



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 1 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 1"

**This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.**

### **WHAT IS THE ALTERNATE PROJECT?**

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.



**DID YOU USE THE FORM IN CANVAS TO FORMALLY REQUEST APPROVAL TO COMPLETE THE ALTERNATE PROJECT FOR THE SEMESTER?**

**WHEN YOU SPOKE WITH TONI, WHICH DISEASE WAS APPROVED FOR THE FOCUS OF THE STEP PROJECT?**

**WRITE A PARAGRAPH (5+ SENTENCES) EXPLAINING WHY YOU CHOSE THIS DISEASE, WHAT YOU ALREADY KNOW, AND WHAT REPUTABLE SOURCES YOU WILL USE TO INVESTIGATE THE TOPIC FURTHER.**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 2 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 2"

This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.



### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.



**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.



**FIND 3 RESEARCH ARTICLES OR JOURNALS FROM REPUTABLE SOURCES FOCUSING ON YOUR APPROVED DISEASE THAT INCLUDE INFORMATION ABOUT THE DIETARY PATTERNS.**



**CITE EACH ARTICLE IN APA FORMAT AND PROVIDE TWO UNIQUE PIECES OF EVIDENCE/INFORMATION ABOUT THE DISEASE THAT YOU LEARNED FROM EACH ARTICLE. (FOR HELP WITH CITATIONS, USE PURDUE OWL WRITING LAB, EASY BIB, OR CITATION MACHINE.)**

**ARTICLE 1:**

**ARTICLE 2:**

**ARTICLE 3:**



**FOR EACH ARTICLE, SHARE 3+ THOUGHTFUL SENTENCES OUTLINING WHY YOU CHOSE TO REFERENCE THAT ARTICLE.**

**ARTICLE 1:**

**ARTICLE 2:**

**ARTICLE 3:**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 3 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 3"

This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

**ONE OF OUR GOALS IN THIS COURSE IS SCIENTIFIC LITERACY. AS SUCH, WE WANT YOU TO EXPLAIN IN DETAIL WITH 3-5 SENTENCES PER SOURCE EXPLAINING WHY THE ARTICLES FROM THE "ALTERNATE STEP 2" ARE SCIENTIFICALLY VALID SOURCES.**

**ARTICLE 1:**

**ARTICLE 2:**

**ARTICLE 3:**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 4 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 4"

This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

**AS A SCIENCE COURSE, IT IS EXPECTED THAT YOU CAN SHOWCASE SCIENTIFIC INFORMATION IN A MEANINGFUL WAY. YOU ARE EXPECTED TO USE CANVA TO CREATE AN INFOGRAPHIC THAT INCLUDES A TABLE AS A COMPONENT. YOU WILL SUBMIT IT AS A PDF DOCUMENT.**

**BE SURE TO PUT IN SIGNIFICANT TIME AS YOU WILL BE PRESENTING YOUR FINDINGS IN THE FINAL VIDEO USING THIS INFOGRAPHIC.**

**NOTE: CANVA STUDENT ACCOUNTS ARE FREE AND THE SOFTWARE IS QUITE USEFUL IN YOUR ACADEMIC CAREER! DIVE IN AND HAVE FUN.**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 5 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 5"

This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

**NOW THAT YOU HAVE GAINED FOUNDATIONAL KNOWLEDGE ABOUT YOUR CHOSEN DISEASE AND ITS RECOMMENDED FOOD INTAKE TO SLOW THE PROGRESSION OF THE DISEASE OR TREAT IT WITH NUTRITIONAL INTERVENTION, REFLECT ON 6+ FOODSTUFFS YOU EAT THAT WOULD IMPACT THE PROGRESSION OF THE DISEASE OR ITS SIGNS/SYMPTOMS EITHER NEGATIVELY OR POSITIVELY.**

---

**SHARE THREE FOODS YOU EAT THAT WOULD BE CONTRAINDICATED WITH THE DISEASE YOU CHOSE TO SHOWCASE. WHY ARE THEY NOT RECOMMENDED TO CONSUME FOR SOMEONE WITH THE DISEASE? EXPLAIN WITH ACCURATE AND SPECIFIC NUTRITION INFORMATION ON THE FOODS.**

**SHARE THREE FOODS YOU EAT THAT WOULD BE RECOMMENDED FOR SOMEONE WITH THE DISEASE YOU CHOSE TO SHOWCASE. WHY ARE THEY RECOMMENDED TO CONSUME FOR SOMEONE WITH THE DISEASE? EXPLAIN WITH ACCURATE AND SPECIFIC NUTRITION INFORMATION ON THE FOODS.**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 6 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 6"

This is the alternate semester project that has 12 unique "steps" for students who have health concerns about participating in the traditional project.

