Grade 9 Sample Lesson Plan: 
Unit 12 – 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

<p>| Step 1 | 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.) |
| ESSENTIAL QUESTIONS |  |</p>
<table>
<thead>
<tr>
<th><strong>Step 2</strong></th>
<th>Discuss the <strong>requirements</strong> for the assignment.</th>
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<tr>
<td><strong>Step 3</strong></td>
<td>Place students in groups and have the groups select which fad diet that they would like to research.</td>
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<td><strong>Step 4</strong></td>
<td>Students will complete the project and then fill out “How Healthy is this Diet”.</td>
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<td><strong>Step 5</strong></td>
<td>Fill out the Venn Diagram comparing your assigned diet to the governmental guidelines of <a href="#">MyPlate</a>.</td>
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<td><strong>Step 6</strong></td>
<td>As the groups are presenting, the other groups will be filling out the <strong>VIP forms</strong> for each presentation</td>
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**References**
- Melanie Lynch, M.Ed. State College Area High School