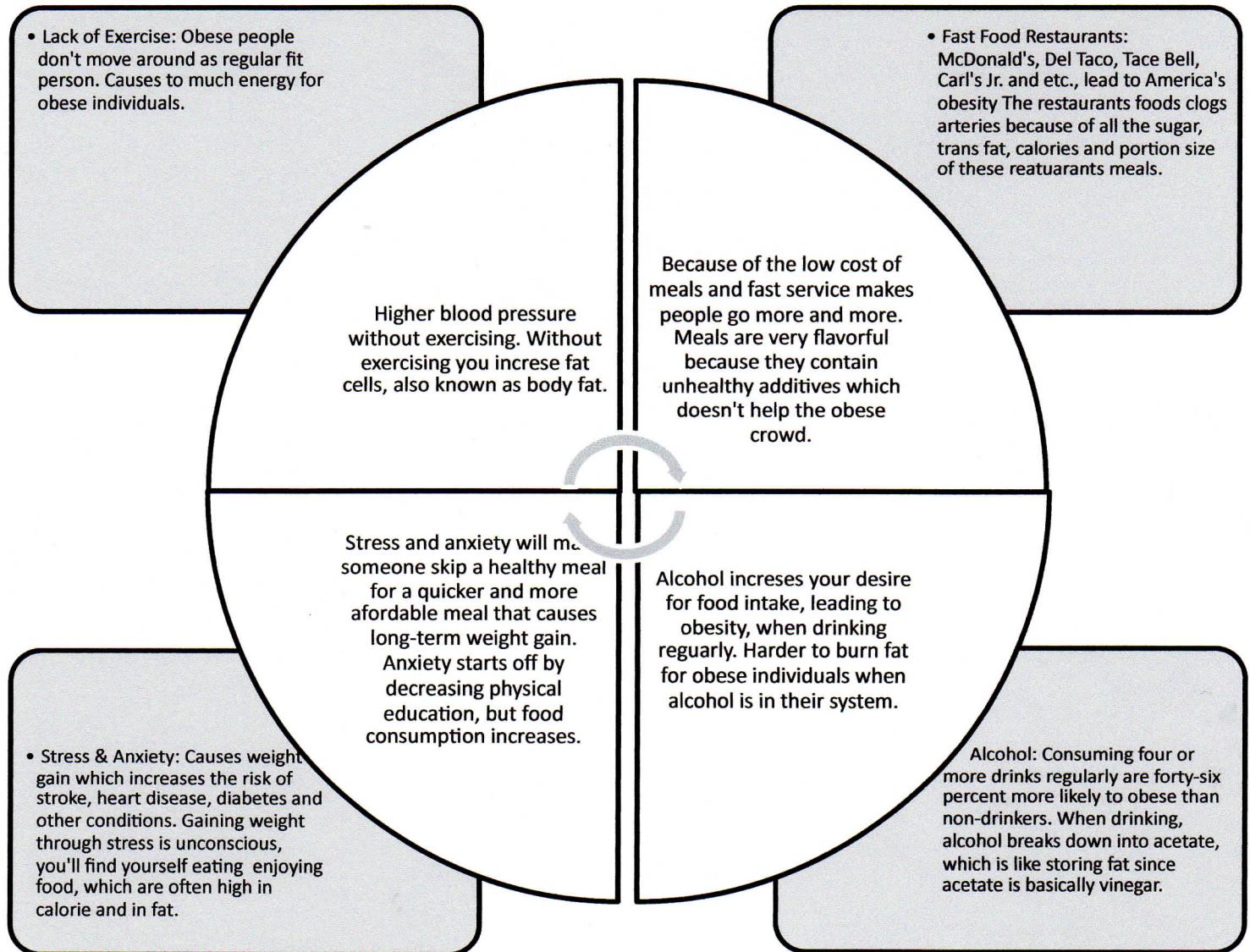


Step One: Main Idea (based on your readings)



Angela Luna

Professor Ramser

English 300

27 September, 2013

What causes obesity in America?

What has caused the increase in obesity in the United States? Is it the lack of

exercise? Or is it the fast food restaurants causing the obesity to increase in America?

The main reason could possibly be that the certain individuals do not have enough will power to not eat so unhealthy. Although, you can't blame those with no will power. It's extremely hard to turn down those highly salty, perfectly cooked, warm and crunchy French fries, but these delicious high calorie French fries aren't the only cause of this enormous epidemic in obesity. A very common cause of obesity is the lack of exercising as well as the lack of knowledge in physical education.

