Choose THREE questions from the list below that most interest you. Find one *research* article that helps answer each question. A research article is one in which data was collected, subjects were used, and results were provided. Typical headings that you’ll see in a research article are Methods, Subjects, Data Analysis, Results, Conclusion and/or Discussion. Provide a response to the six questions below. Provide a short summary of the article as depicted in the example. In order to earn full credit (15 points), your responses should be similar to the example below and you must provide THREE articles -- respond to the same 6 questions for each article. You may find three different articles that address the same question or you can find one article for three different questions, etc.

* What factors affect our food preferences?
* What benefits are associated with plant-based foods?
* What benefits are associated with staying hydrated?
* What benefits are associated with protein consumption?
* What benefits are associated with resistance training?
* What benefits are associated with aerobic exercise?
* What benefits are associated with stretching?
* What is a health risk that is associated with obesity?
* What are some reasons why we have an obesity epidemic today?
* What factors are associated with longevity?

EXAMPLE

1. What is the question to which this study helps answer? Does relaxation help academic performance?
2. What was the primary purpose of the study? The primary purpose was to determine if meditation training affects performance on final exams.
3. Who were the subjects? 50 undergrad male & female college students between the ages of 18 and 24
4. Summarize the methods: 22 students received 5 weeks of meditation training once a week prior to the end of semester exams; 18 served as control group and received no training. Final exam scores of the two groups were compared.
5. Summarize the results: Students who received meditation training earned on average an 8% higher score than those who did not receive the training.
6. What is the complete citation? Anderson, A., Jones, B. and Brown, T. (2015). Exam scores and Meditation. *Journal of Stress Management*, 10(4), 114-121.

1. What is the question to which this study helps answer? What benefits are associated with plant-based foods?
2. What was the primary purpose of the study?
3. Who were the subjects?
4. Summarize the methods:
5. Summarize the results:
6. What is the complete citation?
7. What is the question to which this study helps answer? What benefits are associated with resistance training?
8. What was the primary purpose of the study?
9. Who were the subjects?
10. Summarize the methods:
11. Summarize the results:
12. What is the complete citation?
13. What is the question to which this study helps answer? What is a health risk that is associated with obesity?
14. What was the primary purpose of the study?
15. Who were the subjects?
16. Summarize the methods:
17. Summarize the results:
18. What is the complete citation?