**Assignment: Assess a Fad Diet**

Select a popular diet from the list, research it and evaluate whether it meets it claims and if it is a valid lifestyle choice.

Skills: Communicating, Evaluating

* Atkins
* South Beach
* Vegan
* Ketogenic Diet
* Paleo
* Dukan diet
* 100 mile
* Mediterranean
* Zone Diet
* *Volumetrics*
* Raw Food Diet
* Macrobiotic
* Intermittent Fasting
* 5:2 Diet
* Weight Watchers
1. Title page
2. Start with a Brief Description of what the diet entails. Does it focus on types of foods to eat/exclude, timing, portion control, mindset.
3. What are the Claims? (lose weight, health benefits, etc)
4. Theory of why it should work
5. Relative speed – how long do you need to keep on it to see effects?
6. Effectiveness – does it work?
7. What are the limitations of this diet? Is it difficult to maintain (fancy food requirements, too much preparation.
8. What are the long term effects? Good- healthier, weight loss. Bad – lacking a specific nutrient, build up of unwanted chemicals, fatigue, depression, etc.
9. What should you do after you achieved your goal?
10. Reflect: What did you learn?
11. Evaluate: Would you recommend this diet? Why or why not?
12. Cite your sources. More than one. Links are fine. No Wiki, prezi, weebly.
13. Share
* Clear, Concise – 2pt
* Spelling and Grammar – 2 pt
* Content – 8 pt

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| Description: Foods to include/exclude, timing, portion size,  |
| What are the Claims? (lose weight, health benefits, detox, etc) |
| Scientific reason why it should work. |
| How soon will you see effects?  |
| What are the statistics on how effective this diet is? |
| Limitations – expensive, time consuming, intensive, restrictive |
| What are the long term effects? Good- healthier, weight loss. Bad – lacking a specific nutrient, build up of unwanted chemicals, fatigue, depression, etc. |
| What should you do after you achieved your goal? Stay on diet forever? Ease off? |
| What did you learn? |
| Would you try/recommend this diet? Why or why not?  |