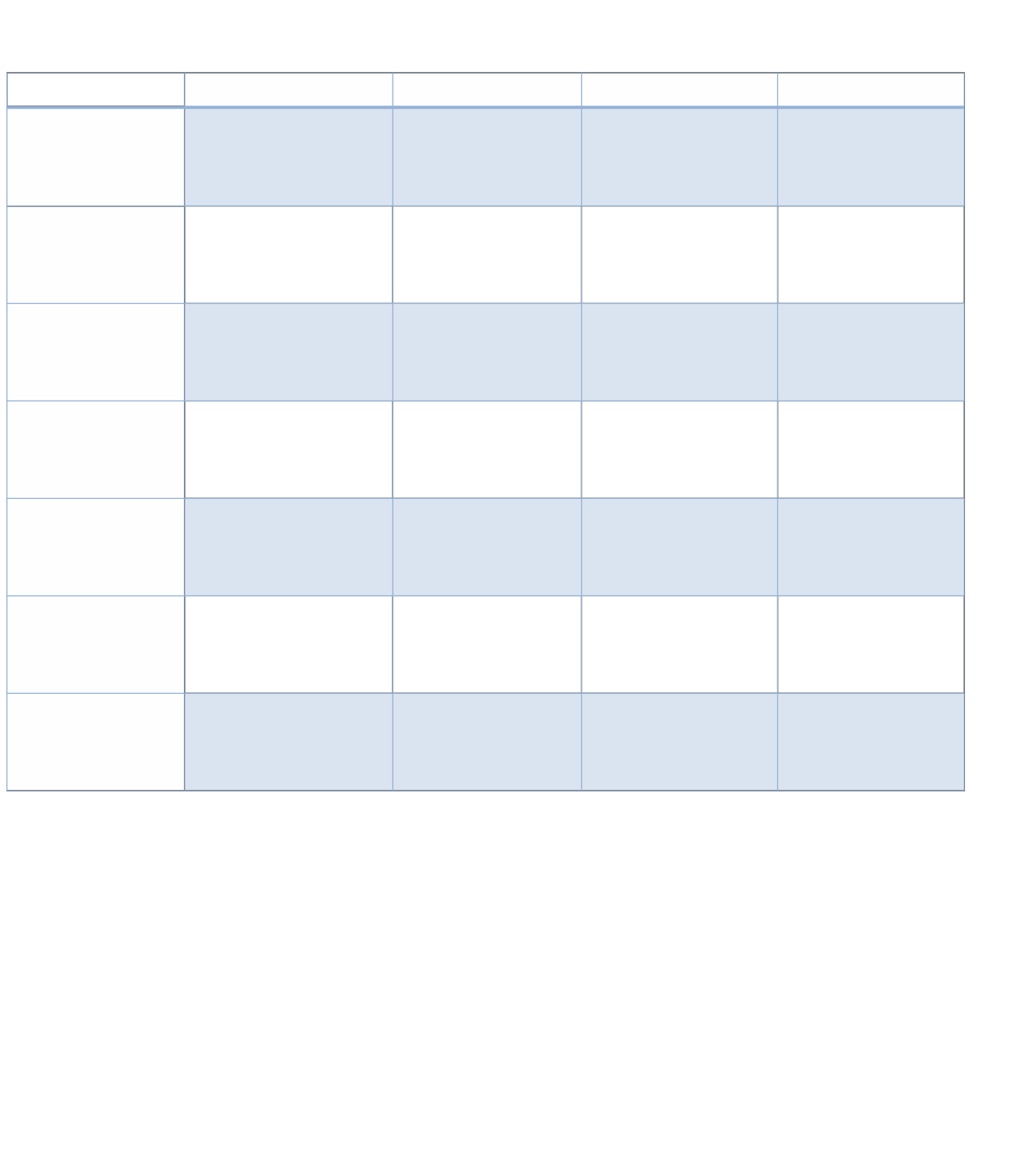
Notes from the lecture, “Trans fats and you thought lard was bad” by Rebecca Kirby M.D.

[**Trans Fats: and You Thought Lard Was Bad**](https://www.youtube.com/watch?v=h5W45C7lISE) **by Riordan Clinic** [**http://youtu.be/h5W45C7lISE**](http://youtu.be/h5W45C7lISE)The Riordan Clinic is a not-for-profit 501(c)3 organization focused on orthomolecular medicine, health education and health research. To learn more visit [http://www.riordanclinic.org](http://www.riordanclinic.org/)

**Evaluation of the scientific quality of the lecture**



This table shows a range of ways to judge the quality of scientific evidence

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ASPECT** | **Most reliable** | **\*\*\*** | **\*\*** | **Least reliable** |
| **Who did the research** | Teams of researchers from different places | One team from one place | Individual scientist | Individual |
| **What organization** | Independent University | University | Industry / Private company | Individual |
| **Where was it**  **published?** | In a Scientific  Journal | In a Science Magazine or Textbook | In a newspaper | On the Web |
| **Editing / review** | With peer review. | With an Editor | Some Quality control | No checks on accuracy |
| **Experiment with data included?** | Yes with lots of clear data | Yes – data available | Yes – but not all details available | No |
| **Explanation of correlation is?** | Very convincing | Detailed and  thorough | Plausible | Missing |
| **The type of language used is?** | Factual and objective | Mostly factual language | The language suggests facts, is persuasive | Language is emotive and lacks facts. |

While watching the lecture try to identify which of the statements most closely matches. Then write your evaluation of the lecture and the evidence presented. Give a justification of your view using words from the table.

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# Activity 1- Make concise notes about the claims made in the video

Three uses of fats in the body are

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…………………………………………………………………………………………………………………..………………..…… Name three types of dietary fat

…………………………………………………………………………………………………………………..………………..…… What is the difference between poly-unsaturated and mono-unsaturated fat?

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…………………………………………………………………………………………………………………..………………..…… What is the cis formation of fatty acid?

…………………………………………………………………………………………………………………..………………..…… What is the trans formation of fatty acid?

…………………………………………………………………………………………………………………..………………..…… Give reasons why the food industry makes trans fats?

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…………………………………………………………………………………………………………………..………………..…… Describe briefly the research studies used as evidence for ideas presented in the video.

Frammingham

…………………………………………………………………………………………………………………..………………..…… Nurses Health study

…………………………………………………………………………………………………………………..………………..…… List some influences which trans fat has on the body and health

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