

Thanks for previewing!

Is This Diet Healthy?

?

10 questions to determine if a diet is healthy!

On GOOGLE DRIVE!

Keto

7-Day Color Diet

South Beach

Weight Watchers

Jenny Craig

The Ultimate

Peel a Pound Soup Diet

SlimFast

Paleo Diet

Sugar Busters



Health Education Today

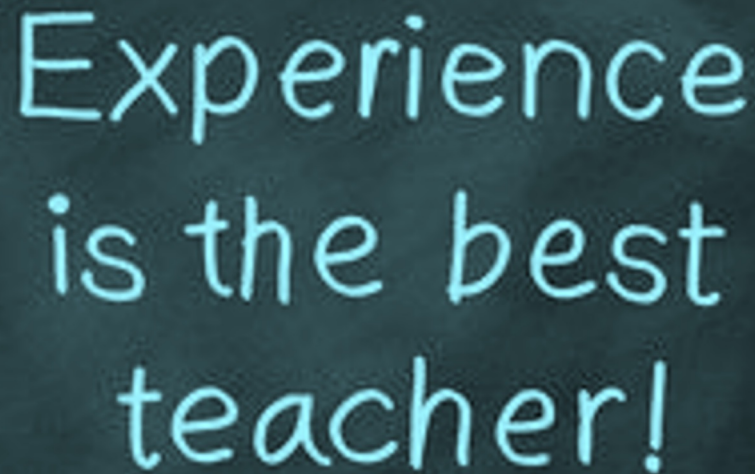
Health Education Today

“Is This Diet Healthy?”
Lesson for
Middle +High
School



1. This Program's Creator is a Qualified Teacher

◆ I am a National Board Certified Teacher with a Masters of Education Degree and I have many years of experience teaching Health.



Experience
is the best
teacher!

2. The Program Meets Educational Health Standards:



It meets **10 COMMON CORE STANDARDS**
FOR Middle and High School Health:

**Common Core State Standards for English Language Arts
 & Literacy in History/Social Studies, Science,
 and Technical Subjects | ELA College and Career Anchor Standards**
<http://www.corestandards.org/ELA-Literacy/>

Writing Grades 9/10	
1	Write arguments focused on discipline-specific
2	Write informative/explanatory texts, including narration of historical events, scientific procedures/experiments, or technical processes.
3	Incorporate narrative elements effectively into arguments and informative/explanatory texts <i>Note: Students' narrative skills continue to grow in the grades. The Standards require that students be able to incorporate narrative elements effectively into arguments, informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts of their analyses of individuals or events of historical importance and technical subjects, students must be able to provide precise enough descriptions of the step-by-step procedures they use in their investigations or technical work that they can replicate them and (possibly) reach the same results.</i>
4	Produce clear and coherent writing in which the development, organization, and style are appropriate to the task, purpose, and audience.

The Centers for Disease Control and Prevention (the C.D.C.) National Health Education Standards to be Completed by Grade 8 http://www.cdc.gov/healthyschools/sher/standards/index.htm	
Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
1.8.1	Analyze the relationship between healthy behaviors and personal health.
1.8.2	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
1.8.3	Analyze how the environment affects personal health.
1.8.4	Describe how family history can affect personal health.
1.8.5	Describe ways to reduce or prevent injuries and other adolescent health problems.
1.8.6	Explain how appropriate health care can promote personal health.
1.8.7	Describe the benefits of and barriers to practicing healthy behaviors.
1.8.8	Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
1.8.9	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
Standard 2	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
2.8.1	Examine how the family influences the health of adolescents.
2.8.2	Describe the influence of culture on health beliefs, practices, and behaviors.
2.8.3	Describe how peers influence healthy and unhealthy behaviors.
2.8.4	Analyze how the school and community can affect personal health practices and behaviors.
2.8.5	Analyze how messages from media influence health behaviors.
2.8.6	Analyze the influence of technology on personal and family health.
2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.
2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.
2.8.9	Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.



