

## Chapter 5

### Lesson 1: Raw Food Diet

<b>Lesson: Raw Food Diet</b>		
<b>Time</b>	<b>Instructions</b>	<b>Materials Needed</b>
Learning Objectives	Understand a Raw Food Diet	Pg. 1 content
Activities	1. Read the content 2. Complete the case studies in the workbook and discuss	Workbook/content
Wrap Up/ Reflection		Write in workbook
Assessment	Demonstrate the ability to explain the difference between the various diets to a complete stranger.  Multiple choice & true/false quiz	Quiz
Notes & Check for Understanding		