

W3. Search Engines and Reliable Information Scenarios

Scenario 1 – “Energy drinks improve exam scores”

a) Website

Can Energy Drinks Improve Exam

https://studenthealth.northbridge.edu/nutrition/article/energy-drinks-exam-performance



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Can Energy Drinks Improve Exam Performance?

 Author: Dr. Emily Carter, PhD in Nutrition

 Reviewed by Student Health Services

 Published: March 12, 2026

 Reading time: 6 minutes

Energy drinks are commonly used by students seeking a boost in alertness during exams. Many contain caffeine and other stimulants that can increase wakefulness in the short term. However, improved alertness does not translate to better learning, long-term memory, or intelligence.

Caffeine works by blocking adenosine, a brain chemical that promotes sleepiness. This can help you feel more awake and attentive temporarily, particularly if you are sleep deprived (Brunyé et al., 2010).

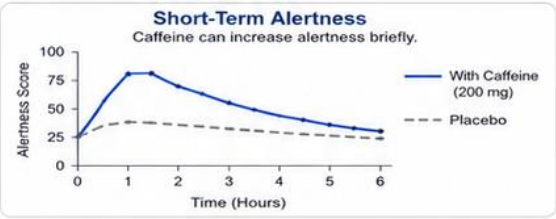
Despite this temporary effect, research shows that caffeine does not improve the ability to encode, store, or recall information (Rogers et al., 2018). In other words, energy drinks can help you stay awake, but they do not make you learn better.

There are also potential risks. High doses of caffeine can cause anxiety, jitteriness, rapid heart rate, and upset stomach (Temple et al., 2017). Consuming energy drinks late in the day may disrupt sleep, which is critical for memory consolidation and overall academic performance (Walker, 2017). Many energy drinks are also diuretics and may contribute to dehydration.

For most healthy students, moderate caffeine from sources like coffee or tea—up to 400 mg per day—is considered safe (about 4 cups of brewed coffee). It's best to pair caffeine with good sleep, balanced nutrition, hydration, and effective study strategies for optimal results.

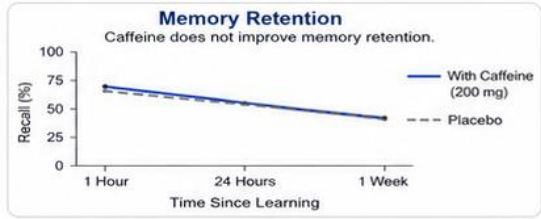
Short-Term Alertness

Caffeine can increase alertness briefly.



Memory Retention

Caffeine does not improve memory retention.



Related Resources

 [Healthy Study Habits](#)

 [Sleep and Learning](#)

 [Nutrition During Exams](#)

References

- Brunyé, T. T., Mahoney, C. R., Lieberman, H. R., & Taylor, H. A. (2010). Caffeine modulates attention network function. *Sleep*, 33(2), 185–194.
- Rogers, P. J., Heatherley, S. V., Hayward, E. E., Seers, H. E., & Woodside, J. V. (2018). Caffeine and cognitive performance: A systematic review and meta-analysis. *Nutrients*, 10(9), 1193.
- Smith, A. P., Bradley, C., & Kennedy, D. O. (2016). The effects of caffeine on mood and performance: A review. *Journal of Caffeine Research*, 6(2), 45–60.
- Temple, J. L., Bernard, C., & Lipshultz, S. E. (2017). Health effects of energy drinks on children, adolescents, and young adults. *Pediatrics*, 139(5), e20170097.
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b) TikTok Post

9:41

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This got me straight A's 🤯 ⚡



studywithkenz ✓ Follow

Started drinking one before every exam and my grades exploded 📚 🔥
Never going back.

🎵 good 4 u - Olivia Rodrigo

+

185K

12K

9,000



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12,023 comments

X

xojuliasa

Same!!

1d

Reply

2,345



bryceconnor

Works every time!

