Grade 10 Sample Lesson Plan: Unit 11 – Fad Diets

SOLs

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

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

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Go over Diets/Fad diets presentation with the students. (It is recommended to cut the PowerPoint down significantly and make the information available to the students.)</th>
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</thead>
</table>

ESSENTIAL QUESTIONS
### Step 2
Discuss the **requirements** 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 examples of student projects

### Step 4
Students will complete the project and then fill out “How Healthy is this Diet”.

### Step 5
Fill out the Venn Diagram comparing your assigned diet to the governmental guidelines of [MyPlate](https://www..choosemyplate.gov).

### Step 6
As the groups are presenting, the other groups will be filling out the VIP forms for each presentation

### References
- Melanie Lynch, M.Ed. State College Area High School