**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_ Block:\_\_\_\_\_\_\_\_ Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Research Mini-Assignment**

**Directions**:

Please research one of the food items below and write a short report (no longer than 2 paragraphs) answering the following questions:

1. Describe your food item. (English)
2. What is your food item’s scientific name? What kind of food is it (fruit, vegetable, other)? (Science)
3. Where is your food item grown or produced? (Geography)
4. How much does your food item cost to produce and consume? (Math)
5. What are the health benefits of your food item? (Physical Education)
6. Provide 1 picture of your food item. (Art)
7. Based on this evidence, make conclusions about if you would encourage or discourage people from buying and eating your food item. Why or why not? (Critical Thinking)

**Food items** (if you would like to choose another food item please ask)

Apple Pear Strawberry Banana Soy Wheat Bean

Broccoli Spinach Carrot Onion Potato Salt

Chocolate Coffee Cheese Garlic Rice Peppercorn

**Your paragraph should be accompanied by the following things:**

1. MLA style In-text citations
2. 4 or more academic sources (remember you *must* cite everywhere you found information—including pictures, videos, graphs, etc.)
3. A MLA style bibliography
4. A list of where you searched (EBSCO, Newsbank, Google, library book etc.) and what search terms you used.

This assignment should be typed in a Word Document and sent to Ms. Goetz via email ([mgoetz@isp.edu.pa](mailto:mgoetz@isp.edu.pa)) It is due by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Research Notes**

A **reliable source** is: One that you can trust—academic, peer-reviewed, cites their own reliable sources, gives information about the author.

Examples include:­­­­­­­­­ journal articles, encyclopedia, .edu websites

A **non-reliable source** is: one that you cannot trust! Anonymous people have access to add content or change things, no sources are cited or poor sources are.

Examples include:­­­­­­­­­ WIKIPEDIA, blogs, answer websites

**Databases** the library has access to: EBSCO, Newsbank, Ebrary

How do I get to them…at school?

Links on the Library computers

…at home?

ISP or [www.Yourlibrary.yolasite.com](http://www.Yourlibrary.yolasite.com) website. Use the links, and the username: ISP, the password: library

A **primary source** is: a source taken directly from the time, place, event or person you are researching.

Examples include: pictures, autobiographies, interviews, documents (letters, checks, contracts) ­­­­­­­

A **secondary source** is: a source that is 2nd hand knowledge—someone is talking or examining the primary information

Examples include:­­­­­­­­­ newspaper articles, research papers

**MLA style** is: a paper and citation formatting style put out by the Modern Language Association

I can find help and examples at:­­­­­­ OWL at Purdue, Bibme, EasyBib, CitationMachine

**In-text citation** is: telling where you got your information within the text of the paper/presentation. MLA format for in-text citation is (Author Last Name, pg#)

I can find help and examples at:­­­­­­ OWL at Purdue

A **Bibliography** is: a list of all the sources you consulted, quoted, or took any information from. A Works Cited is only a list of sources that you quoted or paraphrased information from.

I can find help and examples at:­­­­­­ OWL at Purdue

**Why** is it important to have good sources?

**Why** is it important to cite sources?

Mallory Goetz

February 27, 2012 **EXAMPLE**

Ms. Goetz

Library Research Seminar

Research Mini-Assignment



Figure 1: Photograph of oranges and a halved orange (sunnyUK).

The orange is a fruit characterized by its orange color, round shape, “rich citric acid and vitamin content,” and its many varieties (Orange, in Botany). The orange is the fruit from the orange tree which belongs to the *Rutaceae* tree family (Orange, in Botany). The most important types of orange fruits for commerce are the “sweet, or common, orange (*C.* *sinensis*) . . . the sour, or Seville, orange (*C. aurantium*) . . . [and] the mandarin (*C. reticulata* or *nobilis*)” (Orange, in Botany). The orange originated in China and IndoChina, ended up in the West Indies, Florida, and California due to trade and global exploration, but “the **orange** now grows in the warm parts of all continents” and is shipped all over the world as a fruit product for consumption (Orange, in Botany). This consumption creates a large orange production need. A study done by the University of California Cooperative Extension, found that costs for the production of oranges in the San Joaquin Valley of California are approximately $3,966 for the first year of starting an orchard (see Table 1) and profits do not start accumulating until the 4th and 5th years of a working orchard (O’Connell et al. 14-15).