1d

Reply

1,987



maddiee_17

Placebo or not I don't care 😂

1d

Reply

1,765



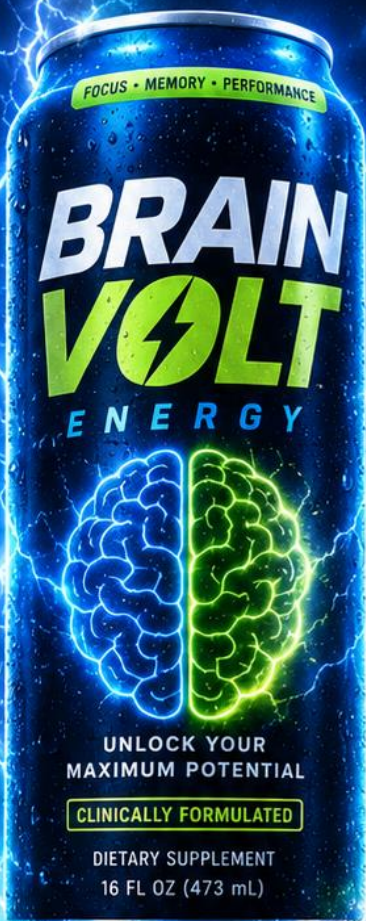
c) Instagram Post

CLASSROOM EXAMPLE – MOCK AD

9:41

 **BrainVolt Energy**
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$E = mc^2$
SCIENTIFICALLY PROVEN
TO INCREASE
EXAM SCORES BY
47%*
 $\bar{x} = \frac{1}{n} \sum_{i=1}^n x_i$
 $\Delta G = \Delta H - T\Delta S$
 $\sigma = \sqrt{\frac{1}{n} \sum_{i=1}^n (x_i - \bar{x})^2}$



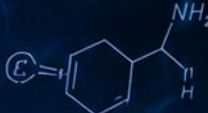
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 $\frac{d}{dt}(mv) = \sum F$
 $\lim_{x \rightarrow 0} \frac{\sin x}{x} = 1$
 $i\hbar \frac{\partial \psi}{\partial t} = \hat{H} \psi$




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REAL RESULTS.**

★★★★★
"Passed every exam!"
— Alex, 19

★★★★★
"Worked overnight!"
— Priya, 20



 ENHANCED FOCUS

 IMPROVED MEMORY

 INCREASED ENERGY

 REDUCED STRESS

*Based on a 8-week independent study of 150 students using BrainVolt Energy daily. Results may vary. Not evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before use if you have a medical condition or are taking any medication. Do not exceed recommended dose. Not for use by persons under 18.



12,842 likes

BrainVolt Energy Unlock your brain. Dominate your exams.

#StudyHack #ExamSecret #BrainPower #GuaranteedSuccess



Scenario 2. – “Chocolate helps you lose weight”

a) Website

Could Dark Chocolate Be the Weight Loss Secret?

https://www.healthylivingtoday.com/blog/dark-chocolate-weight-loss

★ CLASSROOM EXAMPLE – MOCK SPONSORED HEALTH BLOG

This is a teaching example for media literacy. It is NOT real medical advice.

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Home > Nutrition > Healthy Foods > Could Dark Chocolate Be the Weight Loss Secret?

Could Dark Chocolate Be the Weight Loss Secret?

By [Lisa Morgan, RD, CSSD](#) | Updated May 11, 2024 | ⌚ 8 min read

What if something as indulgent as dark chocolate could actually support your weight loss goals? New research suggests that **the right kind**—and **the right amount**—may help curb cravings, support metabolism, and even improve mood while you're on your wellness journey. Here's what the science says (and how to enjoy it the smart way).

This post may contain affiliate links. If you purchase through our links, we may earn a commission at no extra cost to you. Read our [full disclosure](#).

What Does the Science Say?

Highlighted Study: Randomized Controlled Trial (2022)

A small study of 30 adults found that those who ate 1.4 oz (40 g) of 70% dark chocolate daily for 8 weeks had reductions in body weight, waist circumference, and cravings compared to the control group.

Limitations: Small sample size, short duration, and results may not apply to everyone. Other studies show mixed results.

[Read the full study summary and limitations →](#)

Affiliate Picks: Premium Dark Chocolate We Love

High-quality ingredients. Rich flavor. No artificial junk.

Lily's 70% Extra Dark Chocolate Bar

★★★★☆ 4.6 (3,210)

\$3.49 ✓prime

View Product

Hu Kitchen 72% Dark Chocolate

★★★★☆ 4.7 (1,145)

\$4.79 ✓prime

View Product

Valrhona Noir Caraïbe 66% Dark Chocolate

★★★★☆ 4.8 (820)

\$8.99 ✓prime

Shop Premium

Compartés 77% Dark Chocolate

★★★★☆ 4.6 (623)

\$12.00 ✓prime

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See more of our favorite dark chocolates →

Top 10 Superfoods

1

Blueberries

2

Kale

3

Salmon

4

Chia Seeds

5

Avocados

6

Greek Yogurt

7

Quinoa

8

Spinach

9

Almonds

10

Green Tea

See the full list and benefits →

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Wellness Tip

Small daily choices add up! Try swapping one snack today for a whole-food option.

