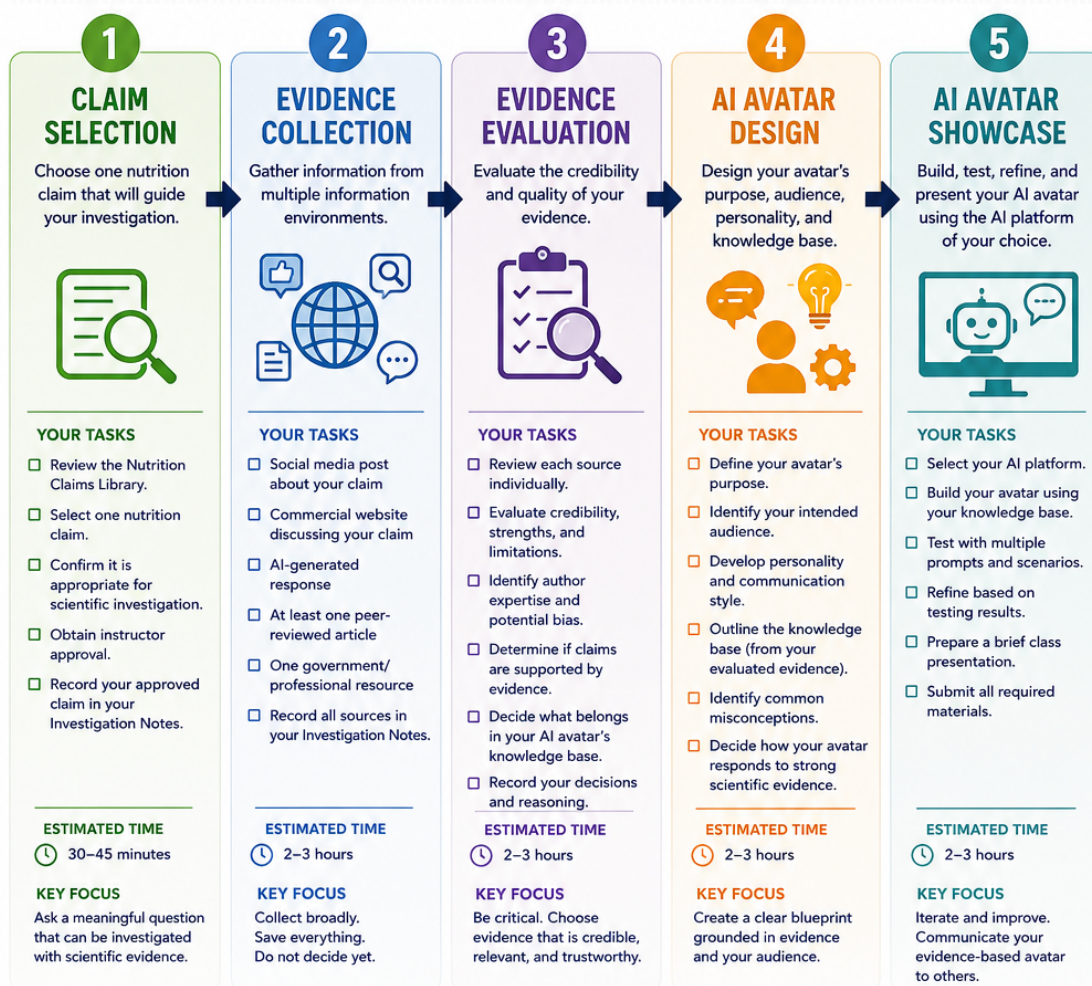




AI NUTRITION INQUIRY PROJECT

Your 5-Step Journey to Design an Evidence-Based AI Avatar

You will investigate a nutrition claim, gather and evaluate evidence from multiple sources, and use that evidence to design, build, and showcase an educational AI avatar.



KEY REMINDERS

- ✓ Let evidence guide your conclusions.
- ✓ Use multiple types of sources.
- ✓ Think critically and stay open-minded.
- ✓ Document everything and cite your sources (APA).
- ✓ Your avatar should encourage curiosity, critical thinking, and respectful discussion.