<http://www.corestandards.org/ELA-©-Literacy/>

It meets **5 of the 8 C.D.C.'s National Health Standards** for
both 8th and 12th graders Health

3. Standards are at the Beginning of Each Lesson:

Day 2: Analyzing Fad Diets

<p>Washington State Standards</p>	<p>WA State Standards Met: Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS Predict impact of consuming adequate or inadequate amounts of nutrients. H1.N1.HS Cite evidence from Nutrition Facts labels useful for making informed and healthy choices. H5.N3.HS Analyze trends in portion size as compared to recommended serving sizes. H3.N3.HS Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner. H7.N4.HS Evaluate resources for accessing valid and reliable information, products, and services for healthy eating. H3.N1.HS Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.HSa Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases. H1.N5.HS Explain why people with eating disorders need support services. H3.So2.HS</p>	<p>My State Standards Met:</p>	<p>Your Own State Standards</p>	
	<p>National Standards Met: 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3, 8.12.4</p>			
<p>Common Core Standards</p>	<p>Common Core Standards Met: Reading 3, 4 / Writing 4, 10</p>		<p>National Health Standards</p>	
	<p>Materials Needed:</p>			
<p>Content Learning Target</p>	<p>PowerPoint</p>	<p>"Is This Diet Healthy" PowerPoint</p>	<p>-See PowerPoints Folder</p>	<p>Materials Needed</p>
	<p>Printed Materials</p>	<p>"Is This Diet Healthy?" Worksheet" in the "Docs" folder -Optional "Printable Diets List" (See "EXTRA" below!) -Optional "Copy and paste of website diets" if you don't have access to online websites</p>	<p>-Print 1 for each student or use online on the Google link in Day 1 - 1 class set with several of each diet so students can choose - 1 class set</p>	
<p>Optional: Lesson Assessment</p>	<p>Optional:</p>		<p>Behavioral Learning Target</p>	
	<p>Learning Target</p>	<p>Content: I will learn why diets can be unhealthy.</p>		<p>Behavioral: I will only choose a diet if I can DO IT FOR LIFE.</p>
<p>Assessment</p>		<p>"Is This Diet Healthy?" Worksheet" will be turned in and graded.</p>		

1

Pre-Lesson:

Obesity and Calories

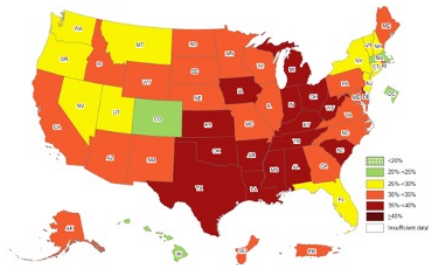


Here is one of the Pre-Lesson PowerPoints:

Comparison of 10 years!

Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2020

¹ Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

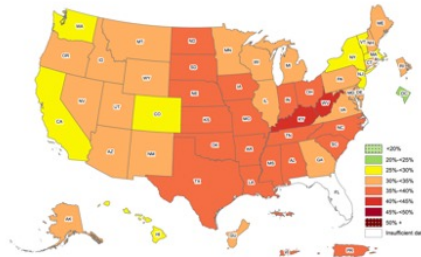


* Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.



Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2021

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“Obesity in the U.S”

35 total slides

Here is another pre-Lesson PowerPoint:

Stay Young at Heart **Portion Distortion**

MUFFIN




20 Years Ago	Today
	
210 calories 1.5 ounces	500 calories 4 ounces

Calorie Difference: 290 calories

3

Stay Young at Heart **Portion Distortion**




CHEESEBURGER

20 Years Ago	Today
	
333 calories	 How many calories are in today's cheeseburger?

4




Stay Young at Heart **Portion Distortion**

FRENCH FRIES

20 Years Ago	Today
	
210 Calories 2.4 ounces	 How many calories are in today's portion of fries?

Stay Young at Heart **Portion Distortion**

SODA

20 Years Ago	Today
	
85 Calories 6.5 ounces	800 Calories 2 liter  How many calories are in today's portion?

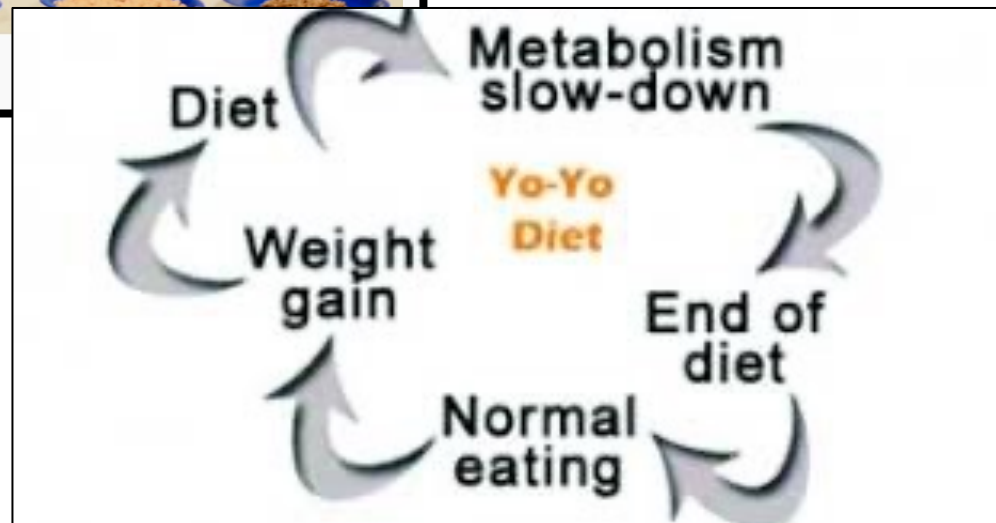
“Portion Distortion”

