Super Size Me
Informational Essay Assignment
“Where does personal responsibility stop and corporate responsibility begin?”
–Morgan Spurlock

Who’s to blame?
As Americans continue to eat fast food and pack on the pounds, critics are increasingly placing the blame on the numerous restaurants that make fast food easy and accessible to consumers. From teenagers and adults suing McDonald’s for their health problems to our government declaring childhood obesity a “state of emergency”, the question remains: who’s really to blame?

Your Assignment
After watching Morgan Spurlock’s documentary Super Size Me, you will write an informational essay that examines some aspect of the food industry and its effect on the epidemic of obesity in America. You will choose one of the following topics for your essay:

**Topic 1:** How does advertising for different products and fast food companies impact childhood obesity?

- **Essential questions to answer in your essay:**
  - What is obesity? Define and explain it. Include information or statistics related to adult obesity rates in the United States.
  - What percentage of children in the U.S. are considered to be obese? What are the main causes of obesity in children? List and explain at least 3 factors that contribute to childhood obesity—how can these factors affect children in the present and future?
  - What types of tactics do companies use to lure kids to buy their products? **Give an example of at least two companies** that you learned about in either Super Size Me or through your research. Describe each company’s products/food and what they use that appeals to children. Think about slogans, mascots, meal choices, etc.
  - What role do parents play in promoting and/or preventing childhood obesity? Are parents to blame if their children are obese? Why or why not?

**Topic 2:** Define and discuss obesity. How has it become an epidemic (widespread problem) in America? What other health concerns/problems can develop as a result of being obese?

- **Essential questions/points to discuss in your essay:**
  - What is obesity? Define and explain it. Then, discuss at least three facts you learned about obesity in the United States after viewing Super Size Me. What do these facts tell us about Americans and our weight/health?
  - What types of complications/health issues can result from being obese? Discuss at least two health problems associated with overweight/obese individuals and explain how they would impact a person’s life.
  - Is obesity considered to be a form of addiction by medical experts? What does research say that may or may not support this theory?
  - What types of programs or organizations exist to help people prevent obesity or overcome it? Discuss the organization, their purpose, and what they do to help fight the obesity epidemic in America.

Steps to Take:
1. Select one of the two prompts from the choices above.
2. Create a working thesis. This may change later, but what is it that you want to say and/or prove about your chosen topic?
3. Find support for your thesis via quotations and passages from Super Size Me, as well as scholarly resources, that back up your thoughts and ideas.
4. Complete pre-writing activities, peer editing, and write a rough draft of your essay.

5. Conference with me or Ms. Davis. **EVERY STUDENT IS REQUIRED TO SIGN UP FOR AT LEAST ONE CONFERENCE.**

6. Submit your final essay via Turnitin.com by the assigned date/time & hand in a hard copy.

**Basic Requirements for the Essay**

On top of the content requirements for this paper, there are other requirements you will also need to follow:

- Your paper must be done in correct **MLA format**. This includes a heading, header, page number on each page, and citations for any sources used.
- Your paper must be a minimum of **2 pages** in length and should be double-spaced.
- Your paper should contain a **minimum of 3 quotations from Super Size Me**, as well as **3 quotes/passages from at least two different scholarly resources (see handout)**. All quotes/passages must follow the citation sandwich format given to you.
- Your paper must include a **Works Cited** page that cites the documentary Super Size Me as well as any other sources you utilize.

**Plagiarism and Late Work Policy**

Your essay is required to be uploaded to Turnitin.com by the date and time that I specify. **Turnitin.com** is an online plagiarism detector that our class will utilize for the entire school year.

- As a reminder, **plagiarism** is when a writer duplicates another writer’s language or ideas and then calls the work his or her own. **Plagiarism of any kind will NOT be tolerated.**
- Not including a works cited page as the final page of your essay (with your final submission) will constitute plagiarism and an automatic score of 50% or less on the essay (I reserve the right to determine the final score for this policy based on a student-by-student basis).

- Your paper needs to be submitted **on time**. Late (hard-copy) papers will suffer a loss of 10 points (one letter grade) for every day they are late. This policy takes effect as long as the paper has been uploaded to Turnitin.com.
- Papers that are not electronically submitted to Turnitin.com by the required date and time will receive a 30 point deduction (30%) from the final grade of the essay. **This policy is non-negotiable.**
- Should you not turn in **both a hard copy and electronic copy**, you will receive an automatic **40% deduction on the essay**. You will then have **two days** to upload the paper and hand it in (both of these steps must be taken to receive any credit). Once the two day time frame has passed, you will not be allowed to submit an essay for credit.

