



Nutrition
FAD DIETS EXERCISE

1. Choose a diet from the pile
2. Research this diet and answer these questions:
**Note Wikipedia is not a valid source of information. You'll need to find a second source to confirm your information!*
 - a. How and/ or why it was invented

- b. Who developed it and when

- c. What are the main philosophies/ principles behind this diet

- d. Positives

- e. Negatives

- f. Health Risks

- g. Do you think this diet works or not?

- h. Are there any interesting facts you can tell us about this?
