

### **Directions for Body Paragraphs**

Clarify the problem. Describe the problem specifically, and explain why it potentially affects students at your school. Also, consider answering the following questions: Which cause seems to contribute most significantly to the problem? What have other people said about the problem? What data confirm the importance of the problem? Present your evidence to support your opinions.

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### **Examples of body paragraphs**

According to the article “No Lunch Left Behind” by Alice Waters, “eating well requires education.(Waters et.al.)” This could never be more true for the students at Fremont High School. A vast majority of the school chooses to eat lunch at fast food restaurants off of campus. This is clearly evident from the mass exodus of students from the schools campus. The students come back to campus with their hands full of junk food such as French fries, pizza, and other unhealthy convenience store fare. If students were aware of the dangers of consuming such an unhealthy diet, they would refrain from eating malnutritious foods. According to a survey of students conducted in January of 2013, roughly 85% of the student population does not examine the nutrition facts labels of foods they are about to consume. Educating students on simple aspects of healthful living such as inspection of food labels can and should be done at this school.

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Now I know what you could be thinking, and no I’m not crazy. I know everyone has a life, places to go, people to see but your health is the most important thing in your life. In Jane E. Brody’s article *Attacking the Obesity Epidemic by First Figuring Out its Cause* argues that fast food, compared to past decades, is more readily available than ever before thus the cause of obesity. I agree with this quote from the article “the industry made it easier for people to consume more calories throughout the day” because if a person turns on a their tv during commercials or go for a walk near fast food restaurants and the will be bombarded by advertisements. This in turn causes more people to buy the fast cheap food that they see over and over repeatedly. California High school students should not be targeted by advertisements, yet they are, as a fellow teen with a big appetite I say get full of healthy foods. Maybe you are wondering what is the best type of foods to be eat because you just not sure. This article by Pollan, Michael. “Michael Pollan Answers Readers’s™ Questions.” *Michael Pollan Answers Readers’s™ Questions*. N.p., n.d. Web. 04 Feb. 2013. has some great questions and answers for its readers an example is “What is the single best food we all should be eating every day? Cutting to the nitty-gritty, here.” His reply was “whole grains”. This was important to me because it was straightforward and simple. As a school for growing young adults it shouldn’t take much to eat whole grains on a regular daily basis.

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Although, Students are allowed to go eat around the schools restaurants and fast food, California Valley would rather have students eating a healthy diet nutritional meal instead of unhealthy fast food. As a student there is nothing better than buying cheap fast food, however there is a downside to cheap fast food. Not only is the food unhealthy but packs a load of calories. On an article over fast food it talks how a double quarter pounder with coke can have about 1800 calories while a person's diet should consist on a 2,000 calorie diet. This can lead to obesity and other health problems which California Valley should be concerned.

In a New York Times article by Alice Waters and Katrina Heron it talks about how money goes into school lunches for students but seems to be a bad investment, states the article. The United States Department of Agriculture offers a lunch program which offers kids lunch for \$2.57 or 2.17 for reduced income. The cost is around 9 million according to USDA in 2007. However if all the kids don't eat lunch at school wouldn't this be an issue, because if less than half of the school doesn't eat from the cafeteria the USDA would be spending unnecessary money.