

 Education

# MEDIA LITERACY WEEK

## NEWS DIET CHALLENGE

Student toolkit

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## HOW TO DO THIS:

# Overview

STEP

1

### Monitor & assess your current news diet

- > what kinds of stories do you consume?
- > where and how do you find them?
- > what kinds of news do you need more OR less of?

STEP

2

### Try changing your diet

- > add some 'new ingredients' to your usual mix.
- > try using some different news sources.
- > broaden the range of stories you normally follow.

STEP

3

### Digest and review

- > did you notice any patterns in your news habits?
- > were you missing important things in your diet?
- > did you try something new that you liked?



### TASKS



Keep a news diary for one to two days.



Rank the stories in your diary from 'most nutritional' to 'least nutritional'.



Take one of your most nutritional stories and look for it on news sources you don't usually follow.



Try following a story or topic you wouldn't normally.



Summarise your experience!

## BEFORE YOU BEGIN

# Things to think about:

## Everyone's news diet is different.

The news that is important to you may be different to news your friends and family value most. And that's ok!

For example — for some people, the most 'nutritional' news might be stories about world issues or politics. For others, it might be sports related news, entertainment news, or news about their local community.

It all depends on the information that is most important to YOU and the purpose it serves.



**Remember:** there are no right or wrong answers

This is about the kinds of news you consider to be good for you, and why. Be honest!

Try thinking of some simple statements that could summarise how you feel:  
e.g. nutritional news is something that helps me...



- > feel informed and know what's going on.
- > to have something to talk about with friends or family.
- > understand the world I live in and be a better citizen.
- > to have fun and laugh with my friends.
- > gain new perspectives on things I care about.
- > gain deeper understanding about a topic or issue.
- > to understand trends that are changing society.



To help you articulate which types of news have 'nutritional' value for you, it might help to talk with family and friends about the role news plays in your life.



STEP

1

# Monitor and assess your news diet

i) Spend two days tracking the **type of news stories** currently in your daily diet.

Then, consider **how nourishing your current news diet is.**

Use this panel to help you .....→



Handy hint: **use our worksheets to track your progress**

News Diet Diary

News Diet Nutrition Analysis



## YOUR NEWS PROFILE

What kinds of news are you normally hungry for?  
Which kinds do you consider to be nutritional for you? Why?



- e.g. News that:**
- > makes you think
  - > helps you feel deeply informed
  - > drives you to act
  - > helps you engage with society



- e.g. News that:**
- > you are aware of, but you don't follow it too closely
  - > you get the gist but don't have a deep understanding
  - > acts as filler



- e.g. News that:**
- > doesn't make you think as deeply
  - > gives you immediate satisfaction
  - > doesn't help you to learn much



# News Diet Diary

Write down your normal habits.  
Print as many of these sheets as you need.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Where were you?  
What were you doing?**

**News Stories**  
Story titles/subjects  
What you learned  
How long did you spend on each story?

**Story Sources**  
Which news services?  
Which platforms?

e.g. In bed, when I first woke up, checked news on phone

Iron Man's suit has been stolen

Michael Carrick plays last game for United

Manchester City reaches 100 points in Premier League

Indonesia bombings

**If you don't consume or follow any news, then write down why!**

**SAMPLE**

My Facebook feed

Google News feed

Guardian Sport on Twitter

Friend sent me a link via Snapchat

**HANDY HINT FOR STORY SOURCES:**

Here are some examples of the kinds of story sources you may have used today.

**Social Media** (e.g. Instagram, Snapchat, Twitter, Facebook)

**YouTube**

**Messenger Apps**  
(e.g. WhatsApp)

**Reddit or Tumblr**

**Blogs**

**News websites**

**Mobile Apps**

**TV News Programs**

**Podcasts**

**Radio**

**Magazines**

**Newspapers**  
(local, national, international)

**Word of mouth**

(conversations with family and friends)



# News Diet Diary

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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What were you doing?**

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(e.g. WhatsApp)

**Reddit or Tumblr**

**Blogs**

**News websites**

**Mobile Apps**

**TV News Programs**

**Podcasts**

**Radio**

**Magazines**

**Newspapers**  
(local, national, international)

**Word of mouth**

(conversations with family and friends)



# News Diet Nutrition Analysis

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Rank the stories you included in your News Diary from 'most nutritional' to 'least nutritional'. Don't forget — this is about what YOU think, so give your honest opinion.

MOST NUTRITIONAL	FAIRLY NUTRITIONAL	LEAST NUTRITIONAL

How does this make you feel? Is your News Diet nourishing enough?



STEP

1

# Monitor and assess your news diet

## ii ) Summarise your news diet

Do this on your own or in a group.



Handy hint: **think about what you have on your 'news plate'**.

