

Plan

Look at the pictures. Answer these questions.

Which diet probably includes foods that you like? _____

Which diet probably includes foods that you don't like? _____



low carb



low fat



ovo-lacto
vegetarian



raw food



vegan

Prepare

A Group work Choose one of the diets above or a diet that is very different from your own. Then research the diet on the Internet. Make a list of foods that a person on the diet can eat.

B Group work Use the information to plan a three-day menu. Remember to include breakfast, lunch, dinner, and a snack for each day.

Present

Class activity Explain the diet to the class. Then present your three-day menu.