



Name: _____

Date: _____

Instructions: Write an essay that explains the health risks of following Dr. Quackenscam's Diet Plan, and offers healthy alternatives to his ridiculous tips.

Dr. Quackenscam's Diet Plan

Dr. Quackenscam says, "Follow my diet plan, and you'll be buff and healthy."

1. "Green beans are good for you! So eat green beans (and only green beans) at every meal, every day. Want a snack? Have more green beans!"
2. "Drink fruit juice whenever you're thirsty. You should have at least 8 glasses of fruit juice a day. Forget about drinking water. More than half of the weight of your body is water, so you don't need any more of it."
3. "Conserve your energy by moving as little as possible throughout the day. Don't exercise more than 10 minutes daily, so your muscles have the rest of the day to grow. You'll have couch-pack abs in no time!"
4. "Watching TV, using a computer, and playing video games as much as possible are good for your health because they strengthen your brain muscles. These activities also help you conserve energy (see tip 3)."

When assessing Dr. Quackenscam's Diet Plan, keep these questions in mind:

- Is it good to eat only one kind of food, even if it is a healthy food? If your doctor is concerned about your weight, what's the best way to diet?
- Do you need to drink water, even though your body is made up of a lot of water? What could be wrong with drinking a lot of fruit juice, since eating fruits is good for you?
- What can happen if people don't get enough exercise?
- How can sitting in front of a TV, computer, smartphone, or video game screen affect your health?

