





### Fad Diets:

Fad diets are a trend in society that has people spending money on products that may be harmful to their bodies. The number of fad diets in our society is endless. Your job is to research 3 fad diets. Summarize each and reflect on the information you find. Keep in mind the following requirements:

- x Your paper should be at least 2-3 pages typed:
  - o Times New Roman
  - o 12 font
  - o Double spaced
  
- x Use/site 3 sources
  
- x For each diet researched, you may want to include the following:
  - o Detailed description of diet
  - o Creator
  - o When did it first come on the market
  - o Cost
  - o Advertisement
  - o Why is this diet so unhealthy?
  - o Why is it considered a "fad" diet?
  - o Target audience
  - o Special food?
  - o Compare or contrast the diets
  - o Your opinion, thoughts, reflections



### Sport or Sport Figure Power Point Project:

Develop an informational power point presentation on a popular sport or sport figure.

Things to include in your presentation:

- x Your Name, Grade, Date
- x Title of Presentation
- x History/Background
- x Rules if necessary
- x Equipment
- x Impact on Society
- x Picture or diagrams
- x Any information of interest

Requirements:

- x Minimum of 12 slides
- x Save your project and provide a printed copy for grading



### Five Day Meal Plan

Diet and Nutrition are key elements to a healthy lifestyle. Your assignment is to research and create a healthy 5 day meal plan. You will be responsible for planning 3 healthy and realistic meals each day (breakfast, lunch and dinner). You will be responsible for sharing ONE recipe per day for a total of 5 healthy recipes. Please do not repeat a meal.

After completing your diet, write a 2 page reflection essay. The essay should include the following: Why does your meal plan reflect and promote a healthy lifestyle? Would you try your own meal plan? Could you stick with it? Did you try making any of the highlighted meals? Any other interesting information...

Day of the Week	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			