  - **NOTE:** I reserve the right to **require** you to attend study hall in my room during 5th period should you not meet deadlines during the writing process of your paper. This includes “goofing off” during library/class time, and/or not submitting any piece of the assessment/writing process—a thesis statement, outline, rough draft, the final essay, etc. by the required due date. **Failure to show up to a required intervention period will result in detention and/or Wednesday School.** In other words, **GET YOUR WORK DONE ON TIME!**
Turnitin.com

Your essay will be required to be submitted in **two** ways:

1. Electronically via Turnitin.com by the date/time assigned (see the attached handout for instructions on how to log in, join our class, and submit your essay).
2. A printed, hard-copy turned in to Ms. Williams on the due date assigned. Should you not have a printer, please feel free to use our library’s computers to print your essay or, send it to my e-mail (lindsay.williams@london.k12.oh.us) so that I may print it for you. You must e-mail copies of your essay to me **BEFORE** school so that I have time to print them. Failure to submit a printed copy of your essay will result in a loss of 1 letter grade (10%) for every day it is not turned in.
   - “I don’t have a printer” is not an excuse for not turning in your paper! If you need the paper printed for you, it must be shared with me before class starts on the day it is due. **Students WILL NOT be permitted to go to the library to print their papers before class starts or once the bell rings. Students who are late to class because of printing are subject to the late submission policy.**
3. Please remember: as stated above, failure to submit your essay in electronic form (Turnitin) will result in a 30% deduction from your grade. I will automatically assume that if you do not submit an electronic copy of your essay, you are plagiarizing.

***NOTE:*** English 9 is a college preparation course; it will also prepare you for the ongoing skills needed to succeed in the higher level courses you will take in the upcoming years. As such, you will be treated as a perspective college student, whether you plan to attend a university or not. College is run, and works similarly to, careers and the “real world”—you can’t just not turn something in or not show up to class, school, or work because it is incomplete, you need more time, or you just didn’t do it. You will be given plenty of time and guidance to complete your essay. The rest of the work relies solely on you. Therefore, use your time wisely. If you need to work outside of school to complete this paper, **BE RESPONSIBLE** and do so. Take advantage of class time and any study halls you may have. Don’t wait until the last minute to complete it and expect good results. Your grade will reflect the time, energy, and effort you put into your paper.

**How will I be graded?**

You will be assessed in different ways during the writing process of your essay. You will be graded on, but are not limited to, the following:

- Thesis worksheets
- Introduction/conclusion brainstorming
- Citation Sandwich brainstorming
- Submission of a rough draft/Peer Editing
- Individual conferences with myself or Ms. Davis
- Submission of a final essay and works cited page. This includes an uploaded essay to Turnitin.com, as well as a hard copy handed in to me (on time) in class.

***The uploaded essay is due on _____________ by _____________ a.m./p.m.***

***The hard copy essay is due on _____________ by _____________ a.m.***
English 9
How to Login to Turnitin.com

Creating an Account

- Go to www.turnitin.com
- In the upper right-hand corner, click “Create Account”
- At the bottom of the page where it says “Create a New Account”, click STUDENT.
- Input the following information:
  - **Class ID:** 10256516
  - **Class Enrollment Password:** raiders9
- Select “Display name as “First name (space) last name."
- Record your first and last name.
- Type in a valid e-mail address. Personal e-mail addresses are best—if you forget your password, you will be able to receive an e-mail from Turnitin.com to retrieve it. If you don’t have a personal e-mail, use your school address (firstname.lastname@londonk12.me).
- Enter your password. Record it below on this sheet so that you have it for future assignments. **DO NOT LOSE THIS SHEET!**
  - My E-mail:
  - My Password:
- Select a secret question. Then, record the answer in the space provided. Write your answer below in case you ever lose/reset your password.
  - **Answer to secret question:**
- Review the User Agreement.
  - Click “I agree—create profile.”

***If you have ANY difficulties with your turnitin.com account, you are expected to let myself or Ms. Davis know immediately. DO NOT come to me on the day the essay is due and say that you couldn’t access your account. You should be checking your account often in order to make sure you have no issues.
MLA Formatting

Remember, when using MLA Format for your essay, you should follow all of the guidelines listed below:

