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**Chapter 7: The Foods You Eat—Read, Discuss, and Analyze Activity**

**Fad Diet**

**READ the case study**

Bonita wants to lose weight. She read about the “apple diet” featured in a popular magazine. The diet consists of eating apples and drinking water. She decides to give it a try. She loses some weight, but she does not feel very well. Bonita soon becomes bored with the diet and begins eating all the foods she deprived herself of when she was on the diet. She now weighs more than she did before she began the diet. Her friend, Casey, has had success following the MyPlate plan.

**DISCUSS this question in class:**

What might have been the result if Bonita had chosen to follow the MyPlate plan instead of the “apple diet”?

**ANALYZE the following statements about the case study to decide which are true and which are false.**

- |   |   |   |
|---|---|---|
| T | F | The “apple diet” featured in the magazine is a fad diet.                                  |
| T | F | The MyPlate plan offers more variety and healthful choices than the “apple diet” does.    |
| T | F | Bonita should have stuck to the “apple diet.”   |
| T | F | Because the “apple diet” contains fruit and was published in a magazine, it is healthful. |