14 total slides

PRE-LESSON: "Is This Diet Healthy?":



Eat Twice As Much, Keep Calories The Same (Eat These Instead)





Day 2+3:

Analyzing
Diets

LESSON: "Is This Diet Healthy?":

Is This Diet Healthy?

YOUR NAME: _____ PER: _____ DATE: _____

NAME OF THE DIET: _____

Total up your yes answers and write the score, and grade for your diet. (These questions are based on the Mayo Clinic Food Guide Pyramid, and the Dietary Guidelines for Americans:
<http://www.mayoclinic.com/invoke.cfm?objectid=357FAABB-312F-414A-A8D6401C15EE66B4>)

**1 point for yes,
leave blank for "No"**

Yes or No:

If you don't know, leave it blank:

- _____ 1. Does the diet include a variety of food daily from these parts of the Mayo Food Guide Pyramid? (breads/grains, fruits, veggies, and proteins/dairy) _____
- _____ 2. Does the diet program also encourage you to exercise? _____
- _____ 3. Does the diet include foods daily that will provide plenty of fiber such as whole-grain breads, cereals, pasta, rice, veggies, and fruit? _____
- _____ 4. Does the diet include the "7-a-day" rule? (eating 3 servings of fruits and 4 servings of veggies per day) _____
- _____ 5. Does the diet keep sugar in moderation? _____
- _____ 6. Does the diet include mainly foods that are low in fat or food that have mainly "good" (unsaturated or omega) fats? _____
- _____ 7. Does the diet keep your daily calorie total above 1200 for girls and 1500 for boys? _____

USNews HEALTH Hospitals Doctors Senior Living Wellness Diets Medicare

Home / Best Diets / Best Diets for Healthy Eating

Best Diets for Health

U.S. News has ranked 40 diets based on feedback from experts ranked highly for overall healthy eating results until you find the ones that are right for you.

READ THE BEST DIETS METHODOLOGY >

40 Diets Clear Filters Ranking: Best Diets for Healthy Eating

Find a Diet Choose Diet

Diets by Ranking

- All Diets
- Best Diets Overall
- Best Weight-Loss Diets
- Best Diet Programs
- Best Diabetes Diets

HARVARD TH. CHAN SCHOOL OF PUBLIC HEALTH

ABOUT FACULTY & RESEARCH ADMISSIONS & AID ACADEMICS

The Nutrition Source

> The Nutrition Source > Healthy Weight > Diet Reviews

Search this section

Home Diet Reviews

From bookstores to social media to blogs, there's no shortage of information on how to differentiate what "works" from overhyped fad?

By Jessica Migala Medically Reviewed by Kelly Kennedy, RDN
Reviewed January 11, 2022

The Best and Worst Diets for Sustainable Weight Loss, According to Registered Dietitians

Should you try keto, flexible or full-on vegetarianism, or some other plan? Dieting isn't for everyone, but if you're committed to maintaining, not to mention healthier, than others.

Medically Reviewed

Boneless, skinless chicken breast, broccoli, and lemon are three healthy foods that may be part of a weight-loss diet.

Is losing weight or eating better on your mind these days? There's no shortage of weight-loss diets grasping for your attention. And the reality is that most diets—the keto and

How to Gain Muscle Weight:

Trapezius
Deltoid
Infraspinatus
Triceps

Adding muscle mass is hard work. To be successful try following these tips:

1. Follow a good weight-training program (be sure to rest your muscles 1 day in between lifting)
2. Get enough sleep. Muscles tend to grow during rest, and especially during sleep. Teens need 9 ¼ hours per night.
3. EAT BREAKFAST!