✓ Double space the entire paper. **DO NOT** use extra spaces between paragraphs! Simply hit enter one time when starting a new paragraph and remove any extra spaces in between/after each paragraph.
✓ Set your font to 12 point, Times New Roman.
✓ Set the margins of the paper all the way around at 1 inch.
✓ Use the tab key (5 spaces) when beginning a new paragraph.
✓ Create/insert a running header for your paper. In the header, put your last name and page number in the upper right-hand corner of each page. There should be a space between your name and the page number. The header should be the same font/size as the rest of the paper.
✓ On the first page only, in the upper left-hand corner, create an MLA Formatted heading. MLA headings are formatted as follows:
   o Your name (first and last)
   o Teacher’s name (Ms. Williams)
   o The class title (English 9)
   o The date (The date should be in this format: 5 October 2015). **There are no commas or abbreviations in an MLA formatted date!**
✓ Create an original title. **The title should not be the title of the documentary.** Center

```
Williams 1

Lindsay Williams

Ms. Williams

English 9

5 October 2015

America’s Big Fat Problem
```

Here is a sample of what the first page of your essay should look like.
Writing Thesis Statements

What is a thesis statement?

A thesis statement is a road map for your essay; in other words, it tells the reader what to expect from the rest of the paper. It often describes to the reader the subject matter of your essay, your argument(s)/main point(s), and what you will be writing about in the body of your paper. The thesis is usually a single sentence somewhere in your first paragraph that presents your argument to the reader. You should think of your first thesis statement as a “working thesis,” or a statement that is likely to change. Often, once you get into the body of the paper, you may discover that your thesis needs to be changed a bit as you discover and include more information.

Writing a good thesis statement

When you are working on your thesis statement, keep these three tips in mind:

1. Make sure your thesis contains a strong argument or point that you can discuss in detail in your essay. Although it is not always required, many effective thesis statements include three talking points that will be examined in great detail in the body essay.
2. Don’t use facts or make a statement that is obvious to the reader or could already be considered as common knowledge. For example, “Fast food is not good for you” is a statement most readers would probably agree with. If your thesis could elicit the response of “so what?” it may need to be revised and reworked.
3. You should never start your thesis with first-person pronoun statements, such as “I believe…” or “In my opinion…” The reader already knows that you are the author of the paper! First-person pronouns weaken your argument, so you should never use them!

Below are five thesis statements related to the negative impacts of fast food and trans fats on a person’s health. The first four statements are examples of what not to do when crafting your thesis. The fifth and final statement is a strong example of what you should do when coming up with a main idea or argument.

Problematic thesis #1:

I’m going to discuss why fast food is bad for you.

This statement is an announcement, not a thesis. There is no opinion or argument, it’s very broad, and it seems that the paper will be informational. It includes the first-person pronoun “I’m”, which is a big time no-no. It’s also not very catchy; how many people will want to read on with a thesis like that?

Problematic thesis #2:

There are many reasons as to why fast food is bad for you.

This is a “so what?” thesis. Your reader likely already knows this. There is nothing new or compelling that has been added. This thesis is too broad and it lacks any type of argument that could be discussed in the body of the essay.

Problematic thesis #3:

Some people might think that fast food is bad for you.

This is better than the first two examples, but who are “some people” and why would the reader care about what they “might” think? The argument is beginning to appear, but since the author refers to “some people” it ends up lacking credibility or the “wow” factor a reader is looking for.
Problematic thesis #4:
Trans fat is the reason that fast food is worse for you than regular foods.

This thesis is clear and definitely has an argument to it. So what’s the problem? It’s a statement that can’t support an entire essay. You’d be hard pressed to find enough textual evidence that would support the claim that trans fat is the only reason that people shouldn’t eat fast food.

Thesis #5:
While there are healthier options available, the majority of fast food menu items are unhealthy. Fast food restaurants contribute to the obesity epidemic due to their convenience, high amounts of trans fat in their menu items, and their ability to attract people due to good marketing.

This thesis statement shows that you’ve done your research, and have come to a reasonable argument about why fast food is not good for you. The reader knows what to expect from the rest of the essay—that you will show why you think this is so, even though there is some evidence that may support the fact that there are healthier fast food options available. Note that this thesis also has 3 talking points (convenience, high amounts of trans fat in their menu items, and their ability to attract people due to good marketing). This is an important part of crafting your thesis as it allows you to format your paper to follow the points you’ve listed!

Thesis Worksheet

Directions: When you are ready, bring your thesis statement to either Ms. Williams or Ms. Davis for approval.

Name: ______________________________
Prompt: # ______
Working Thesis:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Teacher Comments/Suggestions:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If the thesis needs to be fixed, rewrite it using the comments/suggestions from the teacher in the space below.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Approved by: _____ Ms. Williams   _____ Ms. Davis

***NOTE: This is worth 5 points! You must have your thesis approved in order to move on to the next step of essay’s writing process. Make sure you show this paper to Ms. Williams when you’re finished to get your points!
Writing Introductions

The introduction is a vital piece of your essay—think of it as a skeleton! The skeleton provides the structure for the body, which is what your introduction will do. Often times, it’s also one of the most difficult parts to get started on. Your introduction must give your reader some sort of background on the topic; it should also grab the reader’s attention while making them eager to continue reading what you are trying to say.

