

FAD DIET PROJECT

- Choose one Fad Diet to research
- You may give an oral presentation, develop a poster, or write a paper on your chosen Fad Diet.
- In your research and information you must include:
 - 1: exactly the Fad Diet is
 - 2: a pros vs. cons list
 - 3: what the Fad Diet promises
 - 4: a target audience for the diet
 - 5: an example meal
 - 6: reasons why people would want to try this diet
 - 7: short vs. long term effects of the diet.