New diets: Fad or Future?

Do you have specific diet? What are the consequences of people’s everyday diet choices? Are they going to enhance your performance? Are they going to improve your everyday health? Will they prevent cancer? The products aimed at vegans and vegetarians are becoming more mainstream and being introduced more to restaurants and supermarkets across the world. Examples of this are products such as vegan cheese, pulses and protein substitutes.

Our report includes an interview with 4-year vegetarian, who chose this diet for humane reasons. She plays sport three times a week and she stays fit and healthy. Will she continue with this diet as she gets older?

We will also be talking to HLC’s Head of Sport about whether diet choices affect our sporting performance and what vitamins and minerals we need to have to have enough energy and prevent illness.

Our science teacher will be telling us what vitamins and minerals vegetarians and Vegans may be missing out on in their diets. He will also be telling us about what carcinogens in meat can do to your body.

There are not just the vegans and vegetarians there, there are also pescatarians, who don’t eat meats such as chicken and red meats but they do eat dairy and fish. Fruitarians eat fruit that has fallen from a tree or a plant.

There has been lots of propaganda in shops, on TV and novelty items to advertise plant based diets.

Overall, people around the world are still exploring the health benefits of these diets. Are they here to stay?