***Remember to always use HATMAT when writing an introduction!***

- **H- Hook:** You can think of an essay hook as you would a fishing hook: it’s something that grabs a reader and reels them in. The hook for your essay could be any interesting sentence that captures attention and keeps the reader reading. Typically, a hook is an interesting question, fact, or quote.
- **A- Author’s full name:** Always include the director’s full name in the introduction of your essay.
- **T- Title:** Include the title of the work that you are writing about directly before or after you mention the director’s first and last name. Remember: shorter works, such as a documentary, are italicized.

*Example:* In the documentary *Super Size Me* by Morgan Spurlock...

*Or*

*Example:* In Morgan Spurlock’s documentary *Super Size Me*...

- **M- Main characters:** Mention the names of the main characters or hosts in the documentary, particularly the one(s) you may be writing about in the summary you give.
- **A- A short summary:** Write a brief 1-3 sentence summary of the documentary.

*Example:* *Super Size Me* is a documentary that was written and produced by Morgan Spurlock. The story follows Spurlock during his quest to eat only McDonald’s for thirty straight days so that he can see the effects of a fast food diet on the average American’s body.

- **T- Thesis statement:** A thesis statement should be a strong statement that outlines what you will cover and what you will discuss in your paper. The thesis statement must appear at the end of the introductory paragraph. It should list three specific points that will be discussed in the body paragraphs or a strong argument that supports the purpose of the essay.

- The introduction should be a minimum of 5-7 sentences.

When beginning your essay, your main focus should be to grab the reader’s attention and hook them into your topic. There are many ways to do this. Below are three of the most popular ways to consider starting your essay, along with an effective example of each.

1. **An interesting quotation or passage related to your thesis**
   
   Using a quotation or passage from the novel can be effective way to introduce the topic, main idea, or argument that you will present in your thesis, as well as body paragraphs.

   *Example:* Research has concluded that using trans fats with unhydrogenated oils could prevent as many as 100,000 premature deaths from coronary heart disease in the United States each year. (Ballaro and Sprague) In the documentary *Super Size Me*, filmmaker Morgan Spurlock sets out to see just how bad trans fats, as well as the fast food menu items that contain them, are for the human body by eating only McDonald’s for thirty straight days. Many of McDonald’s menu items contain trans fats, a dangerous ingredient banned in some states. Trans fats are dangerous because they raise levels of low-density lipoprotein (LDL, or the so-called “bad” cholesterol), decrease levels of high-density lipoprotein (HDL, or the “good” cholesterol), and because they contribute to and cause obesity.
2. **A thought-provoking question**

   This means asking the reader an open-ended question cannot be answered with a simple “yes” or “no.” Opening your essay with a question allows the reader to consider and critically think about information that will be discussed in your essay. Often, the question is addressed again or answered in the thesis statement.

   - **Example:**
     
     Did you know that in 2006, New York City’s Board of Health made a landmark decision requiring all 24,000 or so restaurants under its jurisdiction to phase out the use of artificial trans fat by the summer of 2008? (Ballaro and Sprague) In *Super Size Me*, a documentary by film-maker Morgan Spurlock, Spurlock conducts an experiment in which he only consumes fast food from McDonald’s in order to see the effects of trans fats, as well as other unhealthy ingredients, on his body. Trans fats are dangerous because they raise levels of low-density lipoprotein (LDL, or the so-called “bad” cholesterol), decrease levels of high-density lipoprotein (HDL, or the “good” cholesterol), and because they contribute to and cause obesity.

3. **Overview**

   An overview engages readers by giving them a general idea of your topic, your thesis and an idea of one of more of the main points in the essay.

   - **Example:**
     
     Behind the delicious menu items offered at fast food chains, a major problem has emerged: the obesity epidemic in America. Documentary film-maker Morgan Spurlock set out to find just how big that problem is in his film *Super Size Me*. Spurlock’s documentary sets out to find an answer to the obesity problem in America by asking the question of whether or not eating only McDonald’s for 30 days would negatively impact the average American’s body due to the trans fats that can be found within the different menu items. Trans fats are dangerous because they raise levels of low-density lipoprotein (LDL, or the so-called “bad” cholesterol), decrease levels of high-density lipoprotein (HDL, or the “good” cholesterol), and because they contribute to and cause obesity.
