fake news mean? Does anyone have an example of fake news?

Learning Plan:

1. Show and discuss the following video about fake news:
<https://www.youtube.com/watch?v=RDOFt1tFYx8>
2. Ask students the following questions: What do you do when you are unsure about information you come across or if you think something is too good to be true? Write answers on whiteboard or flip chart.
3. Explain the Rule of 3: performing a search to verify with at least 3 other sources of information. If the information presented from the 3 sources is similar, than the information is credible. If the information cannot be verified, than it may not be credible.
4. Demonstrate how to perform a search and the Rule of 3.
5. Introduce the 5 C's of Critical Consuming (context, credibility, construction, corroboration, compare). Use the following video to assist in the explanation:
<https://www.youtube.com/watch?v=xf8mjbVRqao>

Activity Options:Option 1: Reliable food and nutrition information jigsaw

Create groups of 4. Assign each group member a letter (a, b, c, d). Each group member will become an 'expert' on a certain topic and will report back to share the information with their initial group.

Option 2: Lateral search with social media posts

Assign each group an image from Lesson 2 (Appendix 1). Have them perform a lateral search to determine if the information is reliable or not. Present findings to the larger group.

Appendices:

- Appendix 1 - Food and Nutrition Misinformation Jigsaw Worksheet
- Appendix 2 - Food and Nutrition Misinformation Jigsaw Information