Students sit in groups of three, and work as a team to identify and locate the health and nutrition research being reported on in various popular media reports. Because citations are rarely given in newspapers and magazines, students learn how to recognize and identify the amount of information needed to track down the background research. This exercise typically includes articles which demonstrate that sometimes research articles are available for free, some are available exclusively via library databases, and some are not journal articles at all, but grey literature or other types of research reports. Along the way, we talk about how the articles ended up in the places that we found them, and what information provided by the news story was most useful in helping track the article down.

1. Connecting to scholarly research using popular health and wellness "blurbs":

**To Your Health**

Here's what's extra good for you in this month's issue:

**12 DINNERS UNDER 500 CALORIES**

This month, every meal in our Weeknight Cooking section is low-caloric. Here's a preview:

- **Steak-Peppercorn Salad**
  - pg. 80
  - CALORIES: 425

- **Soy-Sauce Salmon**
  - pg. 92
  - CALORIES: 392

- **Tofu Cuban Sandwiches**
  - pg. 88
  - CALORIES: 497

- **Mexican Eggs with Chorizo**
  - pg. 100
  - CALORIES: 409

- **Chili Beef Potatoes**
  - pg. 103
  - CALORIES: 444

**Get Cultured!**

Eating yogurt every three days could cut your risk of developing high blood pressure by up to 20 percent, says a Johns University study. These recipes are a fun way to get your fill.

- **Top the stewed chicken on page 94 with a dollop of yogurt.**
- **Toss yourself to the lemon-yogurt mouse on page 121.**
- **Serve yogurt with the sautéed mushrooms on page 56.**

**GOOD TO KNOW**

Recent research from the Journal of Agricultural and Food Chemistry finds that piperine, a substance in black pepper, may help prevent the formation of fat cells. Add a few extra grinds to Bobby Deen's lightened-up chicken-fried steak (page 110).
Sample discussion questions to ask the class, or add to an in-class worksheet:

- In order to find the research discussed in this blurb, what do we need to know? What DO we know?
- Where was the study published? When?
- Have you ever heard of (Journal of Agricultural and Food Chemistry)? Who reads it? How do they get access to it? Can you find it online? (This is the point at which I turn them loose.)

- How much does access to the article cost? How much is a subscription to a year’s worth of articles? Why does it cost so much compared to Food Network Magazine? Does DePaul have a subscription? How can you find it?

(I DO NOT tell students how to find the article, but I do walk around and make suggestions. I also give the first group to find the article a small prize and ask them to walk us through the steps they took to locate the full-text. I ask if other students employed different strategies.

I find this naturally leads to a discussion of ways to use the library website to find articles, specifically our Serials Solution tool. This is also a springboard for discussing what you would do if you didn’t know about the Journal of Agricultural and Food Chemistry, but knew you wanted to find more articles on how black pepper and other spices might impact human health.)

- Do you think there are more journals out there like Journal of Agricultural and Food Chemistry?
- What is a journal, anyway? (If you have a collection of print academic journals for students to examine, this can be a good time to examine what a print journal looks like.)

- Is there a way we can search through many specialized journals at once while making sure we don’t get too many distracting or irrelevant results? (Use this question to launch into accessing databases like Pubmed, Health Source Nursing Academic, etc.)

- Based on the title of the research article, what other words might you consider using when searching a database?