

Individual Strategy Scenario #2  
Peter DePaola

**Strategy:** Frame Type I

**Content:** Diets

**Title:** “Lipo” For Me, Please

**Required Time:** 2 days for one hour per session

**Target Audience:** Young Adults +

**Goal of Activity:** To compare diets based on their format and their consistency

**Purpose of Script:** To introduce frame type I in an interesting and healthy format along with making the presentation fun

**Learning Outcomes:** Gagne’s Taxonomy- Cognitive Strategies & Verbal Information  
Bloom’s Taxonomy – Knowledge, Comprehension, Application,  
Analysis, and Synthesis

**Learning Characteristics:** Young Adults

**Entry Skills:** Ability to use a computer and search Internet sites

**Setting:** A computer lab

**Media:** Individual computers, overhead projector

**Process:**

- 1.) The teacher will introduce a frame type I to the students and pass out copies of blank frame type I
- 2.) The teacher and students will discuss diets and weight loss and share their experiences
- 3.) The teacher will have a copy of the blank frame type I on the overhead projector (this will be identical to what the students have in front of them)
- 4.) The teacher and students will come to agreements on diets that most people have in common and add them to the frame type I
- 5.) If not enough diets are brought up, then the class will research diets online.
- 6.) When all diets have been added to the frame type I, the class will go online to verify the information they have talked about
- 7.) When all the diets information has been verified, they will be checked for either being a “No carb diet”, “No sugar diet”, or “An all veggie diet”

- 8.) The teacher and students will fill out their frames together as a class
- 9.) The students will work cooperatively or independently. When the project is over, the teacher will discuss the importance of proper dieting

**Strategy Assessment:** Students will be graded on their completed Frame Type I

	No Carb Diet	No Sugar Diet	All Veggie Diet
Weight Watchers			
Hollywood Miracle			
Atkins Diet			

- These are just examples. Other diets can be used.

**Reference:** [www.idiets.com](http://www.idiets.com)