# Front page banauney eta ani include all these things there:

[Your Name]

[Your Student ID]

NUTR101 - Nutrition Fundamentals

Assessment Task 1: Nutrition Literature Analysis

Selected Journal Article: [Insert Selected Article Title]

Word Count: [Insert Word Count (excluding reference list)]

## Fill this table(Sab kura article mai hunxa dherai kei lekhna pardiana just j magya xa tei lekhney) 5% carry garxa esley :

|  |  |
| --- | --- |
| First author’s name |  |
| Year of publication |  |
| Journal name |  |
| Study design |  |

## Peer Review (only 50-100 words so dherai lekhna pardaina) 10% carry garxa esley:

[Explanation of whether the selected journal article has been peer-reviewed, including the process and its significance, supported by appropriate literature references.]

A peer-reviewed (or refereed) article has been read, evaluated, and approved for publication by scholars with expertise and knowledge related to the article's contents.

## Introduction, rationale and aim (150-200 words this is important so ramrari report herera lekhney ) 15% carry garxa esley:

Briefly summarise the background literature of your article and explain how it

provides a rationale for the study. Then, in your own words, identify the aim/s of the

study.

A rationale explains why the study is being conducted and the aims are the

questions trying to be answered by the study.

## Study design (50-100 words yo chai mailey ni bujina class ma vaneko hola esko barey ma) 10% carry garxa esley

Explain the general strengths and weaknesses of using the study design (e.g.,

case-control, cohort, randomised-controlled trial etc.) identified in Part 1. This

should not be in reference to your selected study. References should be included

to support your explanation.

## Methods (150-200 words) 10% carry garxa esley

Explain the methods of the selected study. Your response should include:

• a description of the population being studied  
Kasto data or population study gareko xa article ma tesko barey ma lekhney

• a summary of the research design (i.e., what did the researchers do and/or

what did the participants undergo?)

yo chai tha vayena report padey paxi vetiyela

• the main outcomes being observed (i.e., what data was being collected)

Kasto data chai collect garko xa article leh.

• an explanation of how the data was collected.

Data haru kasari collect vairako xa ka bata collect vako xa testai testai kura haru lekhney

## Results (100-150 words):10% carry garxa esley

In your own words, summarise the main findings of the study. Do not include any

tables or figures. Include data from the study where relevant.  
  
Article leh mainly k find gareko xa main objective k thiyo article ko testai kura haru

## Reflection (approx. 250-300 words): 20% carry garxa esley

Reflect on how the findings of the paper affects your understanding of nutrition.

Consider whether the findings of the study change your perspective on the

nutrition-related issue addressed by the paper.

You can consider aspects such as:

• Strengths and limitations of the study (Are there any aspects of the paper

that are particularly convincing or problematic? Why?)

• Whether the findings of the study align or challenge your own previous

understanding of nutrition

• Whether the findings of the study have been supported by other studies

(Does this paper align with or challenge the current knowledge base?)

• The author’s conclusion/s (Do you agree with them or not? Why?)

• How the paper might influence your own dietary habits and/or

recommendations

Note: there is no obligation to answer all of the above questions. The above

prompts are provided to guide your reflections on the paper you’ve analysed.

Article leh mainly k dekhauna khojeko ho, k kura tha vo article padera, yo article leh gareko study ko advantage ra disadvantages,  
Nutrition ko paila afu sangha vako knowledge ma k kura haru add vayo yo article padhera estai kura haru chai eta lekhney conclusion jasati ho yo.

## Reference: 10% carry garxa esley Deko word count vanda 10% vanda mathi wa tala gayo vaney mark katxa suppose 100 word xa vaney 110 vanda mathi jana vayena word count wa 90 vanda tala ni aauna vayena