A lack of exercise is a massive cause to obesity in United States; exercising

causes too much energy for an obese individual that prevents them from working out

regularly. On the Los Angeles Times, there is an article named, "Obesity's death toll

could be higher than believed." By Melissa Healy. Healy determines that the nation's

wide-ranging obesity is four times closer to reverse the trend of the life spans for the

younger Americans. Us Americans do not exercise as much as we should which then

leads to obesity that basically cuts in half our life span. For example, the lack of exercise

comes with a high blood pressure, furthermore, increasing fat cells also known as body

fat. Not being active while going to fast food restaurants is not the best idea for those ~~lognA~~ considered obese, as well as any other regular person.

McDonald's, Taco Bell, Carl's Jr., In-n-Out, and Wing Stop are a few of many fast food restaurants that lead to America's obesity. These fast food restaurants meals carry loads of sugar, trans fat, calories and gigantic portion sizes that create the risk of clogged arteries. From personal experience, the person I look up to with that scruffy mustache and the person I call dad has had a five-way heart bypass surgery. "You're a walking time bomb," said from Doctor Lee. Doctor Lee told this to my father, Leonard, because of how clogged his arteries were, that was caused from all of the unhealthy fast food he would eat all the time. My father was considered "obese", till he had the surgery, which motivated him to stay away from fast food restaurants, forever. This surgery scared my whole family and really woke us all up and it really affected us by realizing that fast food is not for our bodies. Although, you make think obesity is caused only by the rather delicious soft toasted buns on the cheeseburger and dripping Coke-Cola on the side, but alcohol is a big factor to obesity.

Did you know those apple flavored and vibrant highlighter colored martinis can head to obesity? Those consuming four or more drinks regularly are forty-six percent more likely to be obese. Maybe you'll think twice about saying yes to the waiter about that alcoholic beverage. When consuming that gin and vermouth martini garnished with an olive or lemon twist, the alcohol in that martini breaks down into acetate. Every alcoholic beverage contains acetate, a negative ion, which is basically vinegar. The acetate in alcohol beverage is inherently storing fat in your body. This could be the reason we call it the "beer belly"; although, stress and anxiety will add to that belly fat.

Gaining weight through stress and anxiety is unconscious; you'll find yourself eating delicious, tummy feeling foods, which are often high in calorie and fat. Stress and anxiety can lead to obesity that increases the risk of stroke, heart disease, diabetes and other conditions. All of the stress and anxiety that an obese individual might get; will make that person skip a healthy meal for a quicker and more affordable meal. Those affordable meals may cause long-term weight gain. Even though when I'm stressed, I rather eat a McDonald's crispy and tender chicken nugget, but a fruit salad is a better choice for my health.

The Centers for Disease Control and Prevention website has statistics showing that more than one-third of U.S. adults are obese. The website also includes that the lack of exercising, unhealthy eating, alcohol and many more are the causes and obesity is the effect of it all. These facts and statistics are not really known in today's society and since many others don't know these statistics, the obesity epidemic is increasing.

STEP FOUR: English FINAL ESSAY – INSTRUCTIONS: Write a topic sentence for PP1 based on the Bubble Map you completed. Add supporting three details to PP1. Add one quote from the other worksheet to PP1. Then do the same for PP2. THEN, go back to PP1 and write a TRANSITION sentence after the thesis connecting PP1 to PP2. When you are done with PP2, complete PP3, THEN go to PP2 and add a transition sentence to PP3. Complete PP4, THEN go to PP3 and add a transition sentence from PP3 to PP4. Complete PP5, THEN go to PP4 and add a TRANSITION SENTENCE connecting it to PP5. COMPLETE PP6, then add a transition sentence from PP5 connecting it to PP6. THEN add a CONCLUDING SENTENCE. THEN, go back to your THESIS and revise it based on what you have written.

NAME: _____

PP 1: TOPIC SENTENCE: What has caused the increase in obesity in the U.S.?

SUPPORTING DETAIL: Is it the people the obese individual is around twenty-four seven?

SUPPORTING DETAIL: Or is it the fast food restaurants causing the obesity to increase in America?

SUPPORTING DETAIL: The reason could possibly be the certain individuals do not have enough will power to not eat so unhealthy.

Rough Draft THESIS: Of course it's hard to turn down those salty, warm and crunchy French fries, but these delicious high calorie foods aren't the only cause of obesity.

TRANSITION SENTENCE: A very common cause of obesity is the lack of exercising and knowledge in physical education.

PP 2: TOPIC SENTENCE: A lack of exercise is a massive reason to obesity in United States.

SUPPORTING DETAIL: Exercising causes too much energy for the obese individual that happens to be “huffing and puffing” throughout the whole workout.

