



Grade 10- Health Promotion

Unit 11

SOLs:

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

Title: Fad Diets

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 <u>presentation</u> with the students. (It is recommended to cut the PowerPoint down significantly and make the information available to the students.)	ESSENTIAL QUESTIONS
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</u> of student projects
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