

EATING PLAN GROUP PRESENTATION

EATING PLANS:

Vegetarian: Lacto-ovo; Lacto-vegetarian; Ovo-vegetarian

Vegan / (Raw Vegan)/ Flexitarian

Organic Eating/Nordic

Weight Watchers/HMRP

E2- Engine 2/Whole 30

Ketogenic (Keto)/Modified Keto/Zone Diet

Therapeutic Lifestyle Change (TLC)/Mayo Clinic Diet

Paleo/ Bistro MD

Volumetrics/Ornish

DIETS TO GO/Jenny Craig (Pre-prepared meal plans)

NutriSystem/Slim Fast

Optavia/Optifast

Noom/Atkins/South Beach

Mediterranean/DASH (MIND Diet)

Food Pyramid/My Plate

Group Work Plan/Presentation

1. **Create a COLORFUL/INFORMATIONAL Poster for each eating plan.**
2. **Present a BRIEF oral presentation about the eating plan.**
3. **Create 2 multiple choice quiz questions for the eating plans.**

Include ON the posters: Draw, Cut Out, Print Out, Coloring Picture - Images or words from magazines, newspapers

Cover the Poster with your group's UNIQUE Creative ideas/designs. The entire poster must be covered with images/words(collage) describing your eating plan.

1. Name of the Eating Plan (**4-5" letters:** big and bold in middle of poster)
2. Foods in the Program/Plan; pictures; charts, graphs; drawings, etc.
4. Any other information the group feels should be on posters

THE NAME OF THE EATING PLAN NEEDS TO BE BOLD AND COLORFUL SO YOUR PEERS WILL BE ABLE TO SEE THE PLAN NAME IN THE "BACK OF THE ROOM"

We will go to Media Center to research plan for one day. Collecting and organizing images is up to each group.

Oral Presentation should include the following and be able to answer the questions below. Oral presentation should be 2-3 minutes and be able to answer any questions posed to the group.

1. Name your eating plan?
2. How does it work?
3. Who should/would consider the plan? WHY would someone choose this plan?
4. Main Foods and snacks on the plan?
5. Foods to Avoid in program?
6. Success rate (long and short term)? Get a specific as you can with success rates.
7. Cost of using the plan? Give examples.
8. Should you use program/plan long or short term? How long can someone stay on plan.
9. Medical concerns: positive and negative; Evaluate the medical issues?
10. Easy or difficult to follow?

Each group member will be called upon to answer the questions above!!!!!!