- "Is This Diet Healthy?" Lesson with PowerPoint and student share out
- 40+ online diets to print and use
- Why many diets DON'T work
- Why a diet needs to be a "diet for life"
- Unhealthy habits and how to successfully lose or gain weight.
- "Are You Eating Healthy Survey" + "Gain Muscle Weight Brochure"

TYPES OF FAD DIETS²:

■ CONTROLLED CARBOHYDRATES:

- Dr. Atkins' New Diet Revolution
- Whole30
- Sugar Busters
- The Zone
- Dukan Diet
- South Beach
- Carnivore
- Keto (*high fat*)



5

The Balance of Good Health



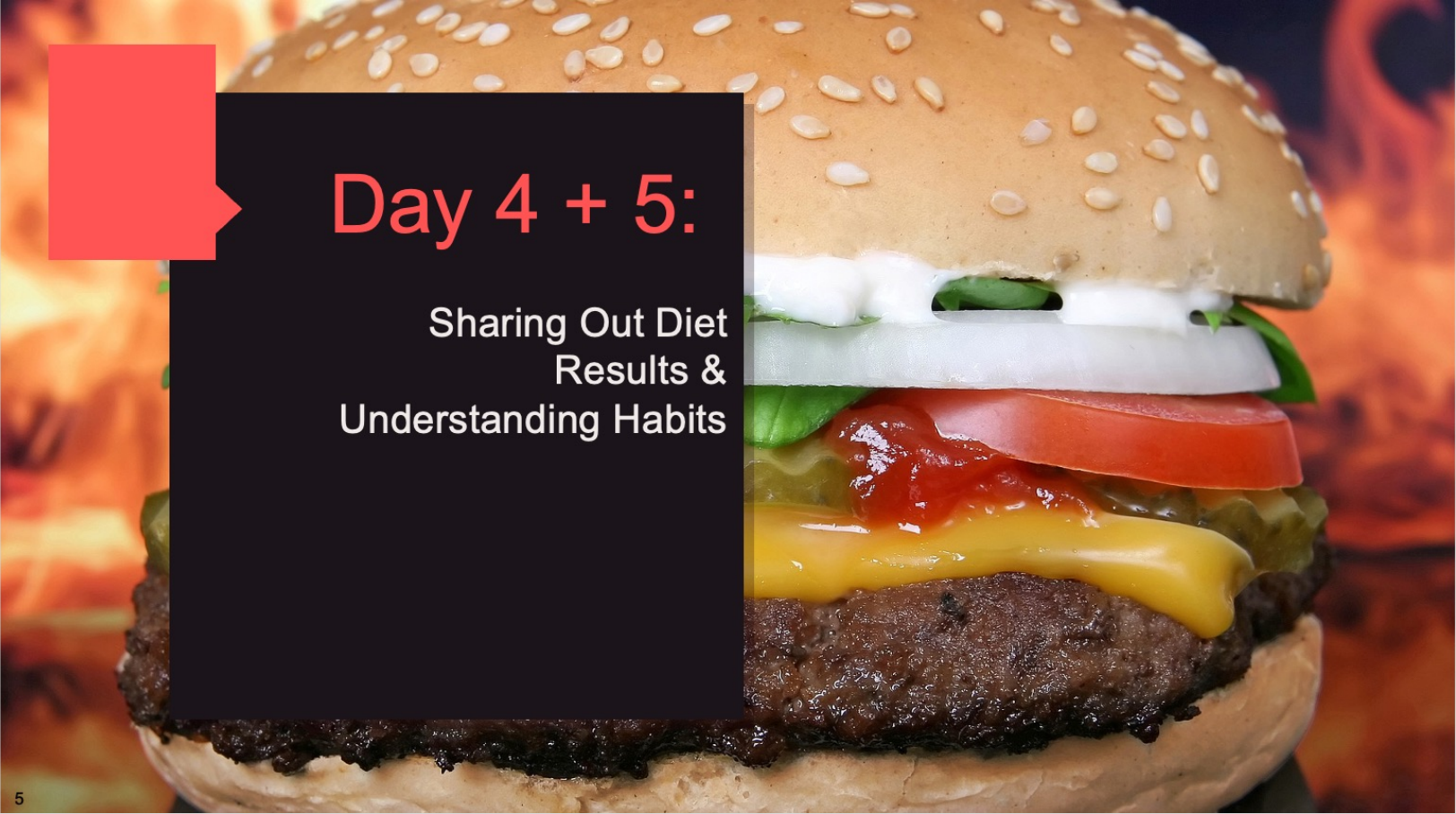
Diets You Should Never Try

✓ Reviewed by Christine Mikstas, RD, LD on September 11, 2020



1/12

Twinkie Diet



Day 4 + 5:

Sharing Out Diet
Results &
Understanding Habits

POST-LESSON: How to Create Healthy Habits!

