[Nutrition Quackery WebQuest—Protein Supplementation and Exercise](https://moodle.tru.ca/course/view.php?id=7042&section=21" \l "bootstrapelements64147)

Introduction

Many people believe protein supplements are essential to building muscle, and there are an infinite number of protein products available for these people to purchase. In this exercise, you will use your newly acquired knowledge about protein needs and nutrition misinformation to refute claims made by manufacturers of protein supplements.

Instructions

* + 1. Do a quick internet search of the term “protein supplement.” How many hits (webpage results) do you get? On the first results page, are any of the sites from credible sources? If not, at what page do you find the first credible nutrition site? What is the site? What does the site recommend about protein needs and supplementation?
    2. Browse through some of the sites that come up in your search, particularly those of the supplement manufacturers. Do you spot any fallacies in the claims they make about protein needs for those wanting to gain muscle? Describe three such fallacies and refute each with information learned in this unit. Do you see any evidence of nutrition quackery?
    3. Now go to the [US National Library of Medicine](http://www.ncbi.nlm.nih.gov/pubmed/). Do a similar search, such as “protein supplementation exercise.” What is different about the results of your search done in PubMed versus a general Google search?
    4. What has this exercise taught you about finding accurate nutrition information on the web?

**Write your answers in a Word document (1500 words).**

Grading Rubric (15 marks total)

Here is a set of guidelines to help you set goals in your assignment and interpret the grades you receive:

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|  | **Exceeds Expectations**  **(4 marks)** | **Meets Expectations**  **(3 marks)** | **Minimally Meets Expectations**  **(2 marks)** | **Does Not Meet Expectations**  **(0–1 mark)** |
| **Critical Thinking and Comprehensiveness** | The student demonstrates critical thinking about website content, and includes several examples of websites evaluated. | The student demonstrates critical thinking about website content, and includes some examples of websites evaluated. | The student includes examples of websites evaluated, but does not demonstrate critical thinking about website content. | The student does not include a sufficient amount of websites, and lacks in critical thinking. |
| **Understanding** | The student addresses the questions or problems that are posed in an insightful manner. | The student addresses the questions or problems that are posed. | The student addresses some of the questions or problems that are posed. | The student does not address the questions or problems that are posed. |
| **Reasoning** | Responses are clear, precise, and well-reasoned. The student includes several specific references to course concepts to support ideas. | Responses are mostly clear, precise, and well-reasoned responses. The student includes specific references to course concepts to support ideas. | Some clear, precise, and well-reasoned responses are given. The student includes some references to course concepts to support ideas. | Responses lack clarity, logic and/or precision. The student does not include specific references to course concepts to support ideas. |
| **Technical Merit** |  | Spelling and grammar are accurate. | Minor and/or few spelling or grammatical errors exist. | Several spelling or grammatical errors exist. |

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