

4º ESO NUTRITION PROJECT.

You can find the answers on this website (mainly, but not only) or using any other sources. In any case, don't forget to **cite** where you found that information.

0.- Can you describe what a NUTRITIONAL DIET IS? Go ahead and do it...

1. - Search and find TWO different nutritional DIETS (they could have any objective: losing weight, gaining weight, increase muscle tissue, etc... but should be the same in both of them). You can use any source: magazines, books, internet, etc...

2. - Describe the main features of each one of them.

3. - Identify the objectives. Be specific about the two diets chosen.

4. - Using documents such as [NUTRITION AND DIET](#) from *Educaolimpicos* (3º ESO/ Nutrition) or any other bibliography that you consider interesting (don't forget to cite). Explain:

POSITIVE ASPECTS OR EFFECTS	POSSIBLE NEGATIVE CONSEQUENCES.

5. - Write a brief conclusion explaining your point of view about both of them:

STRENGTHS	WEAKNESSES

6. - Evaluate the amount of processed food included in each one.

7. - How much physical activity is involved? Do you think it's appropriate?

8. - For how long are the diets chosen planned? What do you think is going to happen when we stop the diet?

9. - Write a, five suggestions Decalogue with your top seven recommendations to keep a healthy nutritional pattern in our daily life.

10. - (extra credits). Watch any of the documentaries shown on the post: **DOCUMENTALES SOBRE NUTRICIÓN that you can find in *Educaolimpicos (Blog)*, and write a brief essay using the diets you studied as the main reference.**