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

**AS NOTED IN STEP 3, SCIENTIFIC LITERACY IS ONE OF OUR GOALS IN THIS COURSE. AS SUCH, WE WANT YOU TO FIND SOME NON-REPUTABLE SOURCES DISCUSSING THE DISEASE AND/OR INACCURATE INFORMATION REGARDING DIETARY RECOMMENDATIONS.**

**SHARE THE SOURCES WITH DIRECT LINKS. AND, THEN EXPLAIN IN DETAIL WITH 3-5 SENTENCES PER SOURCE (9+ SENTENCES TOTAL) EXPLAINING WHY THE SOURCES ARE NOT VALID SOURCES.**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 7 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 7"

**This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.**

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

#### **IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

OFTENTIMES, CELEBRITIES USE THEIR STATUS AND EXPOSURE TO DISCUSS PRESSING ISSUES. AND MOST DISEASES HAVE MEDICATIONS OR DOCTOR'S RECOMMENDATIONS HIGHLIGHTED IN A TARGETED ADVERTISEMENT (MEDICATION) OR A PSA (PUBLIC SERVICE ANNOUNCEMENT). FOCUSING ON THE DISEASE YOU CHOSE BEFORE, FIND ONE OF THE FOLLOWING:

1. CELEBRITY TESTIMONIAL ON THE TOPIC
2. ADVERTISEMENT FOR A MEDICATION THAT CAN HELP THE DISEASE
3. PUBLIC SERVICE ANNOUNCEMENT FOCUSING ON THE DISEASE

**WATCH THE VIDEO YOU FOUND WITH A CRITICAL EYE, AND IN YOUR SUBMISSION, SHARE THE LINK AND SUMMARIZE YOUR THOUGHTS IN 5+ SENTENCES FOCUSING ON THE MAIN MESSAGE OF THE VIDEO AND IF THE VIDEO IS FULLY CREDIBLE OR NOT.**

BELOW IS A SHORT LIST OF CRITERIA TO CONSIDER WHEN EVALUATING IF A SOURCE IS RELIABLE:

- IS THE AUTHOR AN EXPERT OR A WELL-RESPECTED PUBLISHER (SUCH AS THE NY TIMES OR WALL STREET JOURNAL)?
- ARE CITATIONS FOR SOURCES USED?
- WHEN WAS THE DIGITAL OR OTHER PUBLICATION WRITTEN? AND, DID THEY USE UP-TO-DATE INFORMATION FOR YOUR TOPIC (EX: WITHIN THE PAST 5-10 YEARS)?
- IS THERE AN UNBIASED ANALYSIS OF THE TOPIC FROM MORE THAN ONE PERSPECTIVE?



Reach out to  
Toni to discuss  
this project

## ALTERNATE STEP 8 STEPS TO A HEALTHIER YOU

# "ALTERNATE STEP 8"

This is the alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.

## WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

**FREQUENTLY, NON-CELEBRITIES WHO ARE EVERYDAY PEOPLE SHARE ABOUT THEIR EXPERIENCE WITH A DISEASE. FIND A VIDEO WITH SOMEONE EXPLAINING HOW THE DISEASE IMPACTED THEM. PLEASE MAKE SURE THE VIDEO IS MORE THAN 1 MINUTE LONG SO THERE'S ENOUGH INFORMATION TO DISCUSS AND TALK ABOUT IT.**

**WATCH THE VIDEO YOU FOUND WITH A CRITICAL EYE, AND IN YOUR SUBMISSION, SHARE THE LINK AND SUMMARIZE YOUR THOUGHTS IN 5+ SENTENCES FOCUSING ON THE CENTRAL MESSAGE OF THE VIDEO AND IF THE VIDEO IS ENTIRELY CREDIBLE OR NOT.**

**BELOW IS A SHORT LIST OF CRITERIA TO CONSIDER WHEN EVALUATING IF A SOURCE IS RELIABLE:**

- **IS THE AUTHOR AN EXPERT OR A WELL-RESPECTED PUBLISHER (SUCH AS THE NY TIMES OR WALL STREET JOURNAL)?**
- **ARE CITATIONS FOR SOURCES USED?**
- **WHEN WAS THE DIGITAL OR OTHER PUBLICATION WRITTEN? AND, DID THEY USE UP-TO-DATE INFORMATION FOR YOUR TOPIC (EX: WITHIN THE PAST 5-10 YEARS)?**
- **IS THERE AN UNBIASED ANALYSIS OF THE TOPIC FROM MORE THAN ONE PERSPECTIVE?**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 9 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 9"

