

## **Lab Essay Assignment: DIET ANALYSIS**

The topics for this week's Lab Essay Assignment are detailed below. You may take your pick of any of these topics. Your essay will be worth up to 5 points, and will be submitted to your TA's the next time you meet for lab. In order to receive full credit, you MUST follow ALL of the basic essay guidelines as described on the BIO 102 course web site. These guidelines are very simple and straightforward, however failure to follow them will result in a loss of points and potentially even a zero on the assignment. A full list of essay guidelines, as well as a sample essay and other helpful links, can be found at the following web address:

<http://www.eeb.uconn.edu/courses/bio102/Essayguidelines.htm>

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| <p style="text-align: center;"><b><u>Topic A: Gastroplasty/<br/>Gastric Bypass</u></b></p> <p>Two common medical procedures associated with obesity are gastric bypass and gastroplasty. What exactly are these procedures, and what do they involve? What type of person is commonly eligible for such a procedure? What are the potential risks or side effects associated with them?</p>      | <p style="text-align: center;"><b><u>Topic B: Atkins Diet</u></b></p> <p>In recent years the Atkins Diet has become a popular yet controversial weight loss plan. What exactly is the Atkins Diet all about? What types of foods make up this diet? What could make an Atkins Diet plan successful? Are there any potential downfalls or negative aspects to this diet?</p>   |
| <p style="text-align: center;"><b><u>Topic C: "alli" Weight Loss<br/>Drug</u></b></p> <p>Earlier this year, the highly anticipated drug "alli" hit store shelves across America. What is so significant about this particular drug? How does it work in terms of helping someone to lose weight? What are the potential downfalls or negative aspects of including this drug in a diet plan?</p> | <p style="text-align: center;"><b><u>Topic D: Ephedra Supplements</u></b></p> <p>A few years ago, dietary supplements that contained the plant derivative ephedra achieved high popularity. Recently, however, they were banned by the FDA. What is ephedra and how might it have helped people lose weight? Why were ephedra supplements banned on the American market? Were there any specific dangers associated with this supplement?</p> |