INFORMATION ENVIRONMENTS YOU WILL USE

- Social Media
- Commercial Websites
- Generative AI
- Peer-Reviewed Literature
- Government/Professional Resources



END GOAL: Create an evidence-based AI avatar that communicates nutrition information responsibly and effectively to your intended audience.



1. Teaching Context

Course Name and Number

FSHN 120: Contemporary Nutrition

Course Modality

In person weekly with students completing independent project work outside of class between sessions. A dedicated Canvas space will be created for this project.

Student Audience

The FA26 pilot will involve James Scholars enrolled in FSHN 120. FSHN 120 is a general education nutrition course that also serves students preparing for health professions and within FSHN. The James Scholar cohort participates in an enhanced honors experience emphasizing inquiry, critical thinking, scholarship, and communication.

Enrollment

Pilot cohort: one James Scholar discussion section of ~25 students in Fall of 2026.

Placement Within the Course

The AI Nutrition Inquiry Project spans approximately **14 weeks**, functioning as the semester-long honors project. Students progress through five sequential phases:

1. Claim Selection
2. Evidence Collection
3. Evidence Evaluation
4. AI Avatar Design
5. AI Avatar Showcase

Weekly Tuesday discussion sections serve as project workshops where students receive feedback, participate in peer discussion, troubleshoot challenges, and reflect on their learning while completing milestones throughout the semester.

Estimated Student Time

- Approximately **14 hours** during weekly James Scholar discussions
- Approximately **6 hours** of independent work
- Approximately **20 total hours**

This implementation serves as a **Scholarship of Teaching and Learning (SoTL) pilot**. Following IRB approval and data collection, findings will inform future iterations with the goal of integrating portions of the experience into the broader FSHN 120 curriculum.

2. AI Integration Design

How students will be exposed to AI

Rather than using AI simply to generate answers, students investigate how AI constructs responses by examining the quality of information used to build those responses.

Students interact with AI throughout the semester as both:

- a source of information to critically evaluate
- a design platform for creating an evidence-based educational AI avatar

Students intentionally compare AI-generated responses against scientific literature, government resources, commercial websites, and social media before determining what information deserves inclusion in their avatar's knowledge base.

AI Tools

Students may use the AI platform of their choice, including:

- ChatGPT
- Claude
- Gemini
- Microsoft Copilot
- Other instructor-approved platforms

Students are encouraged to compare outputs across multiple systems when appropriate.

Example AI Prompts

Students will create and refine their own prompts. Example prompts include:

Explain the claim that intermittent fasting improves metabolism.

What scientific evidence supports this nutrition claim?

What are common misconceptions about creatine supplementation?

Respond as if you were speaking to a college student who believes detox teas remove toxins.

How confident are you in this recommendation? What evidence supports your response?

During avatar development, students transition from using prompts to **writing system instructions** that define their avatar's:

- purpose
 - audience
 - communication style
 - knowledge base
 - reasoning approach
-

Learning Goals Supported by AI

The AI integration supports students in learning to:

- distinguish credible from non-credible nutrition information
 - evaluate evidence rather than popularity
 - compare multiple information environments
 - recognize AI limitations
 - build evidence-based prompts
 - communicate nutrition information responsibly
 - understand how knowledge bases influence AI outputs
 - develop AI literacy through intentional design rather than passive use
-

3. Assignment / Activity Instructions (Student Facing)

AI Nutrition Inquiry Project

Throughout this semester, you will become both a nutrition investigator and an AI designer. Rather than asking AI to tell you what is true, you will investigate a nutrition claim using evidence from multiple information environments before designing your own educational AI avatar.

Over the semester, you will complete five connected stages:

Step 1: Select Your Claim

Choose one nutrition claim that interests you. Your claim will become the foundation of your entire investigation. Examples include:

- Does creatine improve performance?
 - Are detox teas effective?
 - Is intermittent fasting healthy?
 - Is breakfast the most important meal?
 - Or another instructor-approved topic.
-

Step 2: Collect Evidence

Investigate your claim from multiple perspectives. You must gather information from:

- Social media
 - Commercial websites
 - Generative AI
 - Peer-reviewed scientific literature
 - Government or professional organizations
-

Step 3: Evaluate the Evidence

Not every source deserves equal trust. For every source you will evaluate:

- credibility
- expertise
- evidence quality
- limitations
- potential bias
- whether the information should become part of your AI avatar's knowledge base

Your goal is not simply to collect information—but to decide what your future AI should actually know.

