

North Lawndale College Prep High School  
**Freshman and Sophomore Projects: Sample Quantitative Data Representation Notecard**  
*for Background Information*  
2013-2014

**Driving Question:** Which is better for Americans: animal-based diets or whole-foods, plant-based diets?

**Edit Notecard**

**Title (Main Idea)**  
The amount of dairy, meat, and processed sugar that Americans eat is increasing.

**Source**  
Stone, Gene, ed. Forks Over Knives: The Plant-Based W

**Pages**

**Direct Quotation** [How do I do this?](#)  
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**Paraphrase or Summary** [How do I do this?](#)  
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**Figure 1:** Near the beginning of the twentieth century, Americans each ate about 120 pounds of meat yearly; as of 2007, we ate about 222 pounds. In 1913, we consumed about 40 pounds processed sugar each; by 1999, that number had risen to 147 pounds. And, in 1909, Americans downed 294 pounds of dairy products apiece—by 2006, that figure had more than doubled to 605 pounds per person. (Stone viii)

- This data is a bar graph
- **Title:** There was not a title in the book, but if I were to give it a title, I would call it, "Amount of meat, processed sugar, and dairy eaten by Americans in the 20th and 21st Centuries"
- **Context:** There isn't any outside context a person needs to know in order to comprehend this graph.
- **Variables:** Along the x-axis are the years and type of food (meat processed sugar, or dairy). Along the y-axis are the pounds of food that Americans ate during that year. The independent variable is the year. The dependent variable is the pounds of food eaten by Americans.
- **Correlation:** As time has passed, Americans have increased the amount of meat, processed sugar, and dairy that they eat. Therefore, this graph shows a positive correlation between year and the pounds of meat, processed sugar, and dairy that Americans eat.

**My Ideas** [How do I do this?](#)  
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The pattern that I notice is that Americans eat more meat, processed sugar, and dairy now than they did in the early 1900's. I need more information to draw a conclusion, but I wonder why Americans eat more meat now than they did in the early 1900's. Also, I wonder if there are more Americans with heart disease, cancer, and diabetes now than in the early 1900's. I can use this information in the background section of my paper.

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North Lawndale College Prep High School  
**Freshman and Sophomore Projects: Sample Quantitative Data Representation Notecard**  
*for Reason (A)*  
2013-2014

**Driving Questions:** Which is better for Americans: animal-based diets or whole-foods, plant-based diets?

**Title (Main Idea)**  
Whole-foods, plant-based are good for your health.

**Source**  
Stone, Gene, ed. Forks Over Knives: The Plant-Based W

**Pages**

**Direct Quotation** [How do I do this?](#)

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**Lee Fulkerson's test results before and after 13 weeks on a whole-foods, plant-based diet**

|                   | BEFORE     | AFTER      |
|-------------------|------------|------------|
| Weight            | 231 pounds | 211 pounds |
| Blood pressure    | 142/82     | 112/70     |
| Resting pulse     | 92         | 60         |
| Total cholesterol | 241        | 154        |
| LDL               | 157        | 80         |
| CRP*              | 6          | 2.8        |

\*This measures inflammation in the heart and blood vessels.

(Stone 29)

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"Science"

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**Paraphrase or Summary** [How do I do this?](#)

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- This data is organized in a table.
- Title: Lee Fulkerson ate a whole-foods, plant-based diet for 13 weeks and tracked his test results before and after those 13 weeks.
- The independent variables are Lee Fulkerson's weight, blood pressure, resting pulse (measure of his heartbeat when he is not exercising), total cholesterol, LDL (the "bad cholesterol" in your body that blocks arteries), and CRP (as stated below, this measures inflammation (broken, irritated, damaged) heart and blood vessels).
- The dependent variables are the test results before and after the 13 weeks of eating a whole-foods, plant-based diet.
- Since the test results decreased after Fulkerson ate a plant-based diet for 13 weeks, there is a negative correlation between variables in this graph.

**My Ideas** [How do I do this?](#)

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The pattern is clear: when Lee Fulkerson ate a whole-foods, plant-based diet, he lost weight, his blood pressure decreased, his resting pulse decreased, the amount of cholesterol in his body decreased, the bad cholesterol (LDL) decreased, and the damage to heart and blood vessels (CRP) decreased. From this pattern, I can conclude that eating a whole-foods, plant-based diet is good for your health. I can use this as an (A) to support the argument that whole-foods, plant-based diets are better for Americans. To make it even stronger, I should probably find more results from people who went on a similar diet.