

EPHE 155 Nutrient Supplement and Weight Loss Plan Critiques

Nutritional Supplement Critique (5%)

Due by: October 31, 2024

Weight Loss Plan Critique (5%)

Due by: November 18, 2024

One circumstance you may find happening (especially now that you are taking a nutrition course!) is that friends or family may approach you to ask for your advice or opinion on a supplement, cleanse or weight loss/gain plan. The purpose of these assignments is for you to critically evaluate both a supplement and a weight management plan. Each critique should not be longer than **two** pages double spaced and should include at least two ACADEMIC references. Please use APA style to cite your references within your paper and include your full reference at the end of the paper. Each of your critiques should address the following:

Name of the plan or supplement being evaluated.

Identify the claims that are made by the plan/supplement in terms of weight loss, weight gain, health improvements etc. 1 mark

What were the red flags in the advertisement, internet ad, diet description that alerted you to investigate further. 1 mark

Is there any peer-reviewed scientific research that backs up the claims? (If there isn't one for the whole supplement or plan please provide academic information on the active ingredients). Reputable references and APA style. 2 marks

What are the positive aspects of the weight loss/gain plan or supplement? 2 marks

What are the negative aspects of the weight loss/gain plan or supplement? 2 marks

Would you recommend this weight loss/gain plan or supplement? Why or why not? 2 marks

TOTAL: 10 Marks (5%)