In “Food Fight!” you read about the recent changes to nutritional standards for school lunches. Read the writing prompt below. Then follow the steps to write your argument essay on whether those changes were a good idea or a bad idea. Use details from the article and sidebars—as well as other sources—to support your argument.

BEFORE YOU WRITE
Choose Your Side

Are the new nutritional standards for school lunches a good idea?
The U.S. Department of Agriculture recently eased some of the nutritional standards for school lunches. Cafeterias can now serve some bread and pasta made from white flour as well as flavored 1 percent milk. Consider what you read in the article, as well as your own viewpoint. Check the box next to the point of view you will argue in your essay.

❑ Yes! The new nutritional standards for school lunches are a good idea.
❑ No! The new nutritional standards for school lunches are a bad idea.

Find Supporting Details

Which details from the article or another source support your argument? List at least three supporting details on the lines below.

Example: If you think the updates are a good idea, one of your supporting details might be that some students will not eat pasta made from whole grains.

1. 

2. 

3. 

4. 

5. 

PAGE 1 OF 5
GET WRITING
Paragraph 1: Introduction

The introduction should get readers' attention, tell them a bit about the topic, and clearly state your opinion.

First, write a hook to get readers interested. It could be an anecdote (a few sentences describing something that happened to you or someone else), a surprising fact, a descriptive scene, a question with an answer that supports your argument, or a quotation.

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Next, use information from the article to write a sentence or two summarizing the updates to the nutritional guidelines. (Just the facts, not your opinion.)

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Write a sentence that clearly states your opinion on the topic. This will be your thesis, or central claim. The rest of your essay will support this thesis.

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Paragraphs 2, 3, and 4: Reasons and Evidence

Put the supporting details you found to work. Each one can be a topic sentence for a paragraph supporting your argument. After the topic sentence, add evidence to support the reason. Find evidence in the article (including sidebars) or other sources. And don’t forget to cite your sources!

**Paragraph 2**

Topic sentence, stating a reason:

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Evidence:

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________________________________________________________________________
## Pick a Side

### Paragraph 3

**Topic sentence, stating a reason:**

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**Evidence:**

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### Paragraph 4

**Topic sentence, stating a reason:**

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**Evidence:**

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Argument Writing

Pick a Side

Paragraph 5: Mention the Other Side

Think about a point someone on the other side of the debate might make. How would you respond? Start this paragraph by summarizing the other side’s strongest arguments. Then explain why you disagree with them.

What the other side might say:

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__________________________________________________________________________
__________________________________________________________________________

Why you disagree:

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Paragraph 6: Conclusion

The last paragraph of your essay is your conclusion. Write a few sentences clearly restating your main points—but don’t add any new ideas. This is the last thing your readers will see, so make sure to remind them how you’ve shown that your argument makes sense. Finish with a strong final sentence.

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Now copy your work onto a separate sheet of paper. Remember to indent at the beginning of each paragraph, and use transition words where necessary. Don’t forget to proofread!