

Submit via course website prior to class Jan. 27th

Familiarize yourself with the Seven Countries Study. As you're learning about this study, think critically about how it aligns itself with the steps of the Scientific Method. A good place to start your research is at <http://sevencountriesstudy.com>. Answer the questions below:

1. What motivated this study?
2. What was the chief hypothesis?
3. What did Keys want to learn?
4. How was the hypothesis tested?
5. What were the main variables that Keys monitored?
6. Do the conclusions of this study support the hypothesis?
7. Summarize the main criticisms that this study has provoked and received.
8. Do you find yourself sympathetic to the criticisms? That is, based on what you've learned, do you think that Keys could be wrong? Why?
9. Why is peer review and criticism a central premise of scientific research?
10. What is a longitudinal study?
11. Find one more example of a longitudinal study based on nutrition and health science. Summarize the data being collected and the goals of the study.