



Grade 10 Sample Lesson Plan: Fad Diets

SOLs

- distinguish between facts and myths regarding nutrition practices, products, and physical performance.

Objectives/Goals

- By accessing information from the internet, the learner will be able to identify pros and cons to his/her particular assigned Fad Diet.
- By the end of the lesson, the learner will be able to analyze a Fad Diet and compare it to dietary guidelines.

Materials

- Copy of [presentation](#)
- Copy of [requirements](#) worksheet
- [How Healthy is this Diet](#)
- [Venn Diagram](#)
- [VIP forms](#)
- Markers
- Crayons
- Colored pencils
- Tape
- Glue
- Posterboard
- Cardboard

Procedure

Step 1	Go over Diets/Fad diets presentation with the students. (It is recommended to cut the PowerPoint down significantly and make the information available to the students.)	ESSENTIAL QUESTIONS
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Step 2	Discuss the <u>requirements</u> for the assignment.	
Step 3	Place students in groups and have the groups select which fad diet that they would like to research.	Here are some <u>examples of student projects</u>
Step 4	Students will complete the project and then fill out “ <u>How Healthy is this Diet</u> ”.	
Step 5	Fill out the Venn Diagram comparing your assigned diet to the governmental guidelines of MyPlate .	
Step 6	As the groups are presenting, the other groups will be filling out the <u>VIP forms</u> for each presentation	

References

- Melanie Lynch, M.Ed. State College Area High School

NUTRITION DIET PROJECT

- **9.2C** Analyze current research and scientific studies to interpret nutritional principles, research the accuracy of health claims for a variety of processed foods and/or dietary supplements, and analyze personal daily diet to determine if meeting daily values for amino acids, vitamins, and minerals.

- **10.1C** Distinguish between facts and myths regarding nutrition practices, products, and physical performance.

Activity	Grade Level	Summative	Assessment
Diet Project	9th & 10th	Summative	Rubric

Instructions

- 1) Using the time given in class, you are to research your assigned diet plan to find the following information from the rubric. You will also design an interactive visual display based on what you find. Your visual display should have all of the content from the rubric present in a creative manner. You will use this during your group presentation.

- 2) After you are finished with your research and your visual display, your group must **grade** your diet with the “[Is Your Diet Healthy?](#)”

- 3) After completing this step, you are going to use the [Venn Diagram](#) to compare and contrast your assigned diet with the governmental guidelines of the [MyPlate](#).

- 4) You must use at least 4 valid references.

Reference List

1. _____

2. _____

3. _____

4. _____

Group Members:

TOTAL POINTS / 60 POINTS

	4 points	3 points	2 points	1 point
Origin	Explained origin thoroughly including doctors, country, AND how it originated	Explained 2 of the 3 requirements thoroughly	Explained 2 or 3 of the requirements, but not thoroughly	Explained at least 1 of the requirements thoroughly
How to use the diet	Explained thoroughly what a person can eat AND what a person cannot eat	Explained for the most part how a person would use this diet	Explained somewhat how a person would use this diet	Explained a little how a person would use this diet
Why it works	Explained thoroughly the claims that the diet makes as to why it works and is healthy for an individual	Explained for the most part the claims that the diet makes as to why it works and is healthy for an individual	Explained somewhat why the diet works in the body; what it is supposed to do	Explained a little why the diet works in the body; what it is supposed to do
Targeted dieters	Explained AND gave 3 solid reasons of who this diet is targeted such as a specific age/race/sex/etc.	Explained thoroughly who the diet targets with 2 reasons	Explained thoroughly who the diet targets with 1 reason	Explained who the diet targets but did not give any reasons
Advantages/ Disadvantages	Listed at least 5 of EACH	Listed at least 4 of EACH	Listed at least 3 of EACH	Listed at least 2 of EACH
Examples of meal selections	Listed 5 examples of meals AND included a recipe for 1 of them	Listed 4 examples of meals and included a recipe for 1 of them	Listed 2 examples of meals and included a recipe for 1 of them	Listed 1 example of a meal; did not include recipe
Other interesting facts	Listed 4 interesting facts about diet	Listed 3 interesting facts about diet	Listed 2 interesting facts about diet	Listed 1 interesting fact about diet
Visual Display X2	Visual display must be creative, colorful, neat, and original	Visual display must include 3 of the 4 requirements	Visual display must include 2 of the 4 requirements	Visual display must include at least 1 of the 4 requirements
Writing Conventions	Visual display must not have any spelling or grammatical errors	Visual display has 2 or less spelling / grammatical errors	Visual display has 3-4 spelling / grammatical errors	Visual display has 5-6 spelling / grammatical errors
Enthusiasm	Demonstrates a strong, positive feeling about topic during entire presentation.	Occasionally shows positive feelings about topic.	Occasionally shows positive feelings about topic.	Shows absolutely no interest in topic presented.
Articulations	Student uses a clear voice and correct, precise pronunciation of terms so that all audience members can hear presentation.	Student's voice is clear. Student pronounces most words correctly. Most audience members	Student's voice is low. Student incorrectly pronounces terms. Audience members have difficulty hearing speaker.	Student mumbles, incorrectly pronounces terms, and speaks too quietly for a majority of students
Poise	Student displays relaxed, self-confident nature about self, with no mistakes.	Makes minor mistakes, but quickly recovers from them; displays little or no tension.	Displays mild tension; has trouble recovering from mistakes.	Tension and nervousness is obvious; has trouble recovering from mistakes.
Draw Conclusions x2	Student is able to make 6-7 comparison statements in each circle.	Student is able to make 4-5 comparison statements in each circle.	Student is able to make 2-3 comparison statements in each circle.	Student is able to make 1 comparison statements in each circle.

