**READING NOTES**

**#S 5-6**

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

Note Taking Sheet: Reading # \_\_5\_\_

Course EN COURSE NAME\_\_\_\_\_\_\_EN202\_\_\_\_\_\_\_\_\_Section \_\_\_\_02\_\_\_\_

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: Catherine Paddock

2. Author’� s Credentials: Ph.D.

3. Publisher [or title of organization]: Medical News Today

4. Heading of Section [title of reading]: Drinking Coffee: More Good Than Harm?

5.  Year Written: 2012

 6. Pages: 12 pages

7. Website URL: https://www.medicalnewstoday.com/articles/247583.php?sr

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| --- | --- | --- | --- |
| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * The benefits of coffee. | * "For the general population, the evidence suggests that coffee drinking doesn't have any serious detrimental health effects.” * "Low or no coffee consumption was associated with an increased risk of stroke in women." * “…we firmly believe that moderate coffee consumption can appreciably reduce your risk of Alzheimer's or delay its onset…" | * Consuming coffee can lower the risks of cancer, type 2 diabetes, heart diseases, etc. * Pregnant woman should not drink coffee. * Coffee is popular all over the world and is considered a “psychoactive drug.” * There is 240 ml of caffeine in an 80z cup of coffee. * The moderate intake of coffee (caffeine) is 3-4 cups. | This is the spotlight for coffee. What are the pros of consuming coffee as a stimulant? What are the perks overall? |

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

Is the article timely or a bit outdated?  No

Was it published in a reputable source? Yes

It is not an academic source. No

Other important information:

“No study has said that coffee does more good than harm and therefore drinking it should be recommended.”

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

Note Taking Sheet: Reading # \_\_6\_\_

Course EN COURSE NAME\_\_\_\_\_\_\_EN202\_\_\_\_\_\_\_\_\_Section \_\_\_\_02\_\_\_\_

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: Keith Pearson

2. Author’� s Credentials: Ph.D. and Registered Dietitian

3. Publisher [or title of organization]: Health line

4. Heading of Section [title of reading]: Are Energy Drinks Good or Bad for You?

5.  Year Written: 2017

 6. Pages: 11 pages

7. Website URL: https://www.healthline.com/nutrition/energy-drinks#modal-close

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| --- | --- | --- | --- |
| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * Although energy drinks are super unhealthy, there are a few pros about it. | * “If you choose to drink energy drinks, limit your intake to 16 ounces (473 ml) per day and stay away from "energy shots." * “Luckily, many energy drink manufacturers are now making products that are either lower in sugar or have eliminated it altogether.” | * Good things about energy drinks: energy drinks can improve brain function and help people function when they are tired. * Ingredients included in energy drinks are sugar, b vitamins, amino and derivatives, herbal extracts, and caffeine. * 8.4 ounce of Red Bull improved concentration and memory. * Mixing energy drinks and alcohol can cause health risks; it is popular for all young adults and college students. * “…it is generally recommended that adults consume no more than 400 mg of caffeine per day.” | Many may say energy drinks are not healthy, but is that really true? Energy can still be a powerful source of energy to the human body. |

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Is the article timely or a bit outdated?  No

Was it published in a reputable source? Yes

It is not an academic source. No

Other important information:

“Nearly all energy drinks contain the ingredient caffeine to stimulate brain function and increase alertness and concentration.”