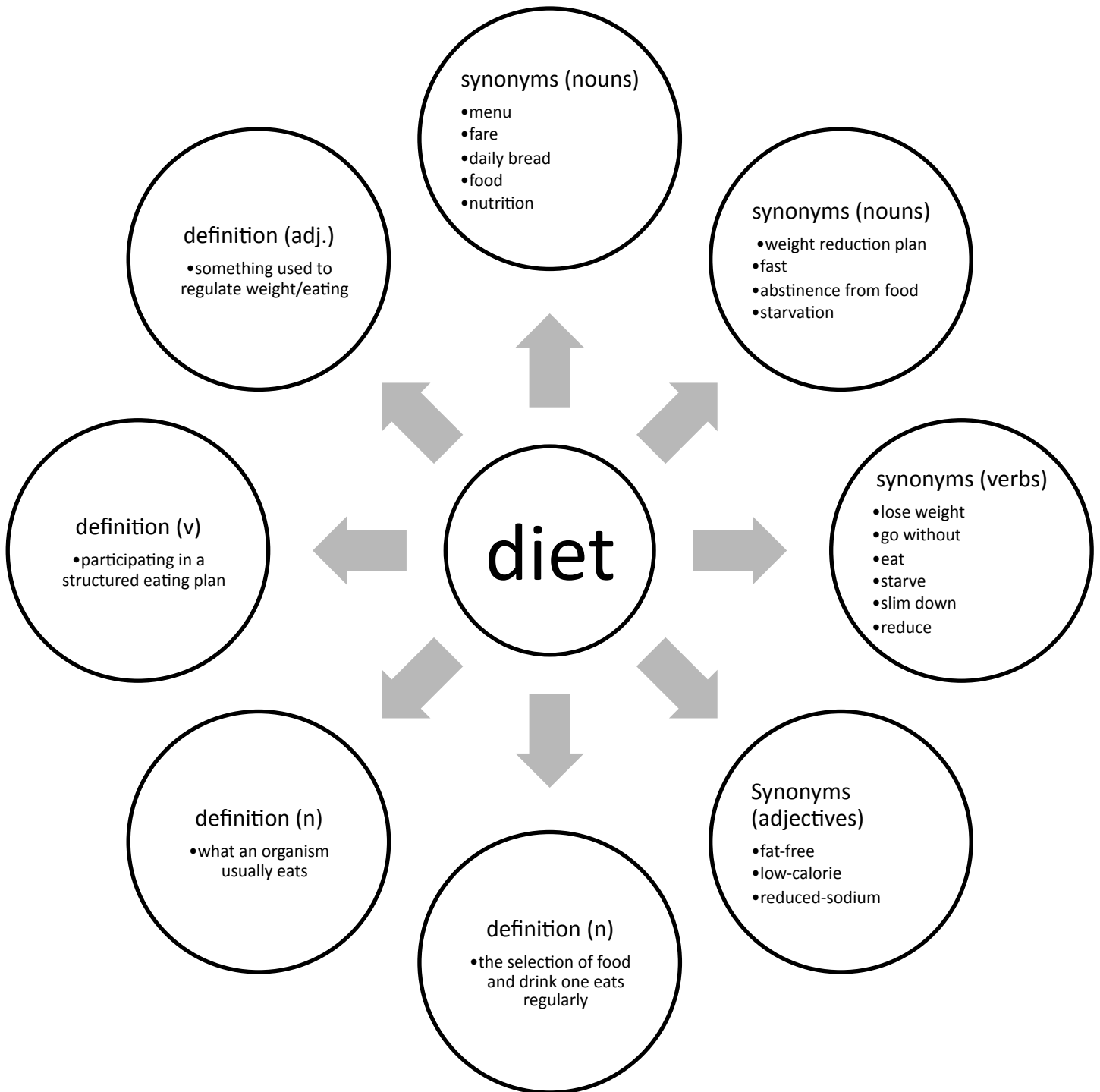


Word Web

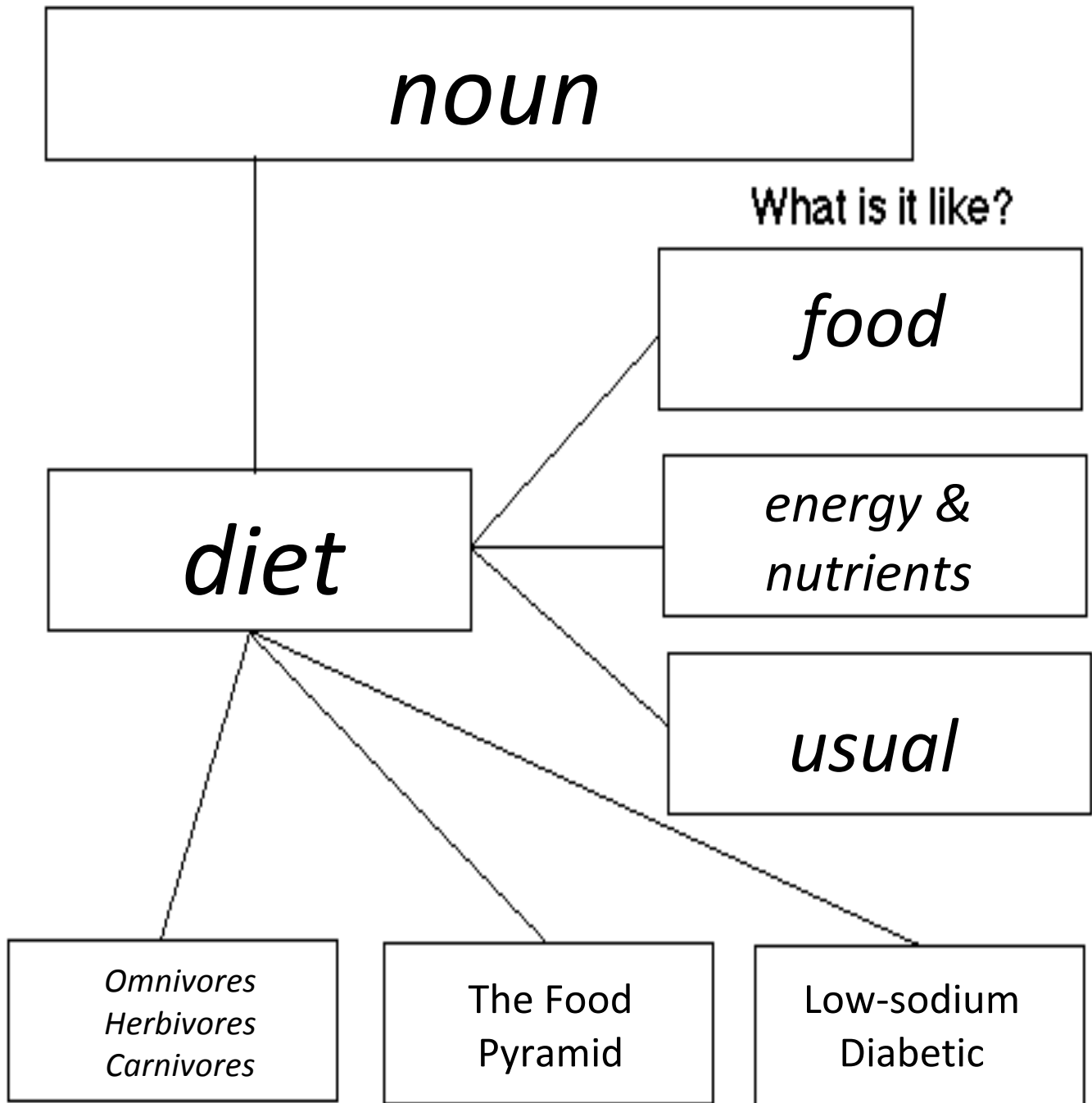


I'm on a Diet and Proud of It!

Karina I. Colón

Concept Map

What is it?

