

To: Kelli Wood
From: Great Student
Date: July 19, 2016
Subject: The Use of Chocolate Chip Cookies as a Diet Aid

Share your topic, why you're interested in it, and what you want to find out, learn, or know here.

Topic/Goal: There are studies surfacing about the use of chocolate chip cookies as a diet aid. While we have long believed that the combination of bread-like ingredients nullified any benefit chocolate had on the body, nutritionists are now coming to believe that the tasty goodness of chocolate chips may actually help people be more successful in achieving and maintaining a healthy diet. This report seeks to examine this new evidence and evaluate its credibility and if found credible, examine the possibilities of chocolate chip cookies as effective diet tools, making recommendations based on my findings.

Provide a list/outline of major topics in this research as you see it now, and explain what type of research you need for each: studies, comparisons, interviews, surveys, etc.

Outline of topics and types of research:

- Studies on Chocolate chip cookies as a diet Aid
 - I.M. Keebler
 - Chip A. Hoy
 - M. S. Amos
- Credibility of those studies
 - Research background and methodology of each researcher
- Survey of those on diets and the role chocolate chip cookies have played as help or hindrance
- Comparison to other studies on specific foods not considered healthy, but later found to be so.
- Final recommendations

Optional.
However if you provide at least 3, cited in APA style, will get you up to 5 points extra credit.
Don't include this heading if you don't do this.

Tentative List of References:

Hoy, C. A. (2010). Cross-sectional analysis of the transposition of fat cells in combination with high frequency imbibing of wheat-surrounded chocolate capsules. *Journal of American Diets*, 35(9), 248-267. Retrieved February 9, 2016.

Keebler, I. M. (2009, July 23). The efficacy of chocolate chip cookies as a diet aid: A longitudinal study of post-graduate students. Retrieved from http://www.thingsnottobelieve.com/chocolate_chip_magic

Wrong, U. R. (2015). The fecal composition of proposed studies correlating the consumption of chocolate chip cookies with healthy outcomes and dietary patterns. *Baking Skeptic's Journal*, 309(23), 45-76.