

Students should investigate different popular diets and their possible health benefits.

Choose one of the following and complete a poster.

Paleo

Raw food

Gluten-free

Mediterranean

Ketogenic

Title	1 Mark
Definition	1 Mark
Foods that are part of the diet and those that are restricted	2 Marks
Proposed health benefits and possible side effects	2 Marks
medical reasons for recommending or not recommending the diet	2 Marks
Drawings/Colour	1 Mark
Reliability of my Resources...did you use random google sites or did you use actual scientific articles from published journal websites such as scientific American, nature etc.	1 Mark

