Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # __1__

_____Camacho, Izza_____Course EN

COURSE NAME_____EN202_____Section _____2_____

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author'� s Name: Stephanie Watson Brooke Tasovac

2. Author'� s Credentials: 10 years experience as a freelance health writer and editor.

3. Publisher [or title of organization]: WEBMD LLC Stuff(Wellington, NZ)

4. Heading of Section [title of reading]: The Blood Type Diet Pregnancy and Your Blood Type

5. Year Written: 2015

6. Pages: 3 Pages 2 Pages

7. Website URL: https://www.webmd.com/diet/a-z/blood-type-diet https://www.stuff.co.nz/life-style/parenting/pregnancy/expecting/67181552/pregnancy-and-your-blood-type

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
- Benefits of The Blood Type Diet - Blood type restrictions - Effects on bodies.	"D'Adamo claims that the foods you can react chemically with your blood type. If you follow a diet designed for your blood type, your body will digest food more efficiently. You'll lose weight, have more energy, and help prevent disease."	- Type O - A high heavy on lean meat poultry, fish, and vegetables, and light on grains, beans, and dairy. - Type A - A meat-free diet based on fruits and vegetables (beans and legumes, whole grains) - Type B - Avoid corn, wheat, buckwheat, lentils, tomatoes, peanuts, and sesame seeds. However, green vegetables, eggs, certain meats, and low-fat dairy are encouraged. - Type AB - Focus on tofu, seafood, dairy, and green vegetable. However, avoid caffeine, alcohol, and smoked/cured meats.	This source is relevant to my assigned due to the fact that I will be basing my experiment to prove/disprove the blood type diet by recording how I feel physically and mentally.

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
• Blood Type affecting pregnancy	• The blood type and Rh factor of a pregnant woman and the father of her baby can affect what blood type the baby has.	• When the mother is a negative Rh and the baby is a positive Rh, the woman's antibody will soon begin to treat the fetus as though it was a foreign object (bacteria, germ, etc.) which will result in Rhesus disease.	• Relevant to my assignment due to the fact that my project will cover different angle of the blood type impact on human health, and if it occurs on Saipan at all, and if it does what steps are taken to handle the situation.
• Risk factors and treatments	• " In any of these situations, the antibodies will have developed as an immune response which can cause the baby to have anaemia and severe jaundice. With Rh incompatibility, this means whenever the woman is pregnant with an Rh positive	• In order to treat this, mother ill receive an anti-D injection since blood groups can't be classified yet. Constant check ups are required to see if the baby is still Rh positive and an	• This is relevant to my assignment because in order to successfully complete my project, all angles of the possible impact of blood type must be covered or touched to decrease the chances of being biased and raising any questions.

	baby in the future, antibodies will be produced in higher amounts."	incompatibility.	

In this article, is it possible that any of the authors might have a bias about the subject matter? No_X__   provide examples if needed.

Is the article timely or a bit outdated ? 1st source is N.D. However, Second source is not outdated source since it was published in 2015

Was it published in a reputable source? Yes.

It is not an academic source.

Other important information :