# Skill-Building Challenge Worksheet: Accessing Weight Loss Information

Name: Blank Class: Blank Date: Blank

There is no shortage of weight loss supplements on the market. Conduct online research of a weight loss supplement or fad diet trend. You can begin by choosing something from figure 5.8, or you may find another option. Once you choose which supplement or diet to review, find at least three websites that provide information on the product. Analyze the information for validity and reliability and fill in the information in the following list. Pay particular attention to whether or not there is scientific and unbiased information available and the role that testimonials play in the marketing. Remember to use your Accessing Valid and Reliable Websites Skill Cues to help you.

**1.** Name of supplement: Blank

**2.** How does it help with weight loss?

**3.** Is the information logical and does it make sense (validity)? *Yes* or *No*

**4.** Is the information consistent across sites (reliable)? *Yes* or *No*

**5.** Is it a safe product? What are the risks of using it?