SUPPORTING DETAIL: The lack of exercise comes with a high blood pressure, furthermore, increasing fat cells also known as body fat.

SUPPORTING DETAIL: Obese people do not move around or

Transition Sentence (added after you have completed the following paragraph)

STEP FOUR: English FINAL ESSAY – INSTRUCTIONS: Write a topic sentence for PP1 based on the Bubble Map you completed. Add supporting three details to PP1. Add one quote from the other worksheet to PP1. Then do the same for PP2. THEN, go back to PP1 and write a TRANSITION sentence after the thesis connecting PP1 to PP2. When you are done with PP2, complete PP3, THEN go to PP2 and add a transition sentence to PP3. Complete PP4, THEN go to PP3 and add a transition sentence from PP3 to PP4. Complete PP5, THEN go to PP4 and add a TRANSITION SENTENCE connecting it to PP5. COMPLETE PP6, then add a transition sentence from PP5 connecting it to PP6. THEN add a CONCLUDING SENTENCE. THEN, go back to your THESIS and revise it based on what you have written.

NAME: _____

exercise as a fit person does on a daily.

TRANSITION SENTENCE: Not being active while going to fast food restaurants is not the best idea for those considered obese, as well as any other regular person.

PP 3: TOPIC SENTENCE: McDonald's, Taco Bell, Carl's Jr., In-n-Out, and Wing Stop are a few of many fast food restaurants that lead to America's obesity.

SUPPORTING DETAIL: These fast food restaurants meals carry loads of sugar, trans fat, calories and gigantic portion sizes that create the risk of clogged arteries.

SUPPORTING DETAIL: From personal experience, my father, Leonard has had a five way heart bypass surgery because of how much he ate from these fast food restaurants.

SUPPORTING DETAIL: My father was considered "obese", till he had the surgery which motivated him to stay away from fast food restaurants, forever.

TRANSITION SENTENCE: Although you may think obesity is caused only by the rather delicious soft toasted buns on the cheeseburger and dripping Coke-Cola on the side, but alcohol is a big factor to obesity.

PP 4: TOPIC SENTENCE: Did you know those apple flavored and vibrant highlighter colored martinis can lead to obesity?

Transition Sentence (added after you have completed the following paragraph)

STEP FOUR: English FINAL ESSAY – INSTRUCTIONS: Write a topic sentence for PP1 based on the Bubble Map you completed. Add supporting three details to PP1. Add one quote from the other worksheet to PP1. Then do the same for PP2. THEN, go back to PP1 and write a TRANSITION sentence after the thesis connecting PP1 to PP2. When you are done with PP2, complete PP3, THEN go to PP2 and add a transition sentence to PP3. Complete PP4, THEN go to PP3 and add a transition sentence from PP3 to PP4. Complete PP5, THEN go to PP4 and add a TRANSITION SENTENCE connecting it to PP5. COMPLETE PP6, then add a transition sentence from PP5 connecting it to PP6. THEN add a CONCLUDING SENTENCE. THEN, go back to your THESIS and revise it based on what you have written.

NAME: _____

SUPPORTING DETAIL: Consuming four or more drinks regularly are forty-six percent more likely to be obese.

SUPPORTING DETAIL: When consuming the gin and vermouth garnished with an olive or lemon twist martini, the alcohol breaks down into acetate.

SUPPORTING DETAIL: Acetate is basically vinegar, which is inherently storing fat in your body.

TRANSITION SENTENCE: This could be the reason we call it the “beer belly”, although, stress and anxiety will add to that belly fat.

PP5: TOPIC SENTENCE: I bet you didn’t know that another factor of becoming obese was from stress and anxiety.

SUPPORTING DETAIL: Gaining weight through stress and anxiety is unconscious, you’ll find yourself eating delicious, tummy feeling foods; which are often high in calories and fat.

SUPPORTING DETAIL: Stress and anxiety lead to obesity that increases the risk of stroke, heart disease, diabetes and other conditions.

SUPPORTING DETAIL: All of the stress and anxiety that an obese individual might get will make that person skip a healthy meal, for a quicker and more affordable meal.

SUPPORTING DETAIL: Those affordable meals may cause long-term weight gain.