Step 4: Design Your AI Avatar

Using only the evidence you selected, design an educational AI avatar. You will determine:

- purpose
 - intended audience
 - communication style
 - personality
 - knowledge base
 - common misconceptions
 - how your avatar should respond when presented with strong scientific evidence
-

Step 5: Build and Showcase

Using an AI platform of your choice, build your avatar!

- ✓ Test it.
- ✓ Revise it.
- ✓ Improve it.

Finally, present your AI avatar to the class while explaining:

- your nutrition claim
- how you evaluated evidence
- why you designed your avatar the way you did
- what you learned about both nutrition and artificial intelligence

The goal is not to prove your claim.

The goal is to learn how evidence and critical thinking are needed to co-develop thoughtfully designed materials with AI as a collaborator.

4. Assessment Strategy

Students are evaluated on their thinking rather than AI-generated output.
Assessment includes:

Claim Selection (10%)

- quality of research question
- feasibility
- instructor approval

Evidence Collection (25%)

- diversity of information environments
- completeness
- APA documentation

Evidence Evaluation (30%)

- quality of credibility analysis
- justification for inclusion/exclusion
- depth of scientific reasoning

AI Avatar Design (20%)

- alignment between evidence and avatar knowledge base
- audience awareness
- communication strategy
- evidence-based design decisions

Avatar Showcase (15%)

- demonstration
- reflection
- iterative revisions
- explanation of design decisions

Students receive feedback during weekly discussion sessions, allowing continuous improvement before the final showcase.

5. AI Transparency Statement

How AI Helped Design This Project

Artificial intelligence served as a collaborative design partner throughout development of this project.

During development, I used ChatGPT to help:

- brainstorm instructional approaches
- organize project milestones
- refine workbook language
- improve clarity and readability
- generate visual concepts and infographics
- identify opportunities for student reflection
- strengthen alignment between learning objectives and project activities

Rather than accepting AI-generated suggestions without question, I continuously evaluated, revised, and restructured its output using my expertise as a nutrition educator, instructional designer, and faculty member teaching large-enrollment nutrition courses.

Many ideas generated by AI were modified substantially or discarded entirely when they did not align with course learning outcomes, principles of scientific inquiry, or evidence-based nutrition education. Those decisions required professional judgment, disciplinary expertise, and an understanding of my students and instructional context.

Most importantly, AI could not determine:

- appropriate learning outcomes
- assessment strategies
- project sequencing
- student workload
- pedagogical decisions
- course integration
- Scholarship of Teaching and Learning goals
- how the project aligns with the broader vision of FSHN 120

The above is shared intentionally because responsible AI use includes acknowledging both the strengths and limitations of AI-assisted design.

6. Evaluation Plan

This pilot will be evaluated using a mixed-methods Scholarship of Teaching and Learning (SoTL) approach to determine both the educational value and scalability of the AI Nutrition Inquiry Project.

Student Perceptions

Students will complete pre- and post-project surveys and structured reflections examining:

- confidence evaluating nutrition information
- confidence using AI responsibly
- perceptions of AI credibility
- satisfaction with the project
- perceived workload
- engagement and motivation

Weekly discussions will also provide qualitative feedback regarding challenges, surprises, and suggested improvements.

Learning Outcomes

Student artifacts—including Investigation Notes, evidence evaluations, avatar designs, and showcase presentations—will be analyzed using common rubrics to determine whether students demonstrated growth in:

- scientific reasoning
- evidence evaluation
- information literacy
- AI literacy
- communication
- prompt engineering
- reflective thinking

Continuous Improvement

Students will be asked:

- Which activities contributed most to your learning?
 - Which stages felt least valuable?
 - Where were instructions unclear?
 - What additional supports would improve the experience?
 - Which AI tools worked best?
 - What would you change for next year's students?
-

Unexpected Findings

Because this is a pilot, particular attention will be given to emergent findings, including:

- misconceptions students held before beginning
- how students' trust in AI changed throughout the semester
- differences between information environments
- unexpected uses of AI
- common avatar design decisions
- evidence students consistently overvalued or undervalued
- opportunities to scale portions of the project into the larger FSHN 120 course

The findings from this pilot will guide refinement of instructional materials, inform future SoTL publications, and support broader integration of evidence-based AI literacy within nutrition education.