1) What is the background of the inventor of the diet? What makes that person an “expert” in the

field of nutrition?

- 2) What is the main idea of the diet?
- 3) Does the diet promote or encourage exercise? Explain.
- 4) Does the diet give tips on how to change eating habits? If so, give examples.
- 5) Does the diet use a variety of foods from all food groups? What foods do the diet include?
- 6) Provide a minimum of three sample meals - one breakfast, lunch and dinner.
- 7) Does the diet list any precautions or warnings? If so, what are they?
- 8) Does the diet encourage eating at least 1,200 calories per day? What does the diet recommend?
- 9) How long is the diet supposed to last? Are there lifestyle changes that a person must make in order for this diet to be a success? Explain.
- 10) Give one unique or interesting fact about this diet that makes it different than other fad diets.
- 11) Do you recommend this diet? Why or why not? Explain.

FAD DIETS TO CHOOSE FROM:

<u>Diet</u>	<u>Group #</u>	<u>Diet</u>	<u>Group #</u>
Weight Watchers		Liquid Diet	
Eat to Live		Vegan	
Abs Diet		Neander-Thin: Eat Like a Caveman	
Jared, the Subway Guy		Special K	
Jay McGraw		HcG Pregnancy	
Sugar Busters		Tapeworm	
Ornish		Medifast	
Pritikin Principle		Russian Air force Diet	
The Zone		Mastering the Zone	
Volumetrics		Eat Right For Your Type (Blood Type)	
Weil		25 Day	
Rice Diet		Metabolism	
Low carb		Eat More, Weigh Less	
Cabbage Soup Diet		Jenny Craig	
Personality Type Diet		P90x Diet	
3 Hour Diet for Teens		Body for Life	
Sonoma Diet		Slim Fast	
Wheat Belly		Dexatrim	
Paleo Diet		LA Weight Loss	
Vegetarian Diet			
Okinawa			
South Beach			
Atkins			
Glycemic Index			
Mediterranean			



SPOTTING A FAD DIET

Fad Diets: What are they?

As opposed to healthy means of controlling weight, which promote healthful lifestyle changes that support long term results, fad diets focus on quick weight loss and use short term results to gain support and followers. A good principle with which to approach any diet or exercise plan you are considering is to ask whether you see yourself eating that way for the rest of your life. If the answer is not an unequivocal "yes," then consider it a fad diet!

Critically analyze the information and ads you see about diets by looking for the following:

1. Do the results people are claiming to have sound miraculous? They are probably not true!

IF CLAIMS SOUND TOO GOOD TO BE TRUE, THEY PROBABLY ARE. Here are some examples:

"Lose 30 Pounds in Just 30 Days." As a guideline, the faster you lose weight, the more likely you are to gain it back.

"John Doe Lost 84 Pounds in Six Weeks." Don't be misled by someone else's weight-loss claims.

