

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

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

Edit Notecard

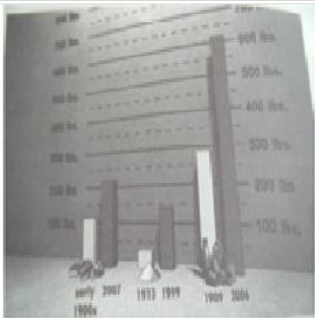
Title (Main Idea)
The amount of dairy, meat, and processed sugar that Americans eat is increasing.

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

Pages

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

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Year	Meat (lbs.)	Processed Sugar (lbs.)	Dairy (lbs.)
early 1900s	120	40	294
1913	147	40	294
1999	177	147	294
2006	222	177	605
2007	222	177	605

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)

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"Science"

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

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- 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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for Reason (A)
2013-2014

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

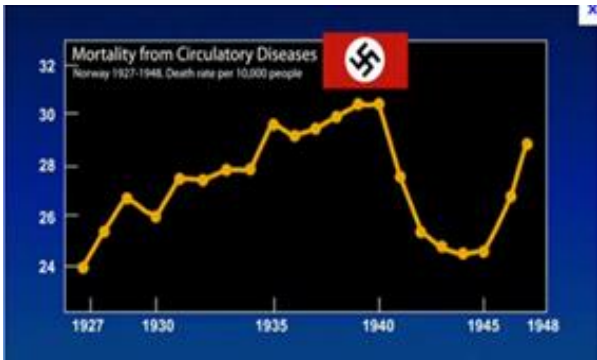
Title (Main Idea)
Whole-foods, plant-based are good for your health. 2

Source
Fulkerson, Lee, dir. Forks Over Knives. Monica Beach Me

Pages

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(Fulkerson 2011)

URL

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Tags
"Science" "Math"

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

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- This data is organized in a line graph.
- **Title:** This chart shows how many people died from heart related disease in Norway between the years of 1927-1948. It shows the how many people died per 10,000 people.
- **Context:** The documentary explained that in 1940, the Nazi's took over Norway. The Nazi's took over the meat in Norway and gave it all to their troops. The people in Norway could not eat very much meat and had to eat a whole-foods, plant-based diet. In 1945, the Nazi's left and the people in Norway could eat meat again.
- **Variables:** Along the x-axis are the years. Along the y-axis are the number of people who died from circulatory (heart-related) diseases. When it says 24, it means "24000" etc. The years (x-axis) is the independent variable and the number of deaths (y-axis) is the dependent variable.
- **Correlation:** There is a correlation between the amount of meat that people in Norway eat and the number of deaths from heart disease. As Norwegians ate more meat there were more deaths from heart disease, which is a positive correlation in this graph. There is a negative correlation when Norwegians' ate less meat and had fewer circulatory deaths.

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

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The pattern that I notice is that when people in Norway were eating meat, the death from heart disease increased. When the people in Norway could not eat meat, the death from heart disease went down. The conclusion that I can draw from these patterns is that an animal-based diet increases deaths from heart disease, but a whole-foods, plant-based diet decreases chances for heart disease. I can use this to support the argument that whole-foods, plant-based diets are better for Americans because they reduce the chances that Americans will die from heart disease. I should find out if there are more diseases that whole-foods, plant-based diets reduce.