AI Nutrition Inquiry Project Handbook

Student Edition

Section 1 | Welcome to the AI Nutrition Inquiry Project

Welcome

Throughout this semester, you'll investigate a nutrition claim, collect and evaluate evidence from multiple information environments, and use that evidence to design, build, and showcase an educational AI avatar using the AI platform of your choice.

Why This Project?

Rather than telling you what to believe, this project teaches you how to evaluate evidence, make thoughtful design decisions, and responsibly integrate artificial intelligence into nutrition education.

Learning Objectives

- Evaluate nutrition information from multiple information environments.
- Differentiate evidence-based recommendations from unsupported claims.
- Locate and interpret peer-reviewed scientific literature.
- Design an evidence-based AI avatar using a platform of your choice.
- Reflect on the responsible development and use of artificial intelligence.

Estimated Time Commitment

Student Group	Estimated Time
James Scholars / Alternate STEP	18–20 hours

Section 2 | Your Investigation Journey

Your investigation is divided into five stages. Each stage has a corresponding Investigation Mini-Workbook containing instructions, activities, checkpoints, and reflection prompts.

Claim Selection

Purpose: Select a nutrition claim that will guide your investigation.

Workbook: Investigation Mini-Workbook 1

Estimated Time: 30–45 minutes

Evidence Collection

Purpose: Collect information that will become the foundation of your AI avatar's knowledge base.

Workbook: Investigation Mini-Workbook 2

Estimated Time: 2–3 hours

Evidence Evaluation

Purpose: Determine which evidence is credible enough to include in your AI avatar's knowledge base.

Workbook: Investigation Mini-Workbook 3

Estimated Time: 2–3 hours

AI Avatar Design

Purpose: Develop your avatar's purpose, audience, personality, communication style, and knowledge base before building it.

Workbook: Investigation Mini-Workbook 4

Estimated Time: 2–3 hours

AI Avatar Showcase

Purpose: Build, test, refine, and present your AI avatar using the AI platform of your choice.

Workbook: Investigation Mini-Workbook 5

Estimated Time: 2–3 hours

Section 3 | Your Investigation Toolkit

- Nutrition Claims Library
- Investigation Notes
- Investigation Mini-Workbooks
- AI Platform of Your Choice

Section 4 | Frequently Asked Questions

Can I use any AI platform?

Yes.

What if my sources disagree?

Evaluate the quality of the evidence and explain your reasoning.

Can I change my claim?

Consult your instructor before changing your investigation topic.

Will every avatar be showcased?

Everyone will present their avatar. Outstanding avatars may be selected as exemplary models for future offerings of the project.

Section 5 | Additional Resources

- PubMed
- Google Scholar
- USDA
- FDA
- NIH
- Academy of Nutrition and Dietetics
- Peer-reviewed nutrition journals

Before You Begin

This project is about more than creating an AI avatar. It is about learning how evidence, critical thinking, and thoughtful design work together to create trustworthy AI systems that communicate nutrition information responsibly.

AI Nutrition Inquiry Project

Investigation Mini-Workbook

Claim Selection

CLAIM SELECTION

Stage Objective

Select one nutrition claim that will serve as the foundation of your semester-long investigation. This claim will guide every stage of the AI Nutrition Inquiry Project, from gathering evidence to designing and developing your own AI avatar.

Why This Matters

Every scientific investigation begins with a meaningful question. Throughout this project, you will investigate a nutrition claim using evidence from multiple information environments before designing an AI avatar that communicates about your chosen topic. A thoughtful claim selection will make the rest of your investigation more meaningful and will directly influence the avatar you create later in the semester.

Where You Are

Welcome to the first stage of your investigation!

By the end of this workbook, you should have selected one nutrition claim that will serve as the foundation for your investigation and the AI avatar you will eventually design.

Your Tasks

- ☐ Review the Nutrition Claims Library.
- ☐ Select one nutrition claim.
- ☐ Confirm the claim is appropriate for scientific investigation.
- ☐ Obtain instructor approval.
- ☐ Record your approved claim in your Investigation Notes.