Fad diets rarely have any permanent effect. called "crash" diets often send dieters into a cycle of quick weight loss followed by a "rebound" weight gain once normal eating resumes. Only 5 percent of dieters actually keep weight off in the long run.

2. Where's the variety?

Fad diets often rely on limited food selection (think the Cabbage soup diet or the Grapefruit diet). This leads to a deficiency in nutrients because you can't get all the vitamins and minerals your body needs from any one food source. Also, fad diets tend to increase desire for fats, proteins, or food not eating

3. Rely on testimonials as evidence

Testimonials ignore individual differences, use celebrities (Oprah Winfrey), name their diets after famous cities (Beverly Hills or South Beach diet), and pay lay spokespersons.

4. Cure-alls

The marketers of fad diets often claim that they will work for everyone, and they ignore body type, personality, and weight.

5. No long term behaviors are set in place

To lose weight safely and keep it off requires long-term changes in daily eating and exercise habits. Many experts recommend a goal of losing about a pound a week. A modest reduction of 500 calories per day will achieve this goal, since a total reduction of 3,500 calories would be reached over the course of a week.

6. Ignore or attack dieticians, physicians, and scientific approaches that may discredit their claims.

People want to believe that in this age of scientific innovations and medical knowledge, miraculous and effortless weight-loss methods exist. "Eat All You Want and Still Lose Weight!" or "Melt Fat Away While You Sleep!" These diets often promote quick weight loss through means that merely result in losing body water, glycogen stores, and lean muscle mass

Web Sites that May be Helpful

- ❑ [Diet Riot](#)
- ❑ [Fad Diets](#)
- ❑ [American Heart Association](#)
- ❑ [Top 10 Fad Diets](#)
- ❑ [3 Fat Chicks](#)
- ❑ [7 Day All You Can Eat Diet](#)
- ❑ [Everydiet](#)
- ❑ [Fad diet:](#)



Is This Diet Healthy?

Diet: _____

Name: _____

Block: _____

Date: _____

Total up your yes answers and write the score, and grade for the diet. (These questions are based on [MyPlate](#) and the Dietary Guidelines for Americans:

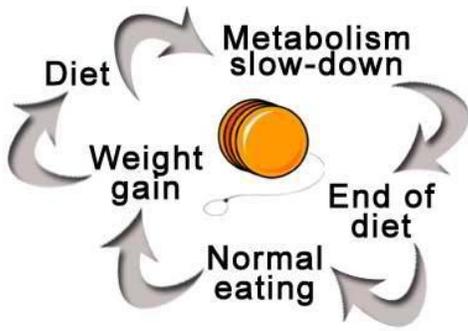
1 point for yes,
leave blank for "No"
If you don't know, leave it blank:

- 1) ____ Does the diet include a variety of food **daily**: Make half your grains whole grains. _____
- 2) ____ Does the diet program also encourage you to exercise? _____
- 3) ____ Vary your protein routine? _____
- 4) ____ Does the diet make half your plate fruits and vegetables. 1 ½ c females: 2 c males _____
- 5) ____ Does the diet keep sugar in moderation? _____
- 6) ____ Does the diet include mainly foods that are low in fat or food that have mainly "good" (unsaturated or omega) fats? (Low-fat and fat-free milk or yogurt) _____
- 7) ____ Does the diet keep your daily calorie total above: 1200 girls & 1500 boys _____
- 8) ____ Does the diet make sure you don't lose more than 1-2 pounds per week? _____
- 9) ____ Do **YOU** consider this diet "healthy" and "balanced"? _____
- 10) ____ Is the diet a program that you could continue for life?
i) Would you realistically be able to make it a life-style change for the rest of your life? _____

10 A
9 A-
8 B
7 C
6 D
5 or less F

Total "yes" score points _____

The diet's grade _____
(use grades from box)



Your Name _____ Block _____

Diet Name _____

List 3 VIPs from the presentation.

1. _____

2. _____

3. _____

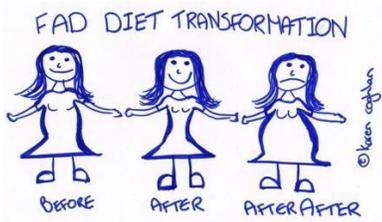
Diet Name _____

List 3 VIPs from the presentation.

1. _____

2. _____

3. _____



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Compare and Contrast your Fad Diet to All of the [MyPlate Recommendations](#)

