

## Lesson 4: Should We Diet?

### Teachers' Notes

This lesson initially re-visits what constitutes a healthy, balanced diet and then details various weight-reducing diets that people follow.

The starter sets the scene. Two options are given; the web-clip is a cartoon which puts over the message that school dinners used to be junk-food – classes will enjoy it. If internet is not available, teachers could bring in an excerpt from “Little Britain” (discretion advised as obese people are ridiculed).

After studying a range of diets students are asked to compare and contrast and make a decision about whether the diet is good or bad. There is a lot of scope for differentiation within this lesson and if computers are available groups can use PowerPoint to present their decisions.

A document is included with background information about ten diets, from which the students' descriptions of diets are drawn. The diets referred to are:

The Atkins Diet  
The South Beach Diet  
The Zone Diet  
The Low-carb Diet  
The Negative calorie diet

The Cabbage Soup Diet  
The Mayo Clinic Diet  
The Mediterranean Diet  
The Diabetic Diet  
The Low GI Diet