

Info Score — Article analysis

Article: Albóndigas de lenteja y avena: energía, hierro y proteína vegetal para tu mesa **Level:** Seconde / Première

<https://www.infobae.com/mexico/2026/04/24/albondigas-de-lenteja-y-avena-energia-hierro-y-proteina-vegetal-para-tu-mesa/>

Duration: 55 min

Rules: v0.1.0

Info Score verdict



Needs verification

weighted overall score : 0.630 · type : information · language : es

Neutral summary : Recette de boulettes végétariennes à base de lentilles et avoine, présentée avec ingrédients, instructions de préparation, valeurs nutritionnelles et conseils de conservation. Le texte propose également des variantes de cuisson et des conseils de stockage.







Session schedule — 55 minutes

① Setting the stage (5 min)

Project the article to students, without showing the Info Score verdict. Hook question: « Without yet knowing the analysis, what impression does this article leave on you? Why? »

② Guided analysis (15 min)

Presentation of the six Info Score criteria. Verdict restitution: **C**. Discussion of the sub-scores:

Criterion	Weight	Score	Bar	Munich
Fact / commentary separation	0.20	0.45		art. 1
Source traceability	0.20	0.15		art. 3
Plurality of viewpoints	0.18	0.50		art. 7
Expression of uncertainty	0.14	1.00		art. 5
Tone and lexicon	0.14	1.00		art. 8
Contextualisation	0.14	1.00		art. 1

③ Group work (20 min)

Students, in groups of 3 or 4, apply the same grid to an article of their choice (local newspaper, French press, English-language press). Each group assigns a sub-score and cites a literal extract that justifies it.

④ Pooling (10 min)

Each group presents its analysis. Debate on the differences between groups for the same article.

⑤ Synthesis and written record (5 min)

The teacher formalises on the board the two or three criteria that proved most discriminating for the articles studied. Students write down the formula: « A reliable piece of information is not one that pleases; it is one whose **source can be traced**, whose **uncertainty is acknowledged**, and whose **facts are distinguished from commentary**. »

Illustrative quotes from the analysed article

« Las albóndigas de lenteja y avena son ideales como plato principal vegetariano o guarnición. »

« Rinde 16-18 albóndigas (4 porciones como plato principal). »

« Calorías: 130, Grasas: 2 g, Carbohidratos: 22 g, Proteínas: 7 g »

« Valores aproximados, pueden variar según el tamaño de las albóndigas y si usás huevo o chía. »

Methodological notes

Texte de type recette culinaire. Les valeurs nutritionnelles sont indiquées comme approximatives. Aucune source citée, ce qui est cohérent avec le format (recette plutôt que contenu journalistique). Présence de mentions publicitaires (PUBLICIDAD).

Appendix — Student self-assessment grid

To be detached and filled in for the article studied in group.

Analysed article : _____

Source : _____ **Date:** _____

Sources are named and verifiable	yes	<input type="checkbox"/>	partial	<input type="checkbox"/>	no	<input type="checkbox"/>
Opinions are distinguished from facts	yes	<input type="checkbox"/>	partial	<input type="checkbox"/>	no	<input type="checkbox"/>
Several viewpoints are represented	yes	<input type="checkbox"/>	partial	<input type="checkbox"/>	no	<input type="checkbox"/>
The text acknowledges what it does not know	yes	<input type="checkbox"/>	partial	<input type="checkbox"/>	no	<input type="checkbox"/>
The tone remains measured and professional	yes	<input type="checkbox"/>	partial	<input type="checkbox"/>	no	<input type="checkbox"/>
Context (historical, geographical) is provided	yes	<input type="checkbox"/>	partial	<input type="checkbox"/>	no	<input type="checkbox"/>

Overall grade proposed by the group : A B C D E

Justification in one sentence :