This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

**FIRST SOURCES ARE WONDERFUL EXAMPLES OF SCIENCE IN ACTION. FIND A VIDEO OF AN INDIVIDUAL DISCUSSING A CURRENT RESEARCH PROJECT OR A META-ANALYSIS (COMPILATION OF MANY PROJECTS ALL SHOWCASED WITH A CENTRAL THEME AND RECOMMENDATION).**

**WATCH THE VIDEO YOU FOUND WITH A CRITICAL EYE, FIND THE ORIGINAL ARTICLE AND READ IT AS WELL, AND IN YOUR SUBMISSION, SHARE THE LINKS TO THE VIDEO AND ARTICLE WITH A SUMMARIZATION OF YOUR THOUGHTS IN 5+ SENTENCES FOCUSING ON THE VIDEO'S MAIN MESSAGE AND IF THE VIDEO/ARTICLE ARE FULLY CREDIBLE.**

**TO LEARN MORE ABOUT EVALUATING THE VALIDITY OF A PEER-REVIEWED ARTICLE, USE THE QR CODE BELOW OR VISIT:  
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=\\_X8YS2QALQS](https://www.youtube.com/watch?v=_X8YS2QALQS)**





Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 10 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 10"

This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

#### **IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

#### **CREATE AN OUTLINE OF YOUR FINAL VIDEO. INCLUDE THE TIMING OF CLIPS IN YOUR OUTLINE SHARING WHERE YOU WILL PLACE THE**

- **CLIPS OF THE CELEBRITY TESTIMONY / ADVERTISEMENT / DOCTOR VIDEO (1-2 CLIPS),**
- **THE VIDEO OF AN EVERYDAY TRADITIONAL PERSON (1-2 CLIPS)**
- **VIDEO DISCUSSING A PUBLIC REFEREED REPUTABLE SOURCE (1-2 CLIPS) IN YOUR OUTLINE**

**NOTE: EACH CLIP SHOULD BE 5-30 SECONDS IN LENGTH**

**IN YOUR SUBMISSION OF THE OUTLINE, DESCRIBE THE VIDEO CLIPS AND WHY YOU CHOSE THEM. EXPLAIN THE TRANSITIONAL INFORMATION BETWEEN CLIPS. SHARE WHERE YOU WILL PLACE THE INFOGRAPHIC.**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 11 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 11"

**This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.**

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

#### **IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

**CREATE A DRAFT VIDEO INCORPORATING FEEDBACK FROM ALL PRIOR STEPS.**

**SUBMIT YOUR DRAFT VIDEO AS AN MP4 OR CREATE A UIUC BOX FILE AND CREATE A SHARABLE LINK TO SUBMIT IN CANVAS. DOUBLE-CHECK THAT THE MP4 AND/OR THE LINK WORK USING A SECOND DEVICE TO LOGIN TO CANVAS.**

**FIND TIME TO MEET WITH A FSHN TEAM MEMBER TO REVIEW IT (OFFICE HOURS OR YOU CAN BOOK ME LINK) SO THEY CAN SYNCHRONOUSLY SHARE HER THOUGHTS, AND YOU CAN DISCUSS THE STEPS NEEDED TO FINALIZE THE LAST STEP IN YOUR PROJECT.**



Reach out to  
Toni to discuss  
this project

# ALTERNATE STEP 12 STEPS TO A HEALTHIER YOU

## "ALTERNATE STEP 12"

This alternate semester project has 12 unique "steps" for students who have health concerns about participating in the traditional project.

---

### WHAT IS THE ALTERNATE PROJECT?

If you believe the semester project could be triggering for you, this alternate option can be completed with Toni's approval. This alternate project investigates how an approved dietary pattern may impact a chronic disease.

---

**IMPORTANT: STUDENTS ARE EXPECTED TO COMPLETE ALL 12 OF THE TRADITIONAL STEPS OR ALL 12 OF THE ALTERNATE STEPS.**

BEFORE BEGINNING THE ALTERNATE STEP PROJECT, BE SURE TO SUBMIT A REQUEST FORM IN CANVAS AND CHOOSE THE FOCUS OF YOUR STEPS WITH TONI.

---

**UPLOAD YOUR FINAL VIDEO TO YOUTUBE OR MEDIASPACE.**

**IN THE STEP 12 DROPBOX, SUBMIT THE FINAL MP4 AND WEB LINK TO EITHER YOUTUBE OR MEDIASPACE, HAVE A FRIEND CHECK THAT IT IS AVAILABLE TO THEM (OPEN TO THE PUBLIC), ADA COMPLIANT / CAPTIONED, AND SHARE THE DIRECT LINK TO WHERE THE FINAL VIDEO IS HOSTED.**

**IF YOU HAVE QUESTIONS ON HOW TO CAPTION THE MEDIASPACE VIDEO AND THEN PUBLISH THE VIDEO ALONG WITH CAPTIONING, SEE QR CODE.**

