Assignment #2
Vitamin/Mineral Assignment

Possible Points: 100

The objectives of assignment:
1. To investigate the current research being done with vitamins and minerals
2. To learn about scientific research data sources
3. To be able to look up current research in scientific journal sources
4. To read scientific research studies
5. To summarize current research studies in a written format and orally

1. Find 3 research articles in scientific journals about your assigned vitamin or mineral
   A. Articles must be about people
   B. Articles must NOT be about animals
   C. Articles must NOT be about cells
   D. Look for original source research studies involving an experimental group and a control group or a case control study; a case study is OK;
   E. DO NOT use a review article
   F. Please don’t use an article that reviews lots of research studies—it is to difficult to summarize it—and you would be summarizing someone else’s summary;
   G. I want you to read about how your vitamin/mineral is currently being used in research.
   H. I don’t want you to read articles about functions of the vitamin/mineral etc. (you can read ABOUT your vitamin/mineral in your textbook)
   I. Please DO NOT use a summary, review type article for one of your references.
   J. DO NOT use newsletters or consumer publications such as Prevention and FDA Consumer.
   K. DO NOT use letters to the editor or press releases.
   L. If an article does not have an author or is anonymous, DO NOT use it.
   M. Be doubtful if the article has only one author, often research studies have many authors.
   N. Read at least one article in its entirety. The other 2 articles you may read the abstract. Abstracts need to be at least 10 lines long. An abstract that is one or two sentences does not give you enough information. If you can’t find a good abstract, it is OK to read another full research article

2. Write a one to two page paper about your vitamin or mineral
   A. BRIEFLY (one paragraph—i.e. 5 sentences) introduce the vitamin or mineral
      1) What it is; major functions; etc. This information can be found in your textbook.
   B. Summarize the full article AND the 2 abstracts you read. This part is the majority of the paper
      1) Describe the research currently being conducted
      2) Footnote the articles in the body of the paper
      3) Any kind of footnote is OK
4) It is OK if you don’t understand all of the research concepts being described in the articles.

3. REFERENCE PAGE: Include all 3 references in the following format:
Authors (last name and then first and middle initials). Title of article. *Title of Journal*. year; journal number (issue number):page numbers.


For the references, EXACTLY follow the example. That means do not write out the authors full first name, do not use the words “issue” or “volume” or “pages”

4. Include a copy of the full research article you read and copies of the two abstracts you read. Copy the articles and paste into your word document.

5. On the vitamin/mineral discussion board, summarize your research findings.

6. Submit your assignment via blackboard.

How do I find research articles?

1. From the EWU Library Web Site:
   **Proquest**
   A. You can access full text and abstracts of research articles.
   B. In Proquest, search your specific vitamin or mineral or choose a publication and search within the publication. You can put search limits including “scholarly journals.”
   C. **Examples of Scientific Journals found on Proquest are:**
      1) The American Journal of Sports Medicine
      2) The American Journal of Nursing
      3) Annals of Nutrition and Metabolism
      4) Annual Review of Nutrition
      5) Australian Nursing Journal
      6) American Journal of Clinical Nutrition
      7) British Journal of Sports Medicine
      8) British Medical Journal
      9) Clinical Nursing Research
      10) Clinical Pediatrics
      11) Diabetes
      12) Diabetes Care
      13) European Journal of Clinical Nutrition
      14) International Journal of Food Science and Nutrition
      15) International Sports Journal
      16) JAMA
      17) Journal of Athletic Training
      18) The Journal of Nutrition
      19) Journal of Public Health
      20) The Lancet
      21) The New England Journal of Medicine
      22) Nutrition and Food Science
   A. You can access abstracts of scientific research on this site. Sometimes there is a link to the full text article.

3. **Hard copies of Scientific Journals** found EWU library, ICNE library, other schools

4. **American Dietetic Association Website**: [www.eatright.org](http://www.eatright.org)
   You can find abstracts on this site. On the left-hand side of the intro page, click on ADA Journal and then click on Search the Journal.

**For all available points**: 100 points possible

**Paper Format**: 10 points
1. Paper be at least one FULL page long
2. Typed
3. 1.5 line spaced

**Paper Content**: 30 points
1. Briefly introduce the vitamin or mineral
2. Summarize all 3 articles (full text article and 2 abstracts) read
3. Footnotes (any format)

**References**: 50 points
1. The articles MUST be scientific research articles as described in the assignment directions
2. The articles must be referenced in the format described in the assignment directions on the reference page
3. Include copies of the research article and the abstracts

**Discussion Board**: 10 points
1. Tell about the research articles you read

If you have questions, please ask!