

READ THE PASSAGE As you read, pay attention to the title and the headings.

Wild Diet Crazes

Watching what you eat and getting plenty of exercise can be difficult. Many wild diets claim to help people lose weight quickly or in miraculous ways. Here are some unusual diet crazes from the past.

The Tapeworm Diet

In the early 1900s, dieting ads appeared for pills containing tapeworms. Tapeworms are parasites that can live in a person's digestive system. The belief at the time was that the tapeworms would consume some of the food that was in a person's digestive tract, which would cause the person to lose weight. There was no evidence to support this idea, but there was plenty of evidence showing that tapeworms were dangerous. They made people sick and could even cause death.

Diet Sunglasses

Sunglasses with dark blue lenses do not protect your eyes from the glare of the sun, but from the attraction of ice cream. The idea behind this Japanese invention is that if food looks disgusting, people will eat less of it. Do you think people would drink fewer vanilla milkshakes if they looked dark blue? Since they were invented in 2008, thousands of shoppers each year have answered yes.

Ear Stapling

This diet, first introduced in 2000, is a real pain. Dieters have a staple put in their ear cartilage, which is the stiff, flexible part of the outer ear. This is supposed to decrease their appetite. Whether or not this is true, the dieters can definitely get an infection or even suffer nerve damage.

STRATEGY PRACTICE How do the headings help organize the passage?

SKILL PRACTICE Read the item. Write your response.

1. Use quotations marks to write the sentence that contains the main idea of this text.

2. A person who is affected by the appearance of food might be willing to try which diet above?

3. Order the diet crazes given in the text from newest to oldest.
