

Digital Judgement Assignment

<http://healthyeatingmadeeasy2012.wordpress.com/>

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Blog

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SMILE! HEALTHY EATING IS ABOUT TO BE MADE EASIER.



Search

RESOURCE 1

Posted by [healthyeatingmadeeasy2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 8, 2012

Resource 1



Identifying Details :

Title- WebMD

Founder- Jeff Arnold

Date of creation- 1998

Location- United States of America

Abstract :

WebMD is a website that provides you with credible health information on the Internet. It also provides supportive communities and in-depth reference material about healthy lifestyles. It is a source for original information along with material from other well known content providers. It is also an award winning website which shows us that other people in the field of work appreciate the website and therefore we can be confident in its content.

Pathway :

The website can be found at: <http://www.webmd.com/diet/guide/health-and-diet-eating-healthy>

I typed "healthy eating lose weight" into the Google search engine. I then clicked into the fourth option that came up called "Healthy Eating & Diet: Losing Weight" This brought me onto the WebMD website which I found to be very helpful.

Evaluation :

There are two separate sections, one for consumers which is free and another for healthcare professionals which costs a mere \$29 a year. The consumer site has a huge amount of useful information for users and is well organised including a library on information about treatments, drugs, food etc. There is a good use of links and a search engine available. There are sections where only members can access and you simply sign up to become a member. It follows Health On Net Code, has the HON seal. It is clearly a commercial site but you do not have to pay for the information on the website unless you want to join as a healthcare professional. The consumer portion of this website is well organised and sorted by topics such as Health A-Z, Drugs and Supplements, Living Healthy, Family and Pregnancy and News and experts. For the purpose of this assignment the Living healthy section is the most relevant. All of the information provided has been given by experts in this field of work.

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REFLECTION

Posted by [healthy eating made easy 2012](#) in [The Reflection](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012

Reflection

REFLECTION

The process of building this guide brought with it several key challenges which each provided a unique learning experience. First of all, the actual critical analysis involved in evaluating the suitability and reliability of not just the resources chosen, but even more importantly the resources that didn't make the cut. Ultimately the tools for resource searching, specifically the internet, has become in-tandem more convoluted and populated with junk files as it has become more and more powerful and ubiquitous. One key point of learning was the identification of essentially hollow articles which served the reader no actual utility, and were published on the web as a means of 'link baiting'. This turned out to be a very popular process in which companies would be hired to publish articles regarding a specific topic with the sole intention of having those articles link to private companies, accelerating their 'Google Rank'. This process echoed a notion that was mentioned in lectures; the fact that google ranking was **not** a particularly sturdy barometer for trust, although it seemed counterintuitive for us having grown up very much trusting the google search rankings. This meant throwing out previous attitudes of just googling a topic and assuming that the number 1 hit was only number 1 because it was the most relevant, learning about the entire process of search engine optimization in fact planted a very skeptical seed indeed – it revealed the notion that companies could essentially pay for the number 1 position which decreased the value of that tool. This was a problem, because especially with the topic of our guide – health and nutrition, there was obvious motive for capitalization on the part of certain products, such as books, diets, professionals in the industry and even just websites all had a financial stake in the competition for traffic, and the search terms we were entering seemed to be a bit of a battleground for this industry to get attention. Quality assessment had to be raised, we did this by taking on the process described in lectures, researching the credibility of the author by means of profession and previous documented data, the institution the article was published under and the credibility of website. This helped immensely, however more telling than the quality control previously mentioned was just simply the tone and grammar in which these junk articles were written.

Another means of navigating the daunting sphere of information regarding health and nutrition we relied on was moving away from popular search engines and using tools designed and curated to provide only reliable and cited information. We primarily used the UCD Library

Database, although attempts were made to use Google Scholar, the articles published through that definitely strayed beyond the more casual language we were hoping to achieve in our resource guide as it was at the end of the day to be aimed at the average everyday individual, Google Scholar seemed to be one step too deep into raw academia.

Overall this was a surprising project, we learnt a lot more than we thought we would. The basic motion of applying theory to practicality really cemented what was discussed in lectures, although there was quite a bit of difficulty in organizing the guide for external reasons we are confident that the end result of this process of quality control has culminated in a quality guide for healthy eating and nutrition.

