EXTRA CREDIT ASSIGNMENT

As an extra credit assignment, students are assigned to watch the video linked here, PBS Frontline: Supplements and Safety. This video can be streamed to any device such as a phone, tablet or computer. Students are then given the option to answer each of the DISCUSSION QUESTIONS below as an Extra Credit assignment. Answers must be substantive, go beyond one sentence responses, and must directly address the question. The student must turn in this narrative in a typewritten form by THE DAY OF YOUR FINAL EXAM. You are welcome to submit it earlier.

No late assignments will be accepted. No emailed assignments will be accepted. Please type out the questions in your paper.

The Extra Credit Assignment will be Awarded One of the Following Grades

No Credit: This grade will be given to a student whose work is clearly unacceptable. For example, not all of the questions were addressed, question responses were undeveloped, answers are replete with grammatical errors, and the entire assignment is poorly prepared. This student will not receive any benefit to his/her final grade.

Half Credit: This grade will be given to a student whose work meets the minimum standard. All the questions are answered, but they are not particularly insightful. This student will have his/her lowest test grade increased by half a letter grade (5 points).

Full Credit: This grade will be given to a student whose work is clearly superior. Question responses are well developed, substantive, go beyond one sentence, and reflect thoughtful preparation. This student will have his/her lowest test grade increased by a full letter grade (10 points).
DISCUSSION QUESTIONS

1. What percentage of adults are estimated to take supplements annually?

2. Summarize the Purity First story.

3. Summarize the story of the black cohosh.

4. Describe the story of David Kessler, head of the FDA, and his effort to regulate supplements.

5. Describe the story of Jerry Kessler, a leader of the supplement industry,

6. Can megavitamins be harmful? What are antioxidants? Give examples of the diseases you are at risk for by consuming too much of either.

7. Summarize the Vitamin D study by Dr. Joann Manson. What diseases did she say you are at risk for by consuming high levels of Vitamin D.

8. Summarize the study about Fish Oil/Omega 3. What is the risk of ingesting high levels of oxidized lipids? Do the studies support fish oils preventing heart attacks?

9. Describe Newmaster’s study and the NY Attorney General’s study comparing plant DNA to the products purchased in herbal supplement stores.

10. Would you describe the supplement industry as well regulated?

11. Do you believe sufficient evidence supports the notion that diet supplementation beyond the recommended daily dosages of vitamins and minerals enhances health?