

Food and Nutrition: The Truth Behind Food Headlines

A short online course



Context

- Amid the flood of conflicting messages from the media, it's becoming harder to know what to believe when it comes to following a healthy diet and lifestyle.
- The headlines about food and nutrition often lack scientific rigor and can lead to misinformation among the public.
- With catchy yet misleading soundbites taking precedence over accurate scientific evidence, individuals are left feeling unsure about the credibility of the information they come across.
- Attention-grabbing food and nutrition headlines, driven by profit motives and the pursuit of high readership, compounds the problem and makes it difficult for individuals who are seeking reliable information sources to shape their choices for a healthier and well-balanced life.
- As a result, the public is left grappling with uncertainty, unable to discern between evidence-based information and sensationalism.

Solution

- To address these challenges and equip the participants with the necessary knowledge, EIT Food has developed this short online course where participants will learn how to navigate the landscape of nutrition information and distinguish between reliable scientific evidence and social media headlines.
- The course title is “Food and Nutrition: The Truth Behind Food Headlines”. It is composed of 6 hours of learning broken down in 3 modules.
- On this course, learners will look at:
 - interpreting why media is so interested in reporting about food and nutrition
 - where to find reliable information
 - how to use tools for identifying unreliable studies
 - how scientific credibility is established
 - how to read a scientific paper



Ambition

- Our mission is to empower individuals with the necessary knowledge to navigate the complex landscape of food and nutrition information.
- We aim to provide comprehensive and reliable insights into the truth behind food headlines and we seek to empower individuals to become savvy consumers of nutrition information and make informed choices for a healthier lifestyle.



High level contributors

- This course has been designed for anyone who is losing trust in media headlines about how what we eat affects our health and who wants to get to the truth, and it has been created by the University of Reading, with content provided by the European Food Information Council and the Technical University of Munich.



A modern approach to learning

- Fully online, short learning opportunity
- Course available 24/7 to fit with busy lifestyle
- Content accessible on any connected device
- Short lesson in a variety of formats: video, text, quizzes, etc
- Conversational learning: Learners are encourage to reflect and join discussions
- Additional content added to each steps to further explore the topic



Trailer video



Course Syllabus

Week 1: What's behind a headline

Welcome
How do we interpret headlines?
How do journalists produce their news?
How is scientific credibility established?
Take action

Week 2: Influence and interpretation

Welcome to Week 2
What bias do readers bring?
The statistics behind a headline
How do you read a scientific paper?
Take action

Week 3: Trust

Welcome to Week 3
How do you find reliable information?
How do you check if an article is credible?
How is a scientific study published?
Take action

Week 1: What's behind a headline

Welcome

Welcome to the course! Meet your Educator team and find out what you'll be learning and discussing over the next week.



1.1 Where do you get your food-related news from? DISCUSSION

1.2 Welcome to the course ARTICLE

1.3 Why does the advice keep changing? ARTICLE

How do we interpret headlines?

When you're scrolling through news articles, what do you look for? How do you decide what articles to read? Discuss the cognitive processes involved when reading headlines.



1.4 The relationship between headline and reader VIDEO (02:26)

1.5 How do you judge whether a headline is true? DISCUSSION

How do journalists produce their news?

Journalists have the complex role of translating scientific information to the public. Discover how journalists select what to



Two examples of misreporting

3 comments

The media provides an important forum for different stakeholders to educate, inform, pursue, and influence media audiences. Questioning media credibility is not a new phenomenon, especially when new technology has opened up access to information and knowledge. It's becoming more and more difficult to discover the truth in the news in all sorts of areas, including food and nutrition.

Let's look at examples of how the results of scientific articles have been presented differently by journalists:

Example 1: Milk

MILK MIGHT NOT BE AS GOOD FOR US



[View transcript](#)

Download video: [standard](#) or [HD](#)

Who should you trust?

[1 comment](#)

If you were unsure about which sources you trust in the previous Step, watch this video for our top tips on how to find



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Why does the advice keep changing?

9 comments

FOOD AND NUTRITION: The Truth Behind Food Headlines

SHORT ONLINE COURSE



- Course available on demand
- Link:
<https://www.futurelearn.com/courses/food-and-nutrition>



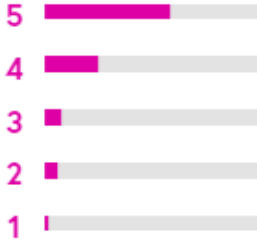
Learner reviews

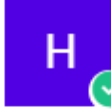
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63 Reviews





Helen E. Verified learner



28/02/22



The Truth Behind Food Headlines

The content, presentation and level was pitched at the right level for me. I enjoyed learning with all the clear course material and it was presented within the parameters of a very good format.

Very good course would definitely recommend.



Lisa R. Verified learner



13/08/21

Food Nutrition The Truth Behind the Headlines

This seemed to be a well researched course and covered a wide range of subjects, exploring and discussing points that I'd been previously unaware of. I have learnt a lot, and am grateful that these courses exist to help educate and guide knowledge about such an important subject.





Thank you!



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