



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?
