

Credible Sources - Formulate Question (20 points)

Description: In Part 1 of this assignment, you will identify and fine-tune your “burning question” into one that is specific enough to lead you to a credible, peer-reviewed journal publication. Review “Credible Sources Assignment: Overview” document for full details and grading rubric.

1. **5 points. Please state your “burning question”.** Start by asking yourself... “What about nutrition, health and/or wellness have I always wanted to know more, but am unsure how to get started?” This is your “burning question”. My burning question is “how can I stop myself from indulging my food cravings, or stop cravings all together?”
2. **5 points. Why is this question important for you to answer?** Elaborate on why you selected this question. This is important to me because since I was a kid, I’ve found it very difficult to resist food cravings, especially when I was in an environment where I had easy access to junk food. As I’ve gotten older, the only way I could resist cravings was if I didn’t have anything at home that wasn’t good for me, which somewhat worked. This hasn’t been fool-proof though, because there were always vending machines or 7-11’s close enough that if I had a craving, it would not be difficult to get what I wanted.

This is the primary reason for why I gain a lot of weight. During the times when I cut out late night convenience store runs, I lost about 15 pounds in a week from the reduced calories and no other big changes. As soon as I started going back to the store, I gained it all back. I want to be able to cut out those cravings, or at least control them enough to where I’m not constantly eating, and I can actually keep off empty calories and pounds.
3. **5 points. How can you make your question more specific? Please describe your thought process.** Visit the [BYU Library Finding and Narrowing Your Topic](#) page for tips in developing shaping your question. State your question below. I can make this question more specific by researching studies where similar results were attained by changing a person’s diet or some psychological trick to stop them from wanting to eat that specific junk food.¹
4. **5 points. Please restate your “burning question” in the most specific, concise wording possible.** My reformed burning question is “What ways can a person reduce or control their cravings to reduce the amount of calories they consume?”

¹One specific psychological example I initially thought of was eating the foods when I’m extremely sick, so I can create an aversion to it, which I inadvertently did recently with some flavors of chips. I know it’s not healthy and I wouldn’t intentionally do that to myself, but it would have similar results to what I was thinking of.