I’m on a Diet and Proud of It!

Karina I. Colón

**Word Web**

**synonyms (nouns)**
- menu
- fare
- daily bread
- food
- nutrition

**synonyms (nouns)**
- weight reduction plan
- fast
- abstinence from food
- starvation

**synonyms (verbs)**
- lose weight
- go without
- eat
- starve
- slim down
- reduce

**synonyms (adjectives)**
- fat-free
- low-calorie
- reduced-sodium

**definition (n)**
- the selection of food and drink one eats regularly

**definition (n)**
- what an organism usually eats

**definition (v)**
- participating in a structured eating plan

**definition (adj.)**
- something used to regulate weight/eating
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Concept Map

What is it?

noun

What is it like?

food

energy & nutrients

usual

diet

Omnivores
Herbivores
Carnivores

The Food Pyramid

Low-sodium Diabetic

What are some examples?
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Concept Map

What is it?

What is it like?

What are some examples?
Sample Charts

### Before Word Study

### After Word Study

**Guiding Questions:** What is the purpose of a diet? What is a diet for? Where have you heard/seen this word? Is it a negative or positive word? Why? What types of organisms use diets? What does diet mean?

<table>
<thead>
<tr>
<th>Types of Diets</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examples:</td>
<td>Examples:</td>
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<tr>
<td>Diabetic</td>
<td>To control sugar</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>Get nutrition from vegetables</td>
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<tr>
<td>Weight-Reduction</td>
<td>To lose weight</td>
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<tr>
<td>Low-Fat</td>
<td>To control fat</td>
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<tr>
<td>Low-Sodium</td>
<td>To control sodium</td>
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<tr>
<td>Kosher</td>
<td>To eat according to a set of rules</td>
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<tr>
<td>Bodybuilding</td>
<td>To build muscle</td>
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<td></td>
<td>ALL MUST PROVIDE ENERGY TO HELP THE BODY WORK AND NUTRIENTS TO KEEP THE BODY HEALTHY</td>
</tr>
</tbody>
</table>

**Guiding Questions:** Why might someone need a special diet? What about if someone is sick? What about animal diets? What factors affect diets? Geographic location, religion, ethnicity, available foods, etc.
Diet News

Directions: Using the Internet, find the answers to the following questions. Then, write a short news article about the diet.

Type of Diet: ____________________________________________________________

• What is the purpose of the diet?

• Who would be on this type of diet? Why?

• Which types of foods does the diet include?

• Are there any foods that are off limits? Why?

• How does this type of diet affect a person’s body and health?

• Any other important information about this diet...