Helpful Tips

- Choose a topic that genuinely interests you.
- Select a claim with enough evidence to investigate from multiple perspectives.
- Keep an open mind and let the evidence guide your conclusions.
- Remember that your claim will become the foundation of your AI avatar.

Common Mistakes to Avoid

- Choosing a claim that is too broad.
- Starting your investigation before your topic is finalized.
- Allowing assumptions to influence your investigation.
- Selecting a topic with very little available evidence.

Investigation Notes

Start your Investigation Notes document and include answers to the following:

1. My selected nutrition claim:

2. Why did I choose this claim?

Stage Checkpoint

Before moving to the next stage, confirm each item below.

- ☐ I selected one nutrition claim.
- ☐ My instructor approved my topic.
- ☐ I recorded my approved claim.

Looking Ahead

Next, you'll complete Investigation Mini-Workbook 2: Evidence Collection. You'll gather information from scientific literature, government resources, commercial websites, social media, and generative AI. This evidence will become the knowledge base that informs the AI avatar you'll design later in the project.

Reflection – Be ready to answer these questions in your discussion sessions!

1. Why do you think this nutrition claim is commonly discussed?
2. What do you hope to learn by investigating this claim?

AI Nutrition Inquiry Project

Investigation Mini-Workbook

Evidence Collection

EVIDENCE COLLECTION

Stage Objective

Collect information about your nutrition claim from multiple information environments before forming conclusions. The evidence you gather during this stage will become the foundation of your AI avatar's knowledge base.

Why This Matters

High-quality AI systems begin with high-quality information. Collect evidence from multiple perspectives before deciding what belongs in your avatar's knowledge base.

Where You Left Off

- ☒ Selected one nutrition claim.
- ☒ Received instructor approval.
- ☒ Recorded your approved claim.

Your Tasks

- ☐ Locate one example of your claim on social media.
- ☐ Locate one commercial website discussing your claim.
- ☐ Generate an AI response.
- ☐ Locate at least one peer-reviewed article.
- ☐ Review one government/professional organization resource.
- ☐ Record all sources in your Investigation Notes.

Helpful Tips

- Collect information before deciding what you believe.
- Save links and citations.
- Think about what your future AI avatar should know.

Common Mistakes to Avoid

- Using only one type of source.
- Confusing popularity with credibility.
- Assuming health status based on physical appearance.
- Forgetting to save citations.
- Jumping to conclusions too early.

Investigation Notes

Continue using your Investigation Notes document.

Stage Checkpoint

- ☐ I collected information from every required information environment.
- ☐ I documented every source.
- ☐ I recorded all sources in my Investigation Notes, using proper APA citations.

Looking Ahead

Next, you'll complete Investigation Mini-Workbook 3: Evidence Evaluation, where you'll decide which information is credible enough to become part of your AI avatar's knowledge base.

Reflection – Be ready to answer these questions in your discussion sessions!

1. What surprised you most while gathering information?
2. What information do you think belongs in your AI avatar's knowledge base, and why?

AI Nutrition Inquiry Project

Investigation Mini-Workbook

Evidence Evaluation

EVIDENCE EVALUATION

Stage Objective

Critically evaluate the credibility, quality, strengths, and limitations of the evidence you collected. By the end of this stage, you will determine which information is trustworthy enough to become part of your AI avatar's knowledge base.

Why This Matters

Not all information should be treated equally. Before an AI avatar can provide reliable responses, it needs a strong knowledge base built from credible evidence. During this stage, you'll decide which information deserves to be included, which information should be excluded, and why.

Where You Left Off

Before beginning this stage, you should have:

- ☒ Selected one nutrition claim.
- ☒ Collected information from all required information environments.
- ☒ Organized your sources in your Investigation Notes.

Your Tasks

- ☐ Review each source individually.
- ☐ Evaluate the credibility of each source.
- ☐ Identify the author's expertise and qualifications.
- ☐ Determine whether claims are supported by evidence.
- ☐ Consider potential bias or conflicts of interest.
- ☐ Decide whether each source should contribute to your AI avatar's knowledge base.
- ☐ Record your decisions and reasoning in your Investigation Notes.

