

Dr. Ochi  
English 1A

### Essay One: What Should We Eat?

**Purpose:** Write an essay of 900+ words, which demonstrates the following outcomes:

1. Controlling Idea: Essay contains a specific, arguable thesis.
2. Development: Essay contains at least 900 words and develops the thesis through summary, analysis, and evaluation.
3. Sentences/Style: The essay contains a variety of sentences that have no fragments, comma splices, and run on sentences.
4. MLA Formatting: The essay integrates MLA standards to the following (8) items: heading, running header, fonts, spacing, indentation, works cited page, in-text citations and use of sources.

**Minimum Word Count: 900 (about 3 pages)**

**Total Points: 125**

#### Readings:

*They Say, I Say* (TSIS), chapters 1-3

Michael Pollan, "Escape from the Western Diet"

Olga Khazan, "Why Don't Convenience Stores Sell Better Food?"

Ron Finley, "A Guerilla Gardener in South Central L.A." (TED Talk)

Mary Maxfield, "Food as Thought: Resisting the Moralization of Eating"

Michael Moss, "The Extraordinary Science of Addictive Junk Food"

Radley Balko, "What You Eat is Your Business"

**Topic:** Fast food and obesity are widely discussed in contemporary U.S. culture. Using the readings in the textbook, craft an essay in which you answer the following question: **To what extent do fast food and obesity negatively impact the United States and what, if anything, should be done about the situation?**

#### Important Notes:

- You must cite **at least one source** from the readings, but I recommend that you cite more. However, *only* use the sources listed above. Do not do any additional research because I want you to practice coming up with your own ideas. (You will get to do outside research later in the course!)
- **Use the readings** to your advantage, not only to help you develop your ideas but also as evidence to support your claims.
- Notice how the **writers position themselves** in relation to the broader discussion on food. Try to follow their example.

**Due Dates:** Please see syllabus.