**Lesson Plan**

**Alternative Diets and Their Impact on the Health of Young People**

**1. Teacher's Lecture**

**Introduction:**

* The way we eat has a significant impact on our health.
* At your age, diet is especially important for development.
* Daily meals provide energy for life and essential nutrients for growth and healthy maturation.
* The choices you make now affect your future health.
* A healthy lifestyle significantly reduces the risk of many diseases, often called "lifestyle diseases."

**Diet as a Puzzle:**

* Think of your diet as a puzzle where each piece must fit correctly.
* Nutrients should be provided regularly in appropriate amounts for the body to function correctly.
* Choosing to follow a particular diet, especially without expert guidance, often leads to deficiencies in essential nutrients.

**Infographic:**

* A diet containing all the puzzle pieces is called a natural or conventional diet.
* When dietary changes are necessary due to health issues, we call it a therapeutic diet.
  + Example: A diet for a liver condition that requires minimal liver activity.
* Weight-loss diets are a special category, often followed based on media advice, which can be harmful.

**Discussion:**

* Has anyone followed or is currently following a special diet? For what reason?
  + Students respond.
  + Teacher supplements: Dietary changes are often necessary due to medical reasons like allergies or low iron levels, especially in girls.
  + Changes should be made with the guidance of parents, a doctor, and a dietitian.
  + If you are healthy, there is no need to avoid entire food groups.
  + Risks of self-imposed diets, especially weight-loss diets, at your age:
    - Bone development issues: Critical at your age, so do not eliminate dairy products unless replaced with other calcium sources.
    - Hormonal imbalances: Can delay puberty and affect mood.
    - Skin problems: Cracked mouth corners, fingertip skin issues, hair loss.
    - Concentration difficulties and learning new information.
    - Extreme cases: Fasting can lead to drowsiness, heart problems, fainting.
* Always discuss dietary changes with adults and decide together on the best course of action.

**2. Exercise - Working with Text**

* Teacher distributes worksheets with a task.

**3. Discussion**

* Identify which diet in the task was well-balanced and explain why.
* Discuss what was lacking or excessive in the other two diets.
  + Students respond.