Name: _____

Per: _____

Healthy Eating for Life Survey

Circle any statements that you feel are a problem for you.

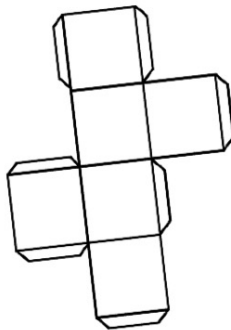
WHAT I EAT (or don't eat!):

- I eat too much fast food
- I eat too much junk food
- I eat too much fat
- I don't eat enough fruit
- I don't eat enough dairy
- I don't eat enough vegetables



1. Weight Goal: _____	M /	T /	W /
2. Weekly Weigh In: _____			
3. Daily Calorie Goal: _____ mark "x" if met			
4. Food Groups Tally: 3-7 dairy/protein			
4-8 carbs			
3 fruits			
4 veggies			
sweets-no more than 525 per week			
5. Exercise for at least 30 min.: mark "x" if did			
6. Drinking water goal: _____ oz. mark "x" if met			
7. Multiple vitamins: _____ mark "x" if took			

Optional Cube Art:



Our brain says yes to pleasure, and no to pain

Eating is specifically linked to getting pleasure

The brain begins to associate rewards (Dopamine) with a particular thought or action and



our brain doesn't want us to feel bad if we have to give that pleasure up!

- Sharing out results!
- "Eating Healthy for Life Survey" and goal-setting
- Habits, the brain, and eating
- Healthy versus unhealthy weight loss
- Weight loss videos

The ways these people lost weight:

- Cut portion sizes
- 6-8 small meals
- Quit binging at night
- Cut out pop
- Eat less + exercise more
- Weight watchers
- Find an exercise you like
- Baby steps!!!!
- Work out, get outside
- Worked out with someone
- Get a trainer
- Find a plan that works for you
- Find balance in your eating
- Believe in yourself!

Name: _____

Per: _____ Date: _____

Healthy Eating for Life Survey

Everyone has different negative eating habits, so losing weight or eating healthier is a very individual task. There's no need to go on a diet, simply take small steps towards changing your eating habits for life! Circle any statements you feel are a problem for you.

WHAT I EAT (or don't eat!):



- I eat too much fast food
- I eat too much junk food
- I eat too much fat
- I do too much munching between meals
- I eat too many sweets
- I obsess too much about what I eat
- I don't take vitamins or minerals
- I eat too much sodium (salt)
- I eat out of the bag/container too often
- I munch instead of eating regular meals
- I get too many calories from drinks (lattes, mochas, juice, alcohol, pop)
- I don't eat enough fruit
- I don't eat enough dairy
- I don't eat enough vegetables
- I don't drink enough water
- I never read food labels
- I don't eat enough variety
- I drink too much pop
- I eat too much when I bake/cook

WHEN I EAT (or don't eat!):

- I eat too much on the weekends
- I eat too much late at night
- I get up at night when I can't sleep and eat!
- I skip meals and then binge
- I eat too much at meals rather than have snacks to curb my appetite
- I skip breakfast
- I skip meals
- I eat on the run



A Habit applies to a behavior or practice so ingrained that it is often done without conscious thought.*²¹

Imagine if you had to think about each step you took...

Habits help us through the day, eliminating the need to strategize about each tiny step involved in tasks like getting dressed, walking down the stairs, driving, walking to class, and other routines.

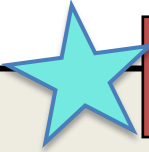
OUR BRAINS LOVE PATTERNS + HABITS!



7. This Program is all About the Students...

- ◆ The program is classroom and “kid-tested,” teacher-approved, and full of real student examples and responses.
- ◆ It promotes high student engagement and interaction!
- ◆ This curriculum challenges and touches the lives of teens!

8. Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- ◆ **Documents and PowerPoints are editable** and docs are included in both Word and PDF formats.
- ◆ PowerPoints are full of what's trending, photos, and video links teens will appreciate.





About the Author:

- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for many years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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Works Cited:

Owl and Yosemite Photos by me.

WA Standards From: <http://www.k12.wa.us/healthfitness/Standards.aspx>

NYC Standards

From: <http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf>

Photos From:

<http://www.fotosearch.com>

<https://labs.openai.com/>

<http://www.shutterstock.com/index-in.mhtml>

<http://stokpic.com>

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