

My Diet Planner



Read and plan a new diet.

- You have to change your eating habits to get a healthier life. That's why you decided to create a diet planner. You have to consider the following aspects: Why do you want to change your eating routine? What is your plan to start a diet? What are the facts you should consider to be successful? How can you improve your plan to feel more comfortable?***
- Follow the guidelines to present your final plan – remember, it is an oral presentation.
- You can prepare some pictures or get real items handy for the task.

Presenting Time: _____ **minutes.**

Points to cover		Key information to present	Language I can use for presenting the point
1.	Set the date and purpose		
2.	Aspects to consider		
3.	Ingredients I can and can't consume		
4.	Pros & Cons about this plan		
5.	What will I do to start and continue a successful plan?		
6	Tips to follow to get successful results		