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RESOURCE 2

Posted by [healthy eating made easy 2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012

Resource 2



Identifying details :

Title: www.bordbia.ie

Creators: act of the Irish parliament (the Dáil).

Date of creation: 1 December 1994

Location: headquarters in Dublin, Bord Bia has a network of overseas offices in Amsterdam, Dusseldorf, London, Madrid, Milan, Moscow, New York, Paris, Shanghai and Stockholm.

Abstract :

This resource provides recipes for healthy eating, information about nutrition, eating out, organic food and campaigns. They also offer information with regards to buying food and quality assurance schemes. They also offer healthy eating planner which you can download as a PDF. This not only gives you a plan but also shows information on other options that are healthy, how to get children to eat healthily, food labels and healthy deserts.

Pathway:

The website can be found at: <http://www.bordbia.ie/aboutfood/nutrition/pages/default.aspx>

I came across this webpage when I typed bord bia into the Google search engine. I just clicked into the link and I was brought straight to the page. I then clicked into about food tab at the top of the top of the page and went to bord bia nutrition.

Evaluation :

Bord Bia is the Irish food bord. It does not only have information about food but also gardening and industry. This website gives you the option to contact Bord Bia in Ireland, the UK, France, Spain, Italy, the Netherlands, USA, China, Russia, Germany and Sweden. They also have an Enquiry Form along with an email address directly to them at info@bordbia.ie. You can also set up an appointment with them during normal office hours. The information on this website is both quantities and qualitative. It will help people find healthy recipes and will solve their information problem. It is an appropriate source as it is trustworthy. The people who update the site work with the Irish government and therefore there is no misleading content on the web page. It was developed first in 1994 and has been amended twice, once in July 2004 and secondly in June 2009. There are no advertisements on the page. It provides nutritional information for parents, healthy eating for today's lifestyle and fish and nutrition. I believe this source would be of use to many people hoping to begin or continue a healthy lifestyle.

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RESOURCE 3

Posted by [healthy eating made easy 2012](#) in [The Resources](#) and tagged with [healthy](#), [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) [December 7, 2012](#)

Resource 3



Identifying Details :

Resource- Web Document

Title- Advice For People With Poor Appetite/Weight Loss

Produced by- Irish Nutrition And Dietetic Institute

Abstract :

This resource is aimed towards providing practical information for those seeking nutritional information and guidelines that suffer from a poor appetite. It provides guidelines on how to stop weight loss, gain weight and maintain a healthy balanced diet. The guide achieves this by encouraging a term called 'Food Fortification', which essentially means cramming as much energy and protein into each mouthful as is possible. The guide outlines a series of recipes such as 'fortified milk', and gives a guide on how to make meals which are 'Quick and Easy', a section which details what to look for when making meals such as sandwiches, soups, eggs, ready made meals and desserts. The final section provides a day-long sample meal plan, which both provides the reader with an idea of what their plan should look like, and also provides a starting point for ideas in case they were lacking.

Pathway :

The resource can be found:

http://www.indi.ie/docs/955_INDI_Fact_sheet_Food_Fortification_June_09.pdf

This resource was found by searching google.ie for 'Irish Nutrition', as wanted this resource to be relevant to the reader in terms of culture, and seasonality/availability of the food so it was best that it was Irish based. The website of the Irish Nutrition & Dietetic institute who published this document was the first result for this search.

The document itself is found after navigating to the 'Fact Sheet' column on the left, and then it is the last document on the first results page.

Evaluation :

The suitability of this resource stems from the practical nature of the advice given. Not ever reader will be using the resource with aims of reducing weight, according to a 2007 study of Irish children and adolescents, 1.2% of Irish girls may be at risk of developing anorexia nervosa, with 2% at risk of developing bulimia nervosa. This is a huge statistic so we think part of the guide should be dedicated to providing information for readers with such requirements in mind. The article hinges on the initial question proposed; 'What changes should I make to the way I eat if I have a poor appetite and/or have lost weight' and does not deviate; the information provided is short, sweet and practical.

The reliability is second to none, the INDI is a professional organization full of Irish clinical nutritionists and dieticians. The aim of the organization revolves around striving to provide the highest quality information regarding nutrition.

