# Summary Activity

|  |  |
| --- | --- |
| **What was the main idea about this key knowledge and key skill?** | |
|  | |
| **Identify a range of food knowledge and skills.** | |
|  | |
| **List the principles of evidence-based research.** | **Briefly outline what each involves.** |
|  |  |
|  |  |
|  |  |
| **Explain how to evaluate the nutritional efficacy of contemporary food fads, trends, and diets.** | |
|  | |