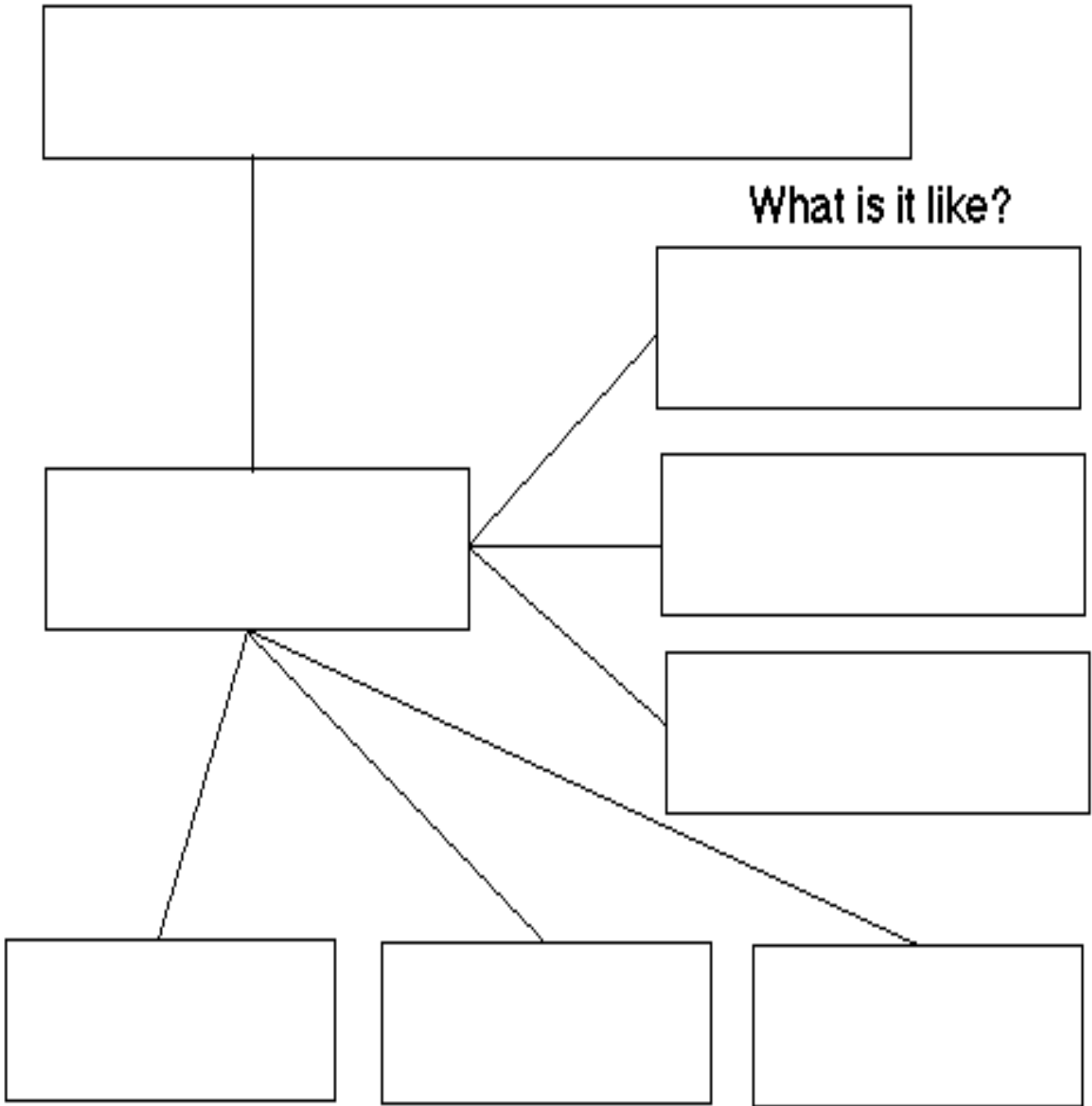


What are some examples?

Concept Map

What is it?

What is it like?



What are some examples?

Sample Charts

| Before Word Study | After Word Study |
|-------------------|------------------|
| | |

Guiding Questions: What is the purpose of a diet? What is a diet for? Where have you heard/seen this word? Is it a negative or positive word? Why? What types of organisms use diets? What does diet mean?

| Types of Diets | Purpose |
|--|---|
| <p><i>Examples:</i></p> <ul style="list-style-type: none"> <i>Diabetic</i> <i>Vegetarian</i> <i>Weight-Reduction</i> <i>Low-Fat</i> <i>Low-Sodium</i> <i>Kosher</i> <i>Bodybuilding</i> | <p><i>Examples:</i></p> <ul style="list-style-type: none"> <i>To control sugar</i> <i>Get nutrition from vegetables</i> <i>To lose weight</i> <i>To control fat</i> <i>To control sodium</i> <i>To eat according to a set of rules</i> <i>To build muscle</i> <i>ALL MUST PROVIDE ENERGY TO HELP THE BODY WORK AND NUTRIENTS TO KEEP THE BODY HEALTHY</i> |

Guiding Questions: Why might someone need a special diet? What about if someone is sick? What about animal diets? What factors affect diets? Geographic location, religion, ethnicity, available foods, etc.

