

AI Generation & The SIFT Method



Objective

Practice critical thinking by applying the SIFT Method to evaluate AI-generated information.

The SIFT Method

What is SIFT?

S - Stop: Pause before you trust or share.

I - Investigate the Source: Who created it? Are they credible?

F - Find Better Coverage: Look for other sources to confirm.

T - Trace Claims: Go back to the original context or data.

Activity Instructions

Introduction: Learn SIFT steps and why they matter.

AI Search Challenge:

Use an AI tool to answer one of these prompts:

- o What are the health benefits of drinking raw milk?
- o Can planting by the phases of the moon improve crop yields?
- o Is hydroponic farming less nutritious than soil farming?

Apply SIFT:

- o STOP: Any red flags?
- o INVESTIGATE: Who is the source?
- o FIND BETTER COVERAGE: Search for other reports.
- o TRACE CLAIMS: Find the original study or statement.

Record any notes on the next page.



SIFT Notes

STOP:

INVESTIGATE:

FIND BETTER COVERAGE:

TRACE CLAIMS:

Reflection Questions

- Was the AI answer accurate?
- What did you learn by applying SIFT?
- How can this skill help in school, social media, 4-H project work, and civic engagement?
- Why is it important to be sure information is accurate before you use or share it?

