

## Meal Management

### 1. Honors course requirements:

The student will conduct research on a current fad diet, called MIND. This project will apply the content from this course to a real world example currently in the news and will provide the student with hands-on experience relevant to her intended career.

### 2. Description of alternative assignments:

This will include a literature review paper, personally trying the diet for one week, and presenting results to the class in a formal oral presentation. Note: the professor and early literature search results confirm that it is not unsafe to practice the diet for one week.

The literature review paper and presentation are due March 13. An outline of the paper will be due March 1.

### 3. Final grade calculation:

The MIND diet project will be worth 50 points, added to the course total (normally 550 points, now 600 points).