Helpful Tips

- Evaluate the quality of the evidence, not how convincing the source sounds.
- Look for peer-reviewed research and evidence-based recommendations.
- Different sources may provide valuable perspectives, even if they are not equally credible.
- Remember that every piece of information you include will influence how your AI avatar responds.

Common Mistakes to Avoid

- Assuming popular information is accurate.
- Giving every source equal weight without evaluating it.
- Overlooking conflicts of interest or bias.
- Including unsupported claims in your future knowledge base simply because they are common online.

Investigation Notes

Continue using your Investigation Notes.

For **each** source, record:

- Credibility
- Strengths
- Limitations
- Should this information be included in your AI avatar's knowledge base? Why or why not?

Stage Checkpoint

Before moving to the next stage, make sure you can check every item below.

- ☐ I evaluated every required source.
- ☐ I decided what information belongs in my AI avatar's knowledge base.
- ☐ I documented my reasoning.

Looking Ahead

Next, you'll complete Investigation Mini-Workbook 4: AI Avatar Design. You'll use the evidence you've selected to design your avatar's personality, knowledge, goals, communication style, and reasoning process.

Reflection – Be ready to answer these questions in your discussion sessions!

1. What information did you decide not to include in your AI avatar's knowledge base, and why?
2. How did evaluating your evidence change your understanding of your nutrition claim?

AI Nutrition Inquiry Project

Investigation Mini-Workbook

AI Avatar Design

AI AVATAR DESIGN

Stage Objective

Design an evidence-based AI avatar that accurately represents your chosen nutrition claim. During this stage, you'll develop the blueprint for your avatar by defining its purpose, audience, knowledge base, personality, communication style, and reasoning process before building it.

Why This Matters

Every effective AI system begins with intentional design. Before building your avatar, you'll decide what it should know, how it should communicate, what misconceptions it may encounter, and how it should respond to evidence. These decisions will shape the quality, accuracy, and educational value of your final AI avatar.

Where You Left Off

Before beginning this stage, you should have:

- ☒ Selected one nutrition claim.
- ☒ Collected evidence from multiple information environments.
- ☒ Evaluated the credibility of your evidence.
- ☒ Identified the information that should become part of your AI avatar's knowledge base.

Your Tasks

- ☐ Define your AI avatar's purpose.
- ☐ Identify your avatar's intended audience.
- ☐ Develop your avatar's personality and communication style.
- ☐ Outline the knowledge your avatar should include.
- ☐ Identify common misconceptions your avatar should be prepared to address.
- ☐ Decide how your avatar should respond when presented with strong scientific evidence.

Helpful Tips

- Design your avatar with a clear educational purpose.
- Remember that every design decision should be supported by evidence.
- Think about how your intended audience would interact with your avatar.
- Create an avatar that encourages curiosity, critical thinking, and respectful discussion.

Common Mistakes to Avoid

- Designing an avatar without a clearly defined audience.
- Including unsupported information in the knowledge base.
- Focusing on appearance instead of educational function.

Investigation Notes

Continue using your Investigation Notes.

Record ideas for each of the following:

- Avatar name
- Purpose
- Intended audience
- Personality
- Communication style
- Knowledge base
- Common misconceptions
- Response to evidence

Stage Checkpoint

Before moving to the final stage, confirm each item below.

- ☐ I defined my avatar's purpose and audience.
- ☐ I identified the knowledge my avatar should include.
- ☐ I established my avatar's personality and communication style.
- ☐ I am ready to build and test my AI avatar.

Looking Ahead

Next, you'll complete Investigation Mini-Workbook 5: AI Avatar Showcase. You'll build your avatar, test and refine its responses, present your avatar to the class, and reflect on your design process.

Reflection – Be ready to answer these questions in your discussion sessions!

1. What design decision do you think will have the greatest impact on your AI avatar's effectiveness?
2. What do you want users to learn after interacting with your avatar?

AI Nutrition Inquiry Project

Investigation Mini-Workbook

AI Avatar Showcase

AI AVATAR SHOWCASE

Stage Objective

Build, test, refine, and present an evidence-based AI avatar using the AI platform of your choice. This final stage allows you to demonstrate your scientific reasoning, AI design skills, and ability to communicate evidence-based nutrition information.