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RESOURCE 4

Posted by [healthyeatingmadeeasy2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012

Resource 4



Identifying Details :

Resource- Video/lecture

Title- healthy eating

Produced by- UCD media services

Featuring- UCD lecturer- Dr Eileen Gibney

Abstract :

This is a 13.34 minutes video on healthy eating by a UCD lecturer- Eileen Gibney. The video appears of Eileen speaking on half the screen and on the other half there are slides on the topic she is speaking about. There is also a feature of slide navigation which allows you to skip or go back to whatever section you choose. Some of the different sections include:

- Introduction
- Healthy eating
- Food groups
- Calorie requirements
- Bread, cereals, potatoes
- Fruit and Vegetables
- Meat, fish, beans and pulses
- Foods high in fat and sugar
- Food pyramid
- Healthy eating guidelines
- Portion size
- Key messages

Pathway :

The resource can be found: <http://www.ucd.ie/foodandhealth/videlectures/healthyeating/>

We found the resource by:

Going to the UCD Institute of food and health website

Click on podcasts/multimedia

Then click on the video lectures

You will then find the healthy eating video

Evaluation :

This resource is very suitable as she speaks basic language that anyone can understand as you would expect when it is a college lecture than only the students studying that topic could understand it but this is suitable for everyone. The resource is also very visual due to the slides which appear so therefore this source is better than a written source as the speaker explains the slides to you. People are more likely to watch a video then read a book or article.

This is a reliable source as Dr Eileen Gibney has been working in the area of human nutrition since 1997. She carries out research on many aspects of food health. She is head of programme of BSc human nutrition. She is a very well known in the area of human nutrition. UCD in one of the highest recognised Universities worldwide in terms of food and health science as they carry out serious research in that field. The above evidence suggests that this resource is of top class when it comes to reliability.

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RESOURCE 5

Posted by [healthy eating made easy 2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012

Resource 5



Identifying Details :

Resource- Book

Title- Nutrition Through The Life Cycle

Author- Victoria Emerton, Prakash Shetty

Editors- Prakash Shetty

Published- 2007 – Royal Society of Chemistry

Location- Cambridge, United Kingdom

Abstract :

Nutrition Through The Life Cycle identifies the dynamic and constantly changing nutritional needs of the individual. The authors identify the needs and nutritional requirements of all age groups, from infants to the elderly, and provide practical information such as which foods the specific nutrients are rich in. The book categorizes its information by age related demo graph (a chapter dedicated to pregnancy being an exception), and works its way through each demo graph before delving into external focuses such as health policy, and how to promote a nutrient rich lifestyle. The book is intended for academic use, specifically for science students, however it is presented in such an accessible fashion that it would be appropriate for anyone, regardless of age.

Pathway :

This eBook was found using the UCD Library service.

It was found by entering nutrition + life cycle into the librarys search engine. It's the first result, and clicking 'available online' will bring you to a login section which after completing will bring you to a screen showing the title and publication details, scrolling down reveals a series of .pdfs, which hold the books contents.

Evaluation :

This eBook is suitable by nature of its publication: it was commissioned and written with intention for second and third level education and thus has been scrutinized and edited so as to meet the standards for such. In combination with its easily accessible language and breakdown of terminology make this resource highly suitable for anyone interested in healthy eating and nutrition.

This resource is heavily reliable. The publisher, The Royal Society of Chemistry is one of the foremost scientific publishers in the world. One of the key authors, Victoria Emerton is a self-described 'Information Scientist', holding 16 years' experience in the nutrition industry, with a BSc Hons in nutrition and food science.. This combination of skills, information studies and nutrition lends credibility to Nutrition Through the ages as both a suitable and reliable source.

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RESOURCE 6

Posted by [healthyeatingmadeeasy2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012

Resource 6



Identifying Details :

Resource- Interactive Web Article

Title- Eat Smart

Produced by- The Nutrition and Health Foundation

Abstract:

This resources offers practical and simple information regarding making the right decisions when it comes to nutrition. It contains four primary categories of content, The Food Pyramid, Food Labels Explained, Top Tips, and finally Recipes.

