

Fad Diet Lesson Plan

Fad Diet Assigned:

Date Assigned:

Date Due:

Assignment: Search Teen Health & Wellness at www.teenhealthandwellness.com for articles on dieting. Read those articles before beginning your PowerPoint presentation. Read other Teen Health & Wellness articles on nutrition as needed to supplement your knowledge.

Create a PowerPoint presentation with a minimum of 10 slides. The following needs to be answered in your presentation:

- What is/does this diet supposed to/claim to do?
- What is the method used?
- What foods can you eat? What foods can't you eat?
- Does the diet promote exercise?
- Do you receive all the basic nutrients as outlined in class?
- Does the diet promote or sell supplements and/or other food items?
- How does it compare to the nutritional pyramid (www.mypyramid.gov)
- Would you encourage others to use this diet? Why or why not?
- Add any other important pieces of information you feel are important.

Lesson plan created by New Providence School District, NJ PE/Health Staff