

Reliable Source Checklist

1. Is the information current?

What is the date this was published? 2016_____

Was this created within the last 5 years? Yes **No**

2. Is the information useful to you?

Who is the information made for? Everyone on YouTube_____

Is this OK for middle school students to use for research? Why or why not? Only if you have another way to verify the information

3. Is the author an expert?

Is the author an expert on the topic? Yes **No**

What do you know about the author's experience or education? _we know he claims to be a doctor. His social media says he's board certified, but we don't know what his area of specialization is. _____

4. Is the information accurate?

What details does the author use to support the topic? He shows examples of food packages.

What sources or references does the author use? ? He refers to the FDA and JNEB (Journal of Nut _____

5. What is the purpose of the information?

Is the purpose **to inform**? to entertain? to persuade?

Does the author give facts or opinions? It appears as if he's giving facts but they should be verified by another source _____

How do you know? You don't know from just the video

Is there anything else you noticed? Please explain.