Transition Sentence (added after you have completed the following paragraph)

STEP FOUR: English FINAL ESSAY – INSTRUCTIONS: Write a topic sentence for PP1 based on the Bubble Map you completed. Add supporting three details to PP1. Add one quote from the other worksheet to PP1. Then do the same for PP2. THEN, go back to PP1 and write a TRANSITION sentence after the thesis connecting PP1 to PP2. When you are done with PP2, complete PP3, THEN go to PP2 and add a transition sentence to PP3. Complete PP4, THEN go to PP3 and add a transition sentence from PP3 to PP4. Complete PP5, THEN go to PP4 and add a TRANSITION SENTENCE connecting it to PP5. COMPLETE PP6, then add a transition sentence from PP5 connecting it to PP6. THEN add a CONCLUDING SENTENCE. THEN, go back to your THESIS and revise it based on what you have written.

NAME: _____

PP6: TOPIC SENTENCE: In the Centers for Disease Control and Prevention website has statistics showing that more than one-third of U.S. adults are obese.

SUPPORTING DETAIL: The website also includes the causes of obesity that I just explained in this obesity essay, but in a more statistics way.

SUPPORTING DETAIL: These facts and statistics really need a way to get out to the world more because obesity is increasing more every year in America.

SUPPORTING DETAIL: Although, I believe that we can stop the obesity, all we need is each other to help others realize how important obesity is.

Revised Thesis (now go back and revise your thesis based on what you learned by writing the essay):

Even though I rather eat crunchy, salty and warm French fries, a fruit salad is a better way to go. Unless I want to become a percentage in the obesity statistics.

Transition Sentence (added after you have completed the following paragraph)

Angela Luna

By: Riley
Kinney

Professor Ramser

English 300

18 September 2013

Peer
Review
#1

What causes obesity in America?

What has caused the increase in obesity in the United States? Is it the people that the obese individual is around twenty-four seven? Or is it the fast food restaurants causing the obesity to increase in America? The main reason could possibly be that the certain individuals do not have enough will power to not eat so unhealthy. Although, you can't blame those with no will power. It's extremely hard to turn down those salty, warm and crunchy French fries, but these delicious high calorie foods aren't the only cause of obesity. A very common cause of obesity is the lack of exercising and the lack of knowledge in physical education.

A lack of exercise is a massive reason to obesity in United States; exercising causes to much energy for an obese individual which prevents them from working out regularly. On the Los Angeles Times, there is an article named, "Obesity's death toll could be higher than believed." By Melissa Healy. Healy determines that the nation's wide-ranging obesity is four times closer to reverse the trend of the life spans for the younger Americans. The cause is that us Americans do not exercise as much as we should which then leads to obesity that basically cuts in half our life span. For example, the lack of exercise comes with a high blood pressure, furthermore, increasing fat cells

also known as body fat. Not being active while going to fast food restaurants is not the best idea for those considered obese, as well as any other regular person.

McDonald's, Taco Bell, Carl's Jr., In-n-Out, and Wing Stop are a few of many fast food restaurants that lead to America's obesity. These fast food restaurants meals carry loads of sugar, trans fat, calories and gigantic portion sizes that create the risk of clogged arteries. From personal experience, the person I look up to with that scruffy mustache and the person I call dad has had a five-way heart bypass surgery. "You're a walking time bomb," said from Doctor Lee. Doctor Lee told this to my father, Leonard, because of how clogged his arteries were, that was caused from all of the unhealthy fast food he would eat all the time. My father was considered "obese", till he had the surgery, which motivated him to stay away from fast food restaurants, forever. This surgery scared my whole family and really woke us al up and it really effected us by realizing that fast food is not for our bodies. Although, you make think obesity is caused only by the rather delicious soft toasted buns on the cheeseburger and dripping Coke-Cola on the side, but alcohol is a big factor to obesity.

Did you know those apple flavored and vibrant highlighter colored martinis can head to obesity? Those consuming four or more drinks regularly are forty-six percent more likely to be obese. Maybe you'll think twice about saying yes to waiter about that alcoholic beverage. When consuming that gin and vermouth garnished with an olive or lemon twist martini, the alcohol in that martini breaks down into acetate. Every alcohol beverage contains acetate, a negative ion, which is basically vinegar. The acetate in alcohol beverage is inherently storing fat in your body. This could be the reason we call it the "beer belly"; although, stress and anxiety will add to that belly fat.

Gaining weight through stress and anxiety is unconscious, you'll find yourself eating delicious, tummy feeling foods; which are often high in calorie and fat. Stress and anxiety can lead to obesity that increases the risk of stroke, heart disease, diabetes and other conditions. All of the stress and anxiety that an obese individual might get; will make that person skip a healthy meal for a quicker and more affordable meal. Those affordable meals may cause long-term weight gain. Even though when I'm stressed, I rather eat a dark chocolate Reese's Cup, but a fruit salad is better way to go. Or else I will become a percentage in the obesity statistics; for continuing to eat unhealthy.