- **The Food Pyramid** –In this section the website offers an explanation of the importance of understanding the core principles of the food pyramid. It explains that the best practices for nutrition doesn't revolve around banning certain foods, but rather only consuming an appropriate quantity. The user is then prompted to 'explore the food pyramid', doing such will allow the user to select and examine specific food groups, with further dialogue appearing after clicking explaining the nutritional advice per the group, and the recommended portions.
- **Food Labels Explained** – This section is dedicated to informing the user on how to understand the labels on food that provide information regarding their nutritional content. Labels such as *ingredients*, *Nutritional Information*, and *Guideline Daily Amounts* are explained in simple and easy to understand terms.

- **Top Tips** –This section gives the Nutrition and Health Foundations top 10 tips to follow in order to sustain a healthy diet.
- **Recipes** – The recipes gives upwards of 50+ recipes the NHF has determined to be nutritionally exceptional dinners catering to nearly every genre, from beef and chicken to smoothies and vegetarian.

Pathway:

The resource can be found:

http://www.nutritionandhealth.ie/Sectors/NHF/nhf.nsf/vPages/Eat_Smart~overview?OpenDocument

This resource was found by searching google.ie for 'healthy nutrition ireland'. The search terms were chosen as a government body article revolving around healthy nutrition was really what we were aiming for, however after identifying the credentials of the NFA it was decided that it was just as good, and offered much more accessible data and information than its counterparts.

The article in question is a main feature of the website, it's the second tab beside the logo. After searching the website it became clear that Eat Smart would be a relevant and reliable resource.

Evaluation :

This resource is incredibly suitable, it's written for and intended to be used by just about anyone. The information is entirely tailored to educating and promoting for a healthy nutrition. The key objective of the NFA is to 'Communicate evidence based information to consumers to promote healthier lifestyle choices' by working with scientific based institutions such as the Irish Universities Nutrition Alliance (IUNA), the Exercise and Sports Science Association of Ireland (ESSAI), the Irish Nutrition & Dietetic Institute (INDI), the National Dairy Council (NDC), University College Dublin and St. Angela's College, Sligo, in order to develop public awareness and policy regarding healthy eating.

The websites reliability is also backed by the foundations structural organization, as it is a multi-stakeholder organization it contains members of every facet of society. IBEC describes it as being populated by industry, government, state agency, internationally recognised scientists, health professionals and other individuals.

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RESOURCE 7

Posted by [healthy eating made easy 2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012

Resource 7



Identifying Details :

Title: helpguide.org

Founders: Robert Segal and Jeanne Segal

Date of creation: 1999

Date Accessed: November 3rd

Location: Santa Monica, California.

Abstract :

This resource not only contains healthy eating tips but also mental health, healthy lifestyle, children, family along with ageing well topics. Eating well has a range of information suitable for all ages. [helpguide.org](http://www.helpguide.org) does not suggest that you have to stop eating your favourite foods but is “about developing a well-balanced, satisfying relationship with food” it is built on the facts that a healthy diet can help reduce your risk of diseases, increase your energy, keep a steady weight and boost your mood. There are a wide range of articles to choose from with everything you will need to create a healthy enjoyable diet that works for you.

Pathway :

I found this resource online. I used the google search engine. I typed healthy eating into google and it was the 4th link that came up or the first non sponsored link called Healthy Eating: Easy tips for Planning a Healthy Diet and Sticking to it. http://www.helpguide.org/life/healthy_eating_diet.html. I then clicked into the link and was amazed by the amount of useful information given.

Evaluation :

Both of the founders of helpguide.org are academics. Robert Segal, M.A., Managing Director, holds an engineering degree and a master’s degree in Educational Psychology. Dr Jeanne Segal, Ph.D., Editorial Director has been a psychotherapist for nearly 40 years. This means

we can trust the information given to us on this website. It is an international organisation. It provides us with further contact information if we need it. The organisations mission is to provide people with health information that you can trust. They encourage you to take charge of your life and make healthy life choices. They provide support and self-help options to help you overcome your health challenges. It is a non-profit organisation. The data on this page is both quantitative and qualitative giving us a wide range of information to chose from. It is produced in a neat, easy to read and accessible way for everyone to use. It was last modified November 2012 which shows us it is regularly updated and the information is up-to date. This page is also kept ad free so there is clearly no commercial agenda behind it.

