



Handout 1.12: Food Video Fact Check

Lesson: 1.12 Is This Food Video True? **Print:** Pages 1 and 2, one per student. Page 3 (three fictional sources on the honey claim) one set per pair, only if you did not find real sources for the video you chose.

Page 1: The four questions

Name: _____ Date: _____ Period: _____

The claim in the video: _____

Directions: Answer the four source-check questions for the video. Write what you can see or find, not what you guess.

Question	What it really asks	My answer for this video
1. Who wrote it?	A real name and a job I can check? Or just a handle?	
2. What do they sell?	A product, a program, a supplement, a book? Or my attention and views?	
3. What is the evidence?	A study I could find? A label? A number? Or “trust me” and “studies show”?	
4. When was it posted?	Is it recent? Could the advice be old?	

Two shortcuts:

- A registered dietitian (RD or RDN) has a license and can lose it for giving bad advice.
- A website ending in .gov or .edu is usually not selling anything.

[Sal: add the four questions in Turkish, Portuguese, and Spanish from Vocabulary 01.md here.]

Page 2: The three-source check

Directions: Read all three sources on the same claim. Fill in one row each. Then decide.

	Source A	Source B	Source C
What does it say about the claim?			
Who wrote it?			
What do they sell?			
What evidence does it show?			
When was it posted?			
Credible or not credible?			
Why? (name the question it passed or failed)			

My verdict on the claim (circle one): True / False / Partly true / Cannot tell

The source that decided it: Source ____ because _____

Sentence frame: "The claim is __ because source __ shows __."

Grade 8 stretch: a fourth source you found. What is it? _____ Who wrote it?

_____ What do they sell? _____ Evidence? _____

Credible? _____. Rewrite the claim as a sentence that is actually true, if there is one:

Our class checklist for judging any food video (copy from the board; at least six questions):

















Rate the video with the checklist. Questions passed: ____ out of _____. Views: _____. Do views predict passes? _____

Page 3: Three sources on one claim (fictional examples for practice)

These three sources are made up for this lesson. They are written to look like the real thing so you can practice. The claim they are all about:

The claim: “Honey is a natural sugar, so it is healthy and you can eat as much of it as you want.”

Source A: a video transcript

Posted 3 weeks ago by @sweetlifewithkai. 6.2 million views. “Okay so everyone is scared of sugar but here is the thing nobody tells you. Honey is NATURAL. Bees make it. It has antioxidants, it has enzymes, it is basically medicine. I put it in my coffee, on my toast, in my oatmeal, I take a spoonful before bed. Sugar is poison but honey is from nature, so your body knows what to do with it. Link in bio for the raw honey I use, code KAI for 15% off.”

Source B: a web page

Ask a Dietitian: Is honey healthier than sugar? By Maria Santos, RDN, Clinical Nutrition Department, Northshore Medical Center. Reviewed May 2026. “Honey is a sugar. One tablespoon has about 64 calories and 17 grams of sugar, a little more than a tablespoon of table sugar. It does contain tiny amounts of antioxidants, but not enough to change your health at the amounts people eat. On a Nutrition Facts label, honey counts as added sugars. The Dietary Guidelines recommend keeping added sugars under 10 percent of your daily calories, and honey counts toward that limit. Honey is a fine choice if you like the taste, in the same small amounts you would use sugar. Never give honey to a baby under one year old because of the risk of infant botulism.” Sources listed: U.S. Department of Agriculture FoodData Central; Dietary Guidelines for Americans 2020 to 2025; Centers for Disease Control and Prevention, infant botulism.

Source C: a product page

Golden Hive Raw Wildflower Honey, 16 oz. \$14.99. Free shipping on orders over \$40. “Nature’s perfect sweetener. Raw, unfiltered, and never heated. Packed with antioxidants and enzymes. A healthy way to sweeten everything from tea to toast. Kids love it.” 4.8 stars (2,314 reviews). Top review: “I switched my whole family from sugar to Golden Hive and we feel amazing.”

Teacher key

Page 1. Answers depend on the video chosen. What to look for: question 1 has a name or “just a handle”; question 2 names something specific (a supplement, a program, a code, or “views and attention”), not “nothing”; question 3 says what evidence appears on screen (usually none); question 4 has a date.

Page 2, for the fictional honey sources.

	Source A (video)	Source B (dietitian page)	Source C (product page)
Says	Honey is natural, so eat as much as you want	Honey is a sugar; counts as added sugars; fine in small amounts	Honey is nature’s perfect sweetener; healthy
Who wrote it	A handle, no name, no job	A named registered dietitian at a hospital	A company
What do they sell	Raw honey through a link and a discount code	Nothing on the page	The honey itself, \$14.99
Evidence	None; “antioxidants,” “enzymes,” “basically medicine” with no numbers	Numbers (64 calories, 17 g sugar per tablespoon), the added sugars rule, three named sources	Star ratings and a customer review
When	3 weeks ago	Reviewed May 2026	No date
Credible?	Not credible: fails who, what do they sell, and evidence	Credible: passes all four	Not credible: fails what do they sell and evidence

Verdict: partly true. Honey is natural and a sugar, so “eat as much as you want” is false; source B decided it with the numbers and the added sugars rule.

Class checklist. Any six or more questions a grade 6 student could use. Sharpen vague ones. Strong examples: Does it name a real person with a real job? Is there a link, a code, or a product? Does it name a study or a source I could find? Does it give a number? Is there a date? Does it say “everyone” or “never” or “always”? Does it agree with a .gov, .edu, or RD source? Would the person lose anything if they were wrong?

Scoring. Complete, partial, or missing for daily work. Complete is: four questions answered on page 1, three columns filled on page 2 with a reason tied to one of the four questions, a verdict with a source named, and the checklist copied with at least six questions.