Production Year: 1 2 3 4 5

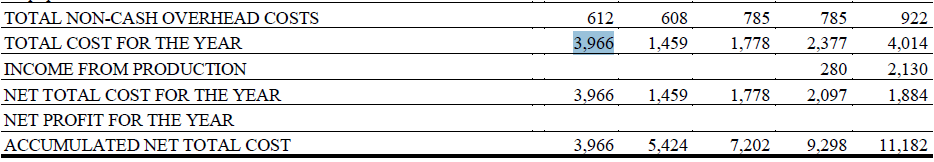


Table 1: Estimated costs and profits of running an orange orchard (per acre) in the San Joaquin Valley, California, USA for the first 5 years (O'Connell et al. 14-15)

For the consumer oranges are one of the cheaper fruits to buy. In a study by the United States Department of Agriculture (USDA), oranges only cost an average of $0.74 per pound for the consumer (see Figure 2) and, as such, is much cheaper than a large variety of other fruits (Reed, 11-23).

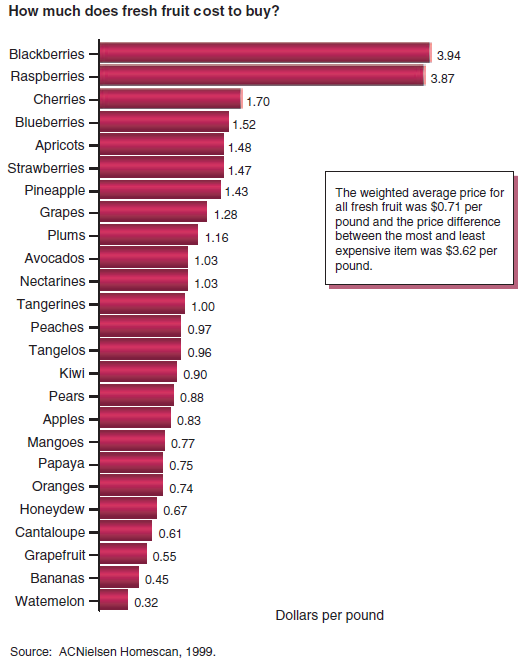


Figure : Price of fresh fruit in the US per pound (Reed, 11).

Oranges also may be so widely consumed because of their health benefits. “Healthy adults should eat between 20 to 35 grams of dietary fiber each day” and oranges contain soluble fiber; which could lower risk of heart disease if combined with a low-fat diet (Baggarly). Oranges also contain flavonol hesperidin which, in a French study reported in Nursing Standard Journal, lowered the risk of cardiovascular disease (Flavonol In Orange Juice Contributes To A Healthy Heart, 16-17). In addition, it seems that everyone knows oranges are high in vitamin C, citric acid, and other vitamins. In fact, “just one large orange provides 163% DV (Percent Daily Value, based on 2,000 calories per day). Vitamin C is important for many body functions, including maintaining bones, teeth, muscles, skin, ligaments and blood vessels; acting as an antioxidant to fight damaging free radicals that can lead to disease, healing wounds, and promoting a healthy immune function” (Zesty Citrus Fruits Signal Powerful Health Benefits, 3). Oranges are rich in:

…potassium, folate, calcium, thiamin, niaein, vitamin B6, phosphorus, magnesium, copper, riboflavin, and pantothenic acid,. . . fibers like pectin and lignin, which are linked with heart protection. In addition, more than 170 different phytochemicals have been identified in citrus fruits, including monoterpenes, limonoids. flavonoids, and carotenoids, which have documented antioxidant, anti-inflammatory, immune-boosting, and anti-cancer effects.

Eating citrus has been linked with protection from heart disease, stroke, arthritis, asthma,

Alzheimer's disease, cognitive decline, multiple sclerosis, age-related eye disease, ulcerative colitis, and diabetes, according to a review of the science on citrus fruits and health performed by Australia's research organization. The Commonwealth Scientific and Industrial Research. High citrus fruit intake also is linked with a 40 to 50 percent reduction in the risk of several cancers, such as esophageal, larynx, mouth, and stomach” (Zesty Citrus Fruits Signal Powerful Health Benefits, 3).

Oranges have such astounding health benefits, are available in different forms all over the world, and are considerable cheaper to the consumer than other fruits. As such, all people should eat oranges as often as possible, as a part of a healthy diet and a happy lifestyle.

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**Search List**

|  |  |  |
| --- | --- | --- |
| Where I searched | Search Terms | Find Anything? |
| EBSCO | orange | yes |
| Orange and health benefits | Yes |
| Orange and production costs | No |
| Orange and fruit and production costs | yes |
| Newsbank | Orange and health benefits | No |
| Orange and fruit and health benefits | yes |
| Google Image Search | Labeled for reuse: orange | Yes |
| Google Web Browser | Average orange cost | No |
| Average orange fruit cost | yes |