NUTRITION

[Name of the Writer]

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1. After reading the article the most shocking thing that I have noticed that author of the article acquire the attention of the readers by highlighted fake information where in reality the research was about flies not human while the least surprising thing was the comparison of human reproductive system with the flies (Weinberg, n.d.). On the other hand, after watching the video the most shocking thing was the presentations of the weak research in such a way that people believe in its information at once. Whereas, manipulation of wording was a common thing that was defined in the video.
2. It absolutely changed my view regarding social media reports on nutrition. I often follow articles for healthy and beautiful tips, but after analyzing video and article, I can feel that it is possible that the article can be based on junk rather than fact. People use attractive words with some hook to influence the readers, but it is equally possible that their content carries unauthentic data with a personal point of view on a specific topic.
3. Inaccurate stories definitely affect patterns and perceptions regarding healthy eating and diet pattern. For instance, in the video example was given that inaccurate data and experiment on the small sample was published, which illustrated that by eating dark chocolate, people could lose their weight. This highlight can be so effective for readers who are trying hard to lose weight. Stop eating seems difficult than eating something for the same purpose. Therefore, it may result in a high consumption of dark chocolate, which can impact the overall nutrition level in the human body(*Junk Science*, n.d.). Through the video and its results, it can be observed that inaccurate stories lead to misperception in public regarding nutrition.
4. Reporters used trending and breaking news that can help them grow. In other words, the main purpose of the current reporting is profit and business. Reporters use hooks in the name of freedom of speech and share inaccurate or fake news. This trend can be changed by making policies regarding the cross-check or transparency of research. A research which is not approved by the high authority or acquire weakness should not be used by the magazines or news channels so that people can be saved from misperception regarding nutrition. In addition, awareness should be spread about the real scientific facts and junk science.

**References**

*Junk Science*. (n.d.). Retrieved from https://www.youtube.com/watch?list=PL6iYB0Xcw3bZEJ0B-W8UOLA86qK0L17Qw&v=W0UoyC68T2U

Weinberg, C. (n.d.). You Are Not a Fruit Fly: Why You Should Side-Eye Science Headlines. Retrieved October 30, 2019, from Jezebel website: https://jezebel.com/you-are-not-a-fruit-fly-why-you-should-side-eye-scienc-1642962758