News Plate worksheet



### Tips for presenting your summary:

- ▶ Try making a short video diary about what you've noticed so far. You can also use Instagram or Snapchat stories, download these and save for later.
- ▶ You might interview other people including your friends.
- ▶ Be creative! Animators and creative geniuses can think about how they would represent their news consumption for a story. Go crazy, it doesn't need to be basic!



### EXPLAIN:

Is your news diet nutritional enough? Why? Why not?

**e.g.** I don't watch or read much news but I feel like I should.

Is there anything you'd like to change? What would you do to change it?

**e.g.** I don't feel like I know anything about local news in my community.

*Try discussing this with friends or family.  
What news sources do you have in common?*



# Your News Plate

## Time to plate up!

Try drawing or illustrating your news diet on a plate.



### Handy hints

> cluster similar types of news stories together. Create sections on the plate for 'most nutritional', 'fairly nutritional' and 'least nutritional'.

> you could divide your plate into wedges (like a pie chart).

> if your news diet was a meal on a plate, how would you represent it?

### Show how much nutritional value you think you're getting.

> How much variety do you have in terms of types of news stories?

> How much variety do you have in terms of types of news sources?



STEP

2

TASTING PLATE:

# Try Broadening Your Diet

Over one or two days, **continue your normal diet, but try adding some new ingredients.**



Handy hints:

- ▶ Take a story that you're interested in from your 'Most Nutritional' list and check how it's covered by news services that you don't usually follow.
- ▶ OR — try following a story or topic that you wouldn't normally bother to learn about.
- ▶ Use our worksheet to track your progress.

News Diet Diary #2



Diet tips:

- ▶ To help you with your summary it's a great idea to collect snaps or video of what you are doing. It can also be useful to report on your experience 'live' as it happens to you.
- ▶ Creative geniuses may like to interpret this part as a metaphor — go on, dress up if you have to!



**EXPLAIN:**

Do stories 'taste' different to the coverage in your usual news sources? In what ways?

Are stories presented differently on different platforms (e.g. TV compared to YouTube)? How and why?

Have you tried something new that you liked? Why did you like it?

Are there things you think you **SHOULD** know about but avoid? What are these? Why do you avoid them?

Has trying a new type of story made you more interested in following different types of news?



# News Diet Diary #2

Print as many of these sheets as you need.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Where were you? What were you doing?</b>	<b>News Stories</b> <small>Story titles/subjects What you learned How long did you spend on each story?</small>	<b>Story Sources</b> <small>Which news services? Which platforms?</small>
e.g. At the breakfast table, I checked the news on my phone	Royal Wedding photo gallery  New York judge orders man, 30, to move out of family home after parents sue	My Facebook feed  Google News
<p style="font-size: 48px; color: #f08080; opacity: 0.5;">SAMPLE</p>		

## NEW INGREDIENTS I ADDED TO MY NEWS DIET

<b>Where were you? What were you doing?</b>	<b>News Stories and Sources</b> <small>How did follow a particular story using sources you don't normally use? OR How did you follow a story or topic you wouldn't normally follow?</small>	<b>Any new perspectives?</b> <small>What did you notice? Any new angles? New learnings?</small>
e.g. After school I checked the news on my laptop at my desk at home	<p><b>Royal Wedding</b> I've just been looking at the fashion photos so I decided to find other kinds of coverage! I wouldn't normally read this kind of thing in much depth.</p> <p>I looked at a story on The Guardian : "It really was a black service! world reaction to royal wedding". I also looked at an ABC story: "Which traditions must Prince Harry and Meghan Markle follow and which ones can they skip?"</p>	<p>I assumed the royal wedding would be fairly standard and normal and not be controversial.</p> <p>I didn't have any ideas about the kinds of traditions that are normally followed. Some of them seem over the top! What a drag for Harry and Meaghan.</p> <p>I think it's good they are dropping the word "obey"! I didn't know that Diana and Kate did this too. I think having charities there instead of political figures is much better. It's interesting that the ring is usually made from a particular kind of local gold.</p>



# News Diet Diary #2

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Where were you?  
What were you doing?**

## News Stories

Story titles/subjects  
What you learned  
How long did you spend on each story?

## Story Sources

Which news services?  
Which platforms?

## NEW INGREDIENTS I ADDED TO MY NEWS DIET

**Where were you?  
What were you doing?**

## News Stories and Sources

How did follow a particular story using sources you don't normally use?  
OR  
How did you follow a story or topic you wouldn't normally follow?

## Any new perspectives?

What did you notice?  
Any new angles?  
New learnings?

STEP

3

# Digestion + Review



## Things to think about

Did you notice any patterns in your habits with news?  
Did they change over the course of this experiment?

Were you missing anything important in your news diet?

Will your news diet be different now? Will you keep  
experimenting? If so, how and why?

Or, will you stick to your original habits and routines?  
Why?

What have been the biggest surprises?

Does news still have the same kind of importance to you as  
it did before you did this experiment?

How did this experiment have an impact on the way you  
see and engage with news?