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b) TikTok Post

10:42

CLASSROOM EXAMPLE – MOCK TIKTOK

Teaching example for media literacy – not real health advice.

Eat TWO chocolate bars EVERY DAY 🔥

Burn fat FAST!

@fitwithlauren · 4d ago

My simple daily habit that changed EVERYTHING! 🙌
Two chocolate bars a day = fat loss? 🤔 Yes girl!
Try it and thank me later 💕
[#WeightLossHack](#) [#ChocolateDiet](#) [#NoExercise](#)

Sunroof – Nicky Youre & dazy

00:09 / 00:15

95,000 comments

sarahfitlife
Lost 10kg!
4d ago Reply

leanqueen22
My doctor was shocked!
4d ago Reply

jess.gets.results
Changed my life!
4d ago Reply

Add comment...

@ 😊

c) Instagram Post



@NutritionWithDrAnna



Registered Dietitian



@NutritionWithDrAnna
REGISTERED DIETITIAN

1/5

Can Chocolate Help You Lose Weight?

BALANCED MEALS

NUTRIENT DENSE

WHOLE FOODS

MINDFUL CHOICES

BALANCE NOT RESTRICTION

Evidence-Based Nutrition

SWIPE TO LEARN MORE



1,248 likes

@NutritionWithDrAnna Chocolate CAN fit into a healthy lifestyle and may even support your weight goals—when enjoyed mindfully as part of a balanced, nutrient-dense diet. Here's how. 🍫✨

[View all 56 comments](#)

2 hours ago

a) Website

b) TikTok Post

CLASSROOM EXAMPLE – MOCK SHORT-VIDEO POST

Teaching example for media literacy discussion

9:41

📶

📶

100

LIVE

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Can AI **REALLY** Read Your Thoughts? 🧠 🤖

420K

18K

27K

00:17 / 00:58

@NeuroLabNotes

• 2d ago

The truth is much more interesting than the headlines! AI can interpret certain brain activity in research labs, but it can't simply read your thoughts. #ScienceTok

I break down what the research really says and why context matters. References to published studies in the description—check them out and read the science for yourself!

🎵 Curiosity in Context – Science Beats

Comments 18K



BioGeek_23

Thanks for explaining the difference!

2d ago Reply

👍

12.4K



DataDrivenDad

The news made this sound much scarier.

2d ago Reply

👍

8,731



curious_mind42

Can you explain brain-computer interfaces next?

2d ago Reply

👍

5,982

c) Instagram Post



@FutureTechDaily

Mind-Reading AI Is Closer Than You Think 🧠

Teaching example for media literacy discussion

CLASSROOM EXAMPLE – MOCK INSTAGRAM INFOGRAPHIC

BRAIN SIGNAL DECODED 87%

THE FUTURE IS ARRIVING FASTER THAN EXPECTED.



SCIENTISTS ARE UNLOCKING THE HUMAN MIND.

Advanced AI models are decoding complex brain signals linked to thoughts, emotions, and intentions.



AI + NEUROTECH = A NEW ERA

Powerful algorithms and brain-computer interfaces are pushing the boundaries of what's possible.



PRIVACY MAY NEVER BE THE SAME.

If AI can read your mind, what stays private? The implications are staggering.



THOUGHTS. EMOTIONS. MEMORIES?

One day, AI could interpret what you're thinking—before you even say it.



RECENT RESEARCH SUGGESTS AI CAN DECODE MORE BRAIN SIGNALS THAN EVER BEFORE.

Researchers have made advances in decoding some brain signals using AI, including patterns related to movement, visual perception, and even language processing. **However, mind-reading in the way movies show it is still far from reality.**

WHAT'S NEXT?

- Smarter brain-computer interfaces
- More accurate AI decoding
- New ethical and legal challenges
- A future we must prepare for



THE TECHNOLOGY IS REAL. THE HYPE IS LOUD. STAY INFORMED. STAY CRITICAL.



12,458 likes

@FutureTechDaily The line between science and science fiction is getting thinner every day. What do you think the future holds? 🤖 #FutureTech



Scenario 4 - "Blue light glasses improve eyesight."

a) Website

Do Blue Light Glasses Improve Your Eyesight?

STUDENT EXAMPLE

clearvieweyeclinic.com/resources/do-blue-light-glasses-improve-your-eyesight

Home Services Eye Exams Resources About Contact Book Appointment

Home Resources Eye Health Articles Do Blue Light Glasses Improve Your Eyesight?

