

Diets and You

Use the internet to find an online diet (could be anything) and in full sentences:

- Explain what the diet consists of
 - 5 Marks
- Explain the pros and cons (benefits and faults) of the diet
 - 6 marks (3 pros & 3 Cons)
- Explain how the diet matches with (or varies from) the Canada Food Guide (see Canada Food Guide in Assignment Folder)
 - 5 Marks
- Provide your opinion of the diet and how you would change the diet
 - 5 Marks
- Answer the following questions
 - How do diets affect body image? 2 Marks
 - How do diets affect well being and healthy lifestyles? 2 Marks
 - How do diets affect self confidence? 2 Marks

Total = 27 Marks