

# HNFE 1114

## Locating and Evaluating Information I:

Building a Foundation for Academic Research

ID Number: 0000-00000

Name: HNFE 1114 Student

Your research question: Can a lifelong healthy diet, high in fruits and vegetables increase my lifespan?

Keywords to use in search: healthy diet AND aging

Search tool	
<b>Ebscohost Databases</b> <i>Academic Search</i> <i>Compkete</i>  And/or  <i>Medline</i> or other health related EbscoHost database	<p><b>Number of results:</b> 34</p> <p><i>List full citations (in APA Style) for 2 articles that are good sources for your topic.</i></p> <ol style="list-style-type: none"><li>1. Kennedy, E. T. (2006). Evidence for nutritional benefits in prolonging wellness. <i>American Journal of Clinical Nutrition</i>, 83 (2), 410S – 414S. Retrieved from <a href="http://www.ajcn.org/cgi/reprint/83/2/410S">http://www.ajcn.org/cgi/reprint/83/2/410S</a>.</li><li>2. King, D. E., Mainous, A. G. &amp; Geesey, M. E. (2007). Turning Back the Clock: Adopting a Healthy Lifestyle in Middle Age. <i>American Journal of Medicine</i>, 120 (7), 598 - 603. Retrieved from <a href="http://www.sciencedirect.com/science/journal/00029343">http://www.sciencedirect.com/science/journal/00029343</a>.</li><li>3. Shahar, D. R. &amp; Grotto, I. (2006) Mediterrean Diet and Longevity. <i>Current Nutrition &amp; Food Science</i>, 2 (4), 337 – 432. Retrieved from <a href="http://web.ebscohost.com/ehost/pdf?vid=7&amp;hid=5&amp;sid=f0988525-8082-4ede-b7bc-967da39bdf74%40sessionmgr109">http://web.ebscohost.com/ehost/pdf?vid=7&amp;hid=5&amp;sid=f0988525-8082-4ede-b7bc-967da39bdf74%40sessionmgr109</a>.</li></ol>
<b>Addison</b>	<p><b>Number of results:</b> 2</p> <p><i>List full citations ( in APA style) for 2 books that are good sources for your topic.</i></p> <ol style="list-style-type: none"><li>1. Gittleman, A. L. (1999). <i>How to Stay Young and Healthy in a Toxic World</i>. Los Angles, CA: Keats. Available from Net Library <a href="http://www.netlibrary.com/Details.aspx">http://www.netlibrary.com/Details.aspx</a> via VT Libraries <a href="http://www.lib.vt.edu">http://www.lib.vt.edu</a>. <b>Call #:</b> RA 776.75 G56 1999eb    <b>Location in library:</b> Electronic Book    <b>Availability:</b> Book is available</li><li>2. Mackenzie, E. R. &amp; Rakel, B.(2006). <i>Complementary and alternative medicine for older adults: a guide to holistic approaches to healthy aging</i>. New York, NY : Springer Pub. Co <b>Call #:</b> R733 .C65284 2006    <b>Location in library:</b> 4<sup>th</sup> floor    <b>Availability:</b> available to be checked out</li></ol>