



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: Develop a public service announcement that addresses the health risks of following a plan like Dr. Strangediet's. Include an alternative to Dr. Strangediet's plan as well as support for why your plan is healthier.

### Dr. Strangediet's Health Plan

**Dr. Strangediet says: "Follow my plan, and you'll be the healthiest kid on the block!"**

1. Green beans are good for you! Eat green beans (and only green beans) at every meal, every day. If you must have a snack, you can have some more green beans.
2. Drink fruit juice whenever you're thirsty. You should have at least 10 glasses per day of fruit juice. There's no value to 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. Limit any exercise to less than 10 minutes per day. It's important not to exhaust yourself.
4. Looking at a screen (TV, computer, video game) is good for your health because it develops your eyesight and helps you conserve energy (see point #3). Try to maximize your screen time during the day, and clock in at least 5 hours daily.

**When evaluating Dr. Strangediet's health plan, keep the following questions in mind:**

- Is it good to eat only one kind of food, even if it is a healthy food? Why or why not?
- What does water help the body do? Do you need to drink water, even though your body is made up of a lot of water?
- Why is it important for your body to stay active?
- How can sitting in front of a screen affect your health?

