

Content

In the paper cover the following:

- Describe the history of the diet.
- What geography and culture does it come from?
- How old is this diet – for how long people practiced it?
- Who invented it?
- What is the diet's foundational philosophy?
- What the diet actually consist of in general?
- Give an example for a one-day meal plan representative of this diet.

Critical assessment:

- Describe how well/badly it covers the macronutrients and micronutrients.
- Does that diet have any probiotic components?
- Does the diet achieve in long term what it claims to achieve?
- Should one following this diet take precautionary steps, such as take extra vitamins or supplements?
- What do you think is the greatest weakness of this diet? How about its greatest strength?
- Is this diet practical for a modern lifestyle? (Maybe if you need to prep a meal for 6 hours it is not that practical)
- Is this diet expensive? Can average people afford it?
- Could this diet be particularly harmful for certain age groups, or patients with certain medical conditions?
- Could this diet induce food allergies?
- Could this diet be applicable to a high intensity life style? (competitive sports)
- Are there celebrities trying to popularize this diet?
- Is there a particular food industry that would promote this diet?
- Your personal opinion: Would you do it?
- Would you recommend it to your family?

Format

The format should be simple without anything fancy in it. You are graded on ideas, not on appearances.

- **Fonts:** 10-12 size, any regular type will do (Calibri, Times, Times New Roman, Arial, Courier etc.)
- **Line spacing:** 1 to 1.5 spacing; 2-line spacing is not acceptable!
- **Margins:** 1 inch margins
- **Length:** 3-4 pages
- **No pictures nor graphs** of any kind.
- **Bibliography:** Use APA citations and these do not count toward the length of the paper.
- **File format:** Word or PDF