Diet Plan Essay Rubric

Hand written, in pencil

5 paragraph format

Write an essay that describes your diet:

Who designed the diet (if known)

How does it work

What macromolecule groups are limited (if any)

Are there supplements that need to be purchased

Pros and cons of the diet

Are there warnings or “dangers” with the diet plan

Is it really a good diet plan from the standpoint of nutrition or a fad diet

Ask yourself this question, Really, would a doctor or nutrition specialist agree with the ideas associated with this diet?

Diet Plan Essay Rubric

Hand written, in pencil

5 paragraph format

Write an essay that describes your diet:

Who designed the diet (if known)

How does it work

What macromolecule groups are limited (if any)

Are there supplements that need to be purchased

Pros and cons of the diet

Are there warnings or “dangers” with the diet plan

Is it really a good diet plan from the standpoint of nutrition or a fad diet

Ask yourself this question, Really, would a doctor or nutrition specialist agree with the ideas associated with this diet?