

ConsumerMan Video for LifeSmarts 7: BE SMART WITH SUPPLEMENTS

Lesson Plan

Overview

The supplement marketplace is largely uninspected and unsupervised. False and misleading health claims are common, and quality depends upon the manufacturer and the production process. According to the National Institutes of Health the scientific evidence supporting the effectiveness of supplement ingredients varies widely.

Lesson Objective(s)

Compare the disadvantages and advantages of dietary supplements

Time

1 class period

Background

Each year Americans spend millions of dollars on supplements, though many of the health claims made about supplements are unproven or even false. Before the consumer can analyze a supplement's health claims, they must first understand their limitations. Supplements are frequently unregulated and the buyer cannot be sure what they are taking. Federal law does not require supplements to be tested for safety or effectiveness before supplements are marketed and sold.

Materials

Lesson Content Vocabulary List

Video-*Be Smart with Supplements*

Video Activity-*Just the Facts about Supplements*

Activity Key-*Just the Facts about Supplements*

Procedures

1. Distribute the *Vocabulary Worksheet*
2. Assign students to define only the vocabulary they are confident they understand.
3. Clarify and define vocabulary with the large group.
4. Distribute the *Just the Facts about Supplements* worksheet to each student. Review the activity instructions and allow time for students to complete their work.
5. View the video *Be Smart with Supplements*
6. Use the activity key to review and discuss answers to *Just the Facts about Supplements*.

Discussion Questions

1. Some energy drinks and shots are labeled as “supplements.” How do they “give” you energy and when can they be dangerous?
2. How are advertisements for supplements often misleading?
3. Analyze this statement about supplements: “Even if a product may not help you, at least it won't hurt you.”
4. Explain why supplements cannot make up for a poor diet.



Name: _____

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|---------------------------|--|
| botanical (herb) | |
| DSHEA | |
| enriched | |
| FDA | |
| fortified | |
| functional food | |
| health claim | |
| I. U. | |
| multivitamin/multimineral | |
| natural | |
| RDA | |
| standardization | |
| supplement | |
| time release | |



Name:

| | |
|---------------------------|---|
| botanical (herb) | Part of a plant, tree, shrub, herb |
| DSHEA | Dietary Supplement Health and Education Act, 1994 Amendment to the 1938 Food and Drug Act to alter the way supplements are regulated and labeled |
| enriched | Nutrients that are lost during food processing are added back into the product |
| FDA | Food and Drug Administration, federal agency responsible for protecting the public health by assuring the safety and effectiveness of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation |
| fortified | Nutrients not naturally present in a food are added during processing |
| functional food | Foods that have a potentially positive effect on health beyond basic nutrition |
| health claim | A statement indicating a relationship between a food substance or dietary supplement and reduced risk of a disease or health-related condition |
| I. U. | International Units, a term of measurement for fat soluble vitamins |
| multivitamin/multimineral | Dietary supplement products in which each serving contains two or more vitamins and minerals |
| natural | The FDA has not developed a definition for use of the term natural or its derivatives. However, they have not objected to the use of the term if the food does not contain added color, artificial flavors, or synthetic substances |
| RDA | Recommended Dietary Allowance, estimate of daily nutrition needs |
| standardization | Process supplement manufacturers may use to create a consistent product; does not necessarily indicate quality |
| supplement | A product intended to complement the diet that contains one or more of the following dietary ingredients: a vitamin, a mineral, an amino acid, an herb or other botanical |
| time release | Active ingredients have been coated to be released in the body over a period of 2-6 hours instead of all at once |



Name:

DIRECTIONS: The statements below are either true or false. Read the statement and decide whether it is *true* or *false*. Circle *true* or *false* to indicate your choice. Correct the false statements by adding information to the statement.

For example, *There are twenty questions on this worksheet* is a false statement. Correct this statement by clarifying—*There are fifteen questions on this worksheet*, NOT by adding a negative such as, *There are not twenty questions on this worksheet*.

