

# Dieting Conversation Questions

## Warm-up Question:

With your group, list some healthy foods. Then say which ones you like eating.

## Discussion Questions:

1. Have you ever been on a diet? If so, what was the goal of the diet?
2. Overall, how is your diet? Do you think you generally eat well, okay, or poorly?
3. Some people diet to put on weight or muscle. Is it more difficult to put on weight or lose weight?
4. Some diets are very *restrictive*. What's the toughest diet you have tried or heard about?
5. Diets seem to come and go in trends. Is it a good idea to do a fashionable diet?
6. Some diets seem quite strange. What's the weirdest diet you have heard about?
7. Why do people diet? Is it more often about health or appearance?
8. *Body dysmorphia* is a mental health disorder that causes people to see flaws in their bodies that others don't see or consider important. Does everyone have body dysmorphia?
9. Have you heard of diet pills? Is it possible to lose weight by taking a pill?
10. Dieting can be dangerous. How can we safely diet?
11. Have you tried protein powder? Did it help you build muscle? How was the taste?
12. Is it important to exercise along with dieting? Is dieting without exercise still beneficial?
13. *Yo-yo dieting* refers to going on and off diets, losing and gaining weight. Why do people yo-yo like this?
14. Have you ever *fasted*? What is the longest you have ever gone without eating?
15. Some religions don't allow eating certain foods. Can you think of any examples?
16. *Intermittent fasting* refers to not eating during a part of the day on a regular basis. For example, eating only between 1pm and 8pm, and then not eating for the rest of the day and night. What could be the benefits of doing this?
17. The keto diet involves eating few carbohydrates (carbs), moderate protein, and higher amounts of fats and oils. Would you enjoy this kind of diet?
18. How much water do you drink? Is it important to drink a certain amount of water each day?
19. It takes mental strength to stay on a diet. If you are tempted to *break your diet*, can you stay strong?
20. Can you think of any person or company that is famous for promoting diets or diet foods?
21. There seems to be *conflicting advice* about dieting from different sources and 'experts'. How can we know who to trust?