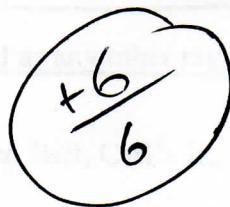
The Centers for Disease Control and Prevention website has statistics showing that more than one-third of U.S. adults are obese. The website also includes the causes of obesity that I just explained in this essay, but more in a statistics way. These facts and statistics really need a way to get out to the world more because obesity is increasing more every year in America. Although, I believe that we can stop the obesity, all we need is each other to help others realize how the obesity epidemic is increasing and that it needs to stop, once and for all!

Angela Luna

Professor Ramser

English 300

27 September, 2013



Peer Review
Review
#3

By: (Daniel Pedraza)

Peer Review

Thesis

What causes obesity in America?

← Good Topic.

What has caused the increase in obesity in the United States? Is it the lack of exercise? Or is it the fast food restaurants causing the obesity to increase in America?

The main reason could possibly be that the certain individuals do not have enough will power to not eat so unhealthy. Although, you can't blame those with no will power. It's extremely hard to turn down those highly salty, perfectly cooked, warm and crunchy

French fries, but these delicious high calorie French fries aren't the only cause of this enormous epidemic in obesity. A very common cause of obesity is the lack of exercising as well as the lack of knowledge in physical education. — Conclusion Sentence

← Detailed Sentence

A lack of exercise is a massive cause to obesity in United States; exercising causes too much energy for an obese individual that prevents them from working out regularly. On the Los Angeles Times, there is an article named, "Obesity's death toll could be higher than believed." By Melissa Healy. Healy determines that the nation's wide-ranging obesity is four times closer to reverse the trend of the life spans for the younger Americans. Us Americans do not exercise as much as we should which then leads to obesity that basically cuts in half our life span. For example, the lack of exercise comes with a high blood pressure, furthermore, increasing fat cells also known as body

← Good Quote

↑
Gives a good example to what she is trying to say

fat. Not being active while going to fast food restaurants is not the best idea for those considered obese, as well as any other regular person. - (conc.)

McDonald's, Taco Bell, Carl's Jr., In-n-Out, and Wing Stop are a few of many fast food restaurants that lead to America's obesity. These fast food restaurants meals carry loads of sugar, trans fat, calories and gigantic portion sizes that create the risk of clogged arteries. From personal experience, the person I look up to with that scruffy mustache and the person I call dad has had a five-way heart bypass surgery. "You're a walking time bomb," said from Doctor Lee. Doctor Lee told this to my father, Leonard, because of how clogged his arteries were, that was caused from all of the unhealthy fast food he would eat all the time. My father was considered obese, till he had the surgery, which motivated him to stay away from fast food restaurants, forever. This surgery scared my whole family and really woke us all up and it really affected us by realizing that fast food is not for our bodies. Although, you make think obesity is caused only by the rather delicious soft toasted buns on the cheeseburger and dripping Coke-Cola on the side, but alcohol is a big factor to obesity. - (conc.)

Quote

Why
Quotations

Did you know those apple flavored and vibrant highlighter colored martinis can head to obesity? Those consuming four or more drinks regularly are forty-six percent more likely to be obese. Maybe you'll think twice about saying yes to the waiter about that alcoholic beverage. When consuming that gin and vermouth martini garnished with an olive or lemon twist, the alcohol in that martini breaks down into acetate. Every alcoholic beverage contains acetate, a negative ion, which is basically vinegar. The acetate in alcohol beverage is inherently storing fat in your body. This could be the reason we call it the "beer belly"; although, stress and anxiety will add to that belly fat. (conc.)

Gaining weight through stress and anxiety is unconscious; you'll find yourself eating delicious, tummy feeling foods, which are often high in calorie and fat. Stress and anxiety can lead to obesity that increases the risk of stroke, heart disease, diabetes and other conditions. All of the stress and anxiety that an obese individual might get; will make that person skip a healthy meal for a quicker and more affordable meal. Those affordable meals may cause long-term weight gain. Even though when I'm stressed, I rather eat a McDonald's crispy and tender chicken nugget, but a fruit salad is a better choice for my health. - ~~Conc.~~

The Centers for Disease Control and Prevention website has statistics showing that more than one-third of U.S. adults are obese. The website also includes that the lack of exercising, unhealthy eating, alcohol and many more are the causes and obesity is the effect of it all. These facts and statistics are not really known in today's society and since many others don't know these statistics, the obesity epidemic is increasing. - ~~Conc.~~

* Not Enough Quotes

Why: ^{Angela} Luna hates obesity

- Good essay on obesity.