Do Blue Light Glasses Improve Your Eyesight?

Author: Dr. Sarah Mitchell, Optometrist Reviewed by Eye Health Team Updated January 2026

Blue light is a high-energy visible (HEV) light emitted by the sun and digital devices such as phones, tablets, computers, and LED lighting. Blue light glasses are designed to filter or block a portion of this light.

While blue light glasses may help reduce glare and improve comfort for some people during extended screen use, current scientific evidence shows they do not improve eyesight or cure any eye conditions.

Understanding Blue Light and Your Eyes

Blue light has a shorter wavelength and higher energy than other visible light. The cornea and lens of the eye filter most UV light but allow blue light to pass through to the retina.

Exposure to blue light is a normal part of daily life and can help regulate your sleep-wake cycle. The concern comes from prolonged, close-up screen use, which may contribute to digital eye strain.

Do Blue Light Glasses Improve Your Eyesight?

No. Blue light glasses do not improve visual acuity, change your prescription, or treat eye diseases. They are not a replacement for prescription eyewear or medical care.

The American Academy of Ophthalmology and the American Optometric Association state that while blue light filters may reduce glare and improve visual comfort for some individuals, there is no strong evidence that they improve visual performance or prevent long-term eye damage.

Key Takeaway: Blue light glasses may help with comfort, but they do not improve eyesight or cure eye conditions.

Related Articles

Digital Eye Strain: Causes and Relief Tips

Children and Screen Time

How Often Should You Have an Eye Exam?

Patient Resources

Eye Health Library

FAQs

Download Forms

Insurance & Payment

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Anatomy of the Human Eye

Blue light passes through the cornea and lens and reaches the retina at the back of the eye.

Frequently Asked Questions

Do blue light glasses improve vision?

Can blue light glasses reduce eye strain?

Should children wear blue light glasses?

References

- American Academy of Ophthalmology. Blue Light and Your Eyes. <https://www.aao.org/eye-health/tips-prevention/blue-light>
- American Optometric Association. Digital Eye Strain. <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/digital-eye-strain>
- Mayo Clinic. Digital eye strain: Symptoms and causes. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/digital-eye-strain/art-20472767>
- National Eye Institute. Computer Use: Eyestrain and You. <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/computer-use>

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My **Eyesight**
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– Jamie L.



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Scenario 5 - "A new miracle study about sleep."

a) Website

New Study Says Sleeping 10 Hours

https://www.healthscienceweekly.com/sleep/new-study-sleeping-10-hours-makes-you-smarter

STUDENT EXAMPLE – MOCK HEALTH ARTICLE

Teaching example for analyzing exaggerated science headlines.

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SLEEP

New Study Says Sleeping 10 Hours Makes You Smarter.

Breakthrough research links longer sleep to better learning and brain performance.

By Dr. Laura Bennett

Staff Writer

Reviewed by Dr. Michael Ruiz, PhD

Sleep Researcher

May 19, 2024

Updated May 19, 2024



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“ This is one of the clearest signals yet that more sleep can directly enhance how our brains learn and think. ”

— Dr. Michael Ruiz, PhD

Sleep Researcher

Move over, caffeine. A new study suggests that the key to a sharper mind might be a longer night's sleep—specifically, a full 10 hours.

Researchers at the Center for Sleep and Cognition found that adults who consistently slept around 10 hours scored significantly higher on tests of memory, attention, and problem-solving compared to those who slept 7–8 hours.

The findings are being hailed as a potential game-changer for students, professionals, and anyone looking to boost brainpower naturally.

It's important to note: This study was small and observational. More research is needed to confirm these results and understand how much sleep is ideal for different people.

Read more about study limitations →

SLEEP MORE. LEARN MORE.

What the New Study Found

10 HOURS

of sleep linked to better brain performance

20% BETTER

scores on memory and learning tests

IMPROVED FOCUS

and attention throughout the day

MORE CONSISTENT RESULTS

compared to 7–8 hours of sleep

One small study. Big possibilities.

