



Clip: Nutrition

Episode 8: Growing Pains

Activity: Fad Diets

Theme: Health and Wellbeing

Elements of dance: body

1. Abigail has some strange notions about what a dancer can and can't eat. These may come from a range of diet myths. As a class, view the episode, *Growing Pains*, and ask students to note down comments about eating that Abigail makes.

2. Discuss diet myths with the students:
 - a. Low-fat or no-fat diets are good for you.
 - b. Crash dieting or fasting makes you lose weight.
 - c. Food eaten late at night is more fattening.
 - d. A slow metabolism prevents weight loss.
 - e. Fattening foods equal rapid weight gain.
 - f. Low-fat milk has less calcium than full-fat milk.
 - g. Low-fat foods help you lose weight.
 - h. Cholesterol is bad for you.
 - i. Vegetarians can't build muscle.
 - j. You always gain weight when you stop smoking.
 - k. Chocolate is bad for you.
 - l. Skipping breakfast helps you lose weight.
 - m. Crazy fad diets work for permanent weight loss.

3. Ask students to bring in examples from magazines/newspapers/online media, particularly ones that advertise crash diets or celebrity diets. As a class, collect the different diets/articles/advertisements that are published and any advertisements about diet supplements, for example, pills, potions and exercise equipment. Build a 'diet wall' of the cut outs and headlines that announce the fast weight loss of celebrities or stories about a celebrity getting too fat.

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4. As a class, deconstruct the messages the media is sending young people about 'weight'. Ask them to assess if these messages are good, or bad, and why? Have students suggest the correct way of dealing with 'weight'.
5. Instruct the students to work in small groups to generate a "fad diet report" where they select and research the benefits and disadvantages of a fad diet. They should document its promises, the sorts of foods that can be eaten and when, testimonials and advice about the diet from another source. They should research the type of advertising that is presented across all media. They should also evaluate its effectiveness against the advice from The Australian Government Department of Health and Aging: [Healthy Eating, Recommended Daily Servings](#) web page.
6. Ask students to present these reports to the class as a visual or oral presentation, using **Student Activity Sheet E8.2: Fad Diet Report** as a tool to help them structure their report planning.

Download

- Student Activity Sheet E8.2: Fad Diet Report

Useful resources

- [Ausdance Factsheet 19, Fuelling the dancer](#)
- [Ausdance Factsheet 12, Healthy bones for female dancers](#)
- [Ausdance Factsheet 17, Eating disorders and dancers](#)
- [The Australian Government Department of Health and Ageing: Healthy Eating, Recommended Daily Servings](#)
- [Every diet, Fad diets](#)
- [Better Health Channel, Weight Loss and fad diets](#)
- [Australian Healthy Weight Week, Diet myths and facts](#)



NAME:

Student Activity Sheet:
Activity:

E8.2
Fad
Diets

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Growing Pains
Nutrition

Fad Diet Report

Fill out the following information as best as you can with the information you have found about a fad diet.

Name of Diet:

When it was most popular e.g. 1970s:

What the diet claims to do:

How it helps you to lose weight:

Cost:

Foods to eat while on the diet:

What to avoid while on the diet:

Stories from people who have experienced success with this diet:

Advice from another source:

Why this diet doesn't work:

