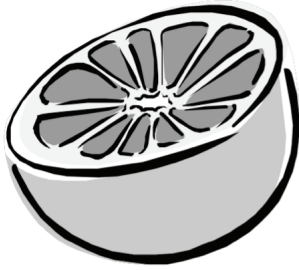


Introduction



The grapefruit diet, the rice diet, the zone diet... the list goes on and on. What do all of these diets have in common? They are fads. A fad, as defined by The New Webster's Dictionary, is "a short-lived fashion or craze." One could therefore call these fad diets, short-lived crazy diets! These diets do not work for a number of reasons, one of which is that they cannot be maintained — they are short-lived. Learning a healthy pattern of eating that one can maintain for a lifetime may seem boring and difficult when compared to promises such as "ten weeks to a trim tummy." But adopting a healthy way of eating and living is what works, diets don't. This unit will teach your class why.

This unit will debunk popular dieting myths for students, and also give them the knowledge they need to choose a healthy pattern of eating and exercise that will help them avoid "dieting" for a lifetime.

At the end of this unit, students will be able to:

- name several popular fad diets
- become familiar with several fad diet programs, products and plans
- name several characteristics of a fad diet
- list dangers associated with fad diets
- evaluate a weight loss plan for safety and efficacy
- understand why diets don't work
- understand how the body physiologically reacts to dieting
- understand how to eat and exercise for healthy weight loss or maintenance for a lifetime

What this Unit Contains:

1. Lecture material; overheads following unit may be copied to enhance lecture presentation
2. Small group discussion questions
3. Two activity worksheets
4. Unit quiz