**Around the World in 80 Calories. . . A 4Cs Assessment for Honors Biology**

 **Part 1: All Groups Start Here:** Read the 3 articles on Diet Secrets from around the world
1. What are some habits that people around the world have to encourage healthy eating? These can include things like eating more of certain types of foods, and behaviors that you see in the articles.
2. Besides the type of food, what else do other cultures do with food that is different from the US and makes them healthier?

Now read the Fad Diets Info at: <http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/weight-loss/nutrition-for-weight-loss-what-you-need-to-know-about-fad-diets.html> and answer the following:
1. What makes a diet at “Fad Diet?” List two ways you would recognize a fad diet.
2. The article states, “People who use fad diets usually end up gaining back any weight that they initially lost.” Think about this and hypothesize why you think that is true.
3. In your opinion, should the government regulate fad diet claims? Should they be labeled as a “fad”? Explain your answer.

**Part 2: Each table will now be assigned a diet from one of the following diets: Adkins Diet, Southbeach Diet, Paleo Diet, Asian Diet, Mediterranean Diet. You’ll need to do research about the diet and answer the following for your diet (You may split up the research on this part among your table mates and share info on this with one another):**

1. Compare your assigned diet with the US Diet (use choosemyplate.gov to help you with the US Diet guidelines).
2. What kinds of biochemical are found in abundance in the diet? In what foods are they found?
3. What’s the difference between a good carb and a bad carb? Which is present in your diet?
4. What is fiber and why do you need it? Does your diet have enough fiber for a person to meet the daily recommended allowance of fiber?
5. Of Saturated, Unsaturated, and Trans-fats, which does your diet have mostly? Is this healthy?
6. What are the sources of protein in your diet? Are these healthy sources of protein? Explain your answer.

***Part 3: On your own, once the above research is complete, you’ll write a menu for a restaurant that serves your assigned cuisine/diet. Your Menu should include the following:***

1. 2-3 appetizer choices
2. 3-4 Main Courses
3. A dessert Menu (your choice of how many options here)
4. Fast/fun facts about the cuisine and its food. This section should include info on types of carbs, fat, proteins, as well as info about fiber. Some other things that you could include (but are not limited to) would be:
	1. Info on the countries that eat your cuisine type (for Asian and Mediterranean Diets only)
	2. Info on the cultures or celebrations where this food would be consumed (for Asian and Mediterranean Diets only)
	3. The history of the diet, who invented it and why (for Southbeach, Atkins, and Paleo only)
	4. Why does your diet promote weight loss and/or better health

Parts 1 and 2 are due: \_\_\_\_\_\_\_\_\_\_\_\_End of Class on Friday… 2-17-17\_\_\_\_

Menu is Due: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Thursday… 2-23-17\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Suggested resources:

Asian and Mediterranean Diets: <http://oldwayspt.org/>

All Diets: WebMD.org

Grading
Diet Analysis (Parts 1 and 2)-- Group—50 points

|  |  |  |  |
| --- | --- | --- | --- |
| **Critical Thinking***Demonstrates analysis, synthesis, and evaluation of ideas and concepts* | * Student does not demonstrate an ability to apply theories, principles and/or skills from the Biochemistry Unit to the questions.
* The student cannot identify relationships between biochemistry and the assigned diet
* Student is unable to defend his/her point of view.
* Student merely answers the questions without trying to connect the diet researched to the information in the biochemistry unit.
 | * Student demonstrates an ability to correctly apply theories, principles and/or skills from the biochemistry unit to the questions
* The student can correctly identify relationships between biochemistry concepts and the assigned diet
* Student is able to defend his/her point of view.
* Student integrates ideas to form a cohesive whole.
 | **In addition to meeting the PROFICIENT criteria** …* Student provides multiple examples of how biochemistry applies to their diet.
* Student shows attention to how types of carbs, fats, and fiber relate to biochemistry as a whole and can describe this particularly well..
 |
| 0 - - - - - - - - - - - - 3 - - - - - - - - - - - - 7 | 8 - - - - - - - - - - - - - - - - - - - - - - - - 11 | 12- - - - - - - - - - - - - - - - - - - - - - - - - 14 |

**Content:**

1. Menu Includes the correct number of a. Appetizers \_\_\_\_\_\_\_\_\_\_\_\_ 2 points

 b. Main Courses \_\_\_\_\_\_\_\_\_\_\_\_ 2 points

 c. Desserts \_\_\_\_\_\_\_\_\_\_\_\_ 2 points

2. Menu includes food items that are appetizing and healthy \_\_\_\_\_\_\_\_\_\_\_\_\_ 10 points

3. Menu Fast/fun facts are engaging, informative, and relevant \_\_\_\_\_\_\_\_\_\_\_\_\_ 10 points

4. Menu Food is appropriate to the assigned diet \_\_\_\_\_\_\_\_\_\_\_\_\_ 10 points

Menu – Part 3-- Individual ( 50 points)