RECOMMENDED FOR YOU

SLEEP

7 Morning Habits That Supercharge Your Brain

May 12, 2024

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May 8, 2024

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May 5, 2024

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April 28, 2024

PRODUCTIVITY

Study Smarter, Not Harder

April 21, 2024

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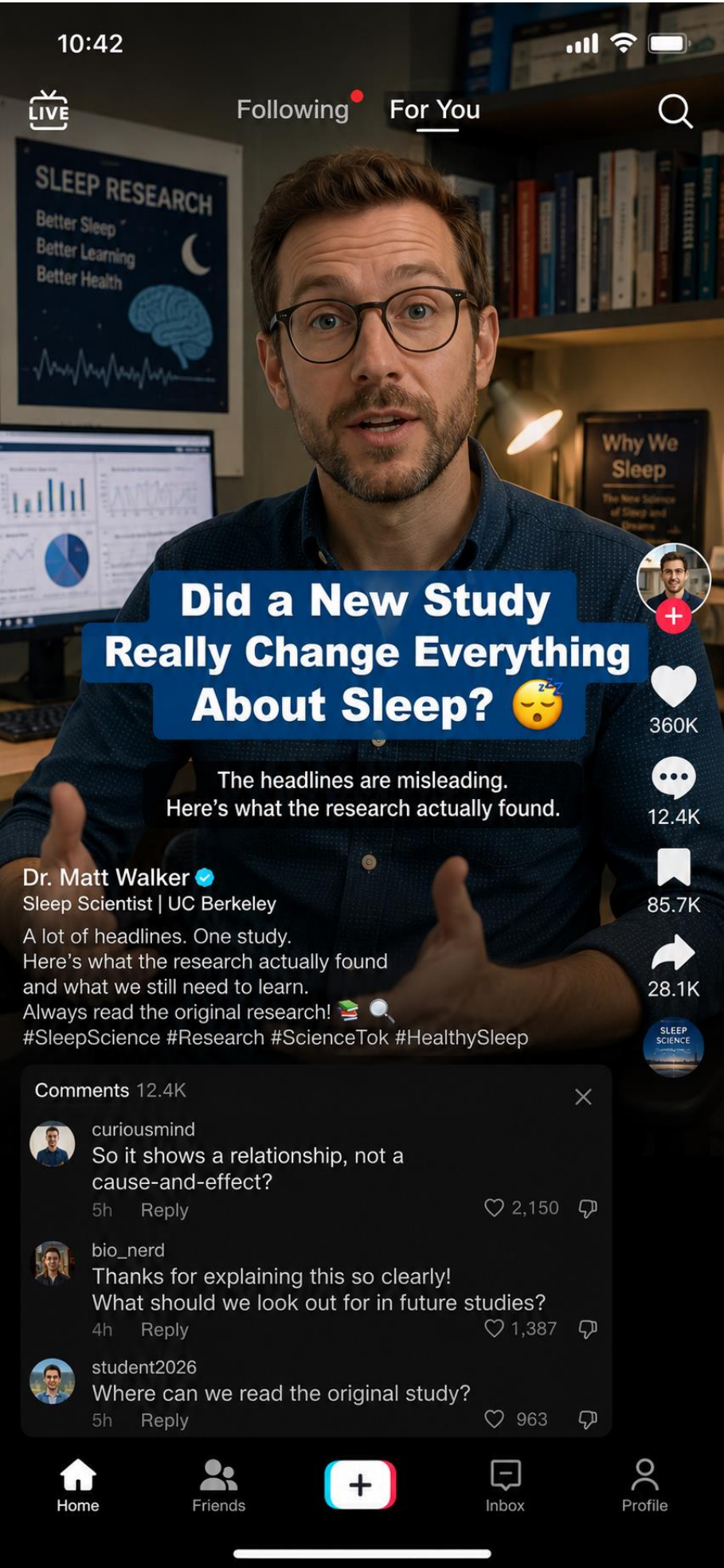
10:42

LIVE

Following

For You

Q



Did a New Study Really Change Everything About Sleep? 😴

The headlines are misleading. Here's what the research actually found.

Dr. Matt Walker

Sleep Scientist | UC Berkeley

A lot of headlines. One study. Here's what the research actually found and what we still need to learn. Always read the original research!

#SleepScience #Research #ScienceTok #HealthySleep

Comments 12.4K

curiousmind

So it shows a relationship, not a cause-and-effect?

5h Reply

2,150

bio_nerd

Thanks for explaining this so clearly! What should we look out for in future studies?

4h Reply

1,387

student2026

Where can we read the original study?

5h Reply

963

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— JESSICA, VERIFIED CUSTOMER

BEFORE

- ✗ Exhausted All Day
- ✗ Brain Fog
- ✗ Low Energy
- ✗ Irritable

AFTER

- ✓ Sharp Focus
- ✓ High Energy
- ✓ Better Mood
- ✓ Ready to Conquer!

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dreamboost.official Wake up to your best life. ✨ 🌙 #DreamBoost #SleepRevolution

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