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?

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