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RESOURCE 8

Posted by [healthyeatingmadeeasy2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012

Resource 8



Identifying Details :

Resource: Slideshow presentation.

Title: How to Eat, Drink and be Healthy

Author: Walter C. Willett, MD, DrPH (Department of Nutrition, Harvard School of Public Health)

<http://www.bvsde.paho.org/texcom/cd050839/willett.pdf>

Date Accessed: 15/11/2012

Date Published: April 26th 2007

Abstract :

This is a very detailed look at how you can live your life in a more healthy fashion! It explores the eating habits of society by using visual aids in this instance he uses a lot of graphs. Willett's presentation is very fact heavy therefore it contains nearly everything you need to know! It shows you visually the differences food types of food do to different parts of your body. There are also tips on how to make the healthier choice, this is key for helping the consumer choose more wisely, as it's examples allow one to use the examples in real life situations.

Pathway :

I searched for "Healthy Eating" in Google Scholar and was faced with a large amount of results. I scrolled down and saw the title being "how to" so decided this sounded appropriate given the title and aim of our project.

After looking through the presentation I decided I liked it so therefore went with it.

Evaluation :

I found this resource very good, but there are some cons to it. The man who wrote it, Walter C. Willett is a very qualified in this field and a reliable source. I did a search for him on the Google search engine and his professor's profile from Harvard University appeared, it was able to give me contact details as well as telling me that he is currently the Professor of Epidemiology and Nutrition Chair, Department of Nutrition at Harvard. The fact he has this affiliations with one of the top universities in the world means that I feel like I can trust him more! I then checked out the site where it was from, it's source. I didn't recognize what it stood for so I typed www.bvsde.paho.org and it brought me to a Spanish website, I translated the name from Spanish to English using Google Translate and it was the "virtual library of sustainable development and environmental health". I believe that this is a legitimate site and therefore reliable.

I found the one con about the resource was the fact that it is very scientific heavy, and that some people could find it fairly difficult to get their heads around.

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RESOURCE 9

Posted by [healthyeatingmadeeasy2012](#) in [The Resources](#) and tagged with [healthy balanced diet](#), [healthy eating](#), [healthy foods](#), [healthy lifestyle](#) December 7, 2012



Resource 9

Identifying Details :

Resource: A paper.

Title: Healthy eating: clarifying advice about fruit and vegetables.

Author: Carol Williams.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2549819/>

Date Accessed: 19/11/2012

Year published: 1995

Abstract :

When it comes to healthy eating advice concerning fruit and vegetables, consumers are in need of clear, unambiguous advice, as so far information campaigns have just told us to “eat more fruit & veg” and “eat your five-a-day”. These however are uninformative to someone who has no training in nutrition! What this paper does is help the ordinary consumer decipher acceptable “five-a-day” foods. For example, potatoes and nuts would not count as one of them but on the other hand you have a processed food, baked beans that do count. It also gives you a grasp on the portion size, for example, a bowl of salad, opposed to an apple or an orange.

Pathway :

By going onto the Google search engine and clicked into the tab for Google Scholar. From there searching the phrase “Vitamins and Healthy Eating” and it was the fourth option that came up. It looked interesting and is appropriate for the project.

Evaluation :

When it came to the evaluation the first thing I did was check out the author. Her name is Carol Williams and the article has a side note that tells me that she works in the Human Nutrition Unit, Department of Public Health and Policy, London School of Hygiene and Tropical Medicine. It also states she was a visiting lecturer. I went on to search her name in the Google search engine, but it turns out there are a lot of Carol Williams out there, I thought I found one but she signs her publications as "C. L. Williams", whereas the one I was looking for signed "C. Williams". Next it was important to look at the source, in this instance it was from the BMJ (British Medical Journal). The title itself made it sound very official, so I Google searched it and found their website. It had a very new and impressive looking layout. They have open forums, which allow for free thought and opinions for medical practitioners. There was also an "About Us" section and many in-website links. I think it was a good and reliable source.

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- [Resource 2](#)
- [Resource 3](#)
- [Resource 4](#)

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- [December 2012](#)

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- [The Reflection](#)
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