Activity adapted from:

<http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm109760.htm>

| | | |
|---|--|---------------|
| 1 | Dietary supplements help you balance your nutrition needs when you are too busy to eat healthy meals. Supplements do not replace the variety of nutrients found in foods that are important in a healthful diet. | True False |
| 2 | Dietary supplements include vitamins, minerals, and other less familiar substances — such as herbals, botanicals, amino acids, and enzymes. | True False |
| 3 | You should always inform your health-care provider, including your pharmacist, about any supplements you are taking. | True False |
| 4 | Supplements, like drugs, may make claims such as, "reduces arthritic pain" or, "treats heart disease." Supplements should not make claims, such as "reduces arthritic pain" or "treats heart disease." Claims like these can only be legally made for drugs, not dietary supplements. | True False |
| 5 | Many supplements contain active ingredients that have strong biological effects in the body. This could make them unsafe in some situations and hurt or complicate your health. For example, taking too much of some supplements, such as vitamin A, vitamin D, and iron could lead to harmful — even life-threatening — consequences. | True False |
| 6 | When a dietary supplement contains a NEW ingredient, that ingredient will be reviewed and approved by the FDA prior to marketing — not only for safety, but also for effectiveness. Dietary supplements are not approved by the government for safety and effectiveness before they are marketed. If the dietary supplement contains a NEW ingredient, that ingredient will be reviewed by FDA (not approved) prior to marketing — but only for safety, not effectiveness. | True False |
| 7 | The term "natural" on labels implies that the product is safer than a similar product produced from synthetic compounds. The term "natural" on labels is not well defined and is sometimes used to imply unsubstantiated benefits or safety. For example, many weight-loss products claim to be "natural" or "herbal" but this does not necessarily make them safe. | True False |
| 8 | The FDA has the authority to take dietary supplements off the market if they are found to be unsafe, or if the claims about the products are false and misleading. | True False |
| 9 | Dietary supplement manufacturers must include warnings about potential adverse effects on the labels of their products. Dietary supplement manufacturers may not necessarily include warnings about potential adverse effects on the labels of their products. If consumers want to know about the safety of a specific dietary supplement, they should contact the | True False |

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| | manufacturer of that brand directly. | |
| 10 | <p>A recall of a harmful supplement by the FDA guarantees that all such harmful products will be completely removed from the marketplace.</p> <p>A product recall of a dietary supplement is voluntary and while many manufacturers do their best, a recall does not necessarily remove all harmful products from the marketplace.</p> | <p>True</p> <p>False</p> |
| 11 | <p>Health fraud scams have been around for hundreds of years. They prey on people's desires for easy solutions to difficult health problems—from losing weight to curing serious diseases.</p> | <p>True</p> <p>False</p> |
| 12 | <p>Face book and Twitter both are continuously bombarded with health fraud.</p> <p>Scammers promote their products through newspapers, magazines, TV infomercials and cyberspace. You can find health fraud scams in retail stores and on countless websites, in popup ads and spam.</p> | <p>True</p> <p>False</p> |
| 13 | <p>Energy drinks and energy shots are marketed as supplements.</p> <p>Energy drinks and shots are often marketed as supplements and their stimulating properties can raise heart rate and blood pressure, dehydrate the body, and prevent sleep. The FDA does not approve or test these products.</p> | <p>True</p> <p>False</p> |
| 14 | <p>Natural supplements are more effective than formulated supplements.</p> <p>There is no agreed upon definition of the term "natural," so there is no way to know or test if "natural" has any meaning or significance.</p> | <p>True</p> <p>False</p> |
| 15 | <p>According to the FDA, the caffeine level in energy drinks can pose a serious health risk.</p> <p>Anxiety, headaches, irregular heartbeats and heart attacks are all problems linked to the high caffeine content of energy drinks. A typical energy drink contains about five times the caffeine found in one cup of coffee.</p> | <p>True</p> <p>False</p> |



LifeSmarts
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| 5 | Many supplements contain active ingredients that have strong biological effects in the body. This could make them unsafe in some situations and hurt or complicate your health. For example, taking too much of some supplements, such as vitamin A, vitamin D, and iron could lead to harmful — even life-threatening — consequences. | True False |

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