Why This Matters

Designing an AI avatar requires more than technical skills. It requires thoughtful decisions about evidence, communication, and audience. During this stage, you'll transform your avatar design into a functioning AI experience, evaluate its performance, refine it through testing, and share your work with others.

Where You Left Off

Before beginning this stage, you should have:

- ☒ Selected one nutrition claim.
- ☒ Collected evidence from multiple information environments.
- ☒ Evaluated and curated your knowledge base.

Your Tasks

- ☐ Select the AI platform you will use to build your avatar.
- ☐ Incorporate your evidence-based knowledge base.
- ☐ Test your avatar using multiple prompts and scenarios.
- ☐ Refine your avatar based on testing results.
- ☐ Prepare a brief class presentation demonstrating your avatar.
- ☐ Submit all required project materials.

Helpful Tips

- Test your avatar with prompts that challenge its reasoning and communication.
- Refine your instructions until your avatar responds consistently.
- Remember that thoughtful iteration is an essential part of AI development.

Common Mistakes to Avoid

- Building your avatar before finalizing your design plan.
- Relying on unsupported information in your knowledge base.
- Testing your avatar only once before submission.
- Forgetting to consider the needs of your intended audience.

Investigation Notes

Continue using your Investigation Notes.

Record the following:

- AI platform used
- Major revisions made during testing
- Strengths of your avatar
- Areas for improvement
- Final design decisions

Stage Checkpoint

Before presenting your project, confirm each item below.

- ☐ I built my AI avatar using the platform of my choice.
- ☐ My avatar reflects the evidence gathered throughout my investigation.
- ☐ I tested and refined my avatar.
- ☐ I am prepared to present my avatar to the class.
- ☐ I completed all required project materials.

Avatar Showcase

During the Avatar Showcase, you'll introduce your AI avatar to the class. Be prepared to discuss:

- Your nutrition claim
- Your intended audience
- Your design decisions
- How your evidence shaped the knowledge base
- Lessons learned throughout the design process

Outstanding avatars may be selected, with instructor permission, as exemplary models for future offerings of this project. Selected avatars may be showcased in future courses as examples of thoughtful, evidence-based AI design.

Final Reflection – Be prepared to discuss these questions in your discussion sessions!

1. What aspect of your AI avatar are you most proud of?
2. If you had additional time, what would you improve about your avatar?
3. How has this project changed the way you think about both nutrition information and artificial intelligence?

AI Nutrition Inquiry Project

Nutrition Claims Library

Purpose

This Nutrition Claims Library is designed to help you brainstorm topics. The claims below are examples only; you are encouraged to propose your own nutrition claim.

Before You Choose a Topic...is it?

- ☐ Related to nutrition, food, or health.
- ☐ Specific enough to investigate.
- ☐ Supported by available scientific evidence.
- ☐ Interesting to you
- ☐ Approved by your instructor.

Example Nutrition Claims

General Nutrition

- Is breakfast the most important meal of the day?
- Does eating late at night cause weight gain?
- Are processed foods always unhealthy?
- Are organic foods healthier?

Carbohydrates & Sugars

- Do carbohydrates cause weight gain?
- Are artificial sweeteners harmful?
- Is gluten unhealthy for everyone?
- Does fruit contain too much sugar?

Dietary Patterns

- Is the ketogenic diet healthy?
- Is intermittent fasting beneficial?
- Is the carnivore diet healthy?
- Is a vegan diet nutritionally adequate?

Supplements

- Does everyone need a multivitamin?
- Does creatine improve performance?
- Do collagen supplements work?
- Are detox teas effective?

Sports Nutrition

- Is protein timing important?
- Does fasted cardio burn more fat?
- Are pre-workout supplements necessary?

Wellness Trends

- Are seed oils inflammatory?
 - Does apple cider vinegar promote weight loss?
 - Do detoxes remove toxins?
 - Are food dyes harmful?
-

Want to Investigate Your Own Topic?

Great! You are encouraged to investigate your own nutrition claim. Just be sure it is researchable and approved by your instructor before beginning your investigation.

Where Can You Find Ideas?

- Social media
- Podcasts
- News articles
- Healthcare recommendations
- Friends and family
- Fitness influencers
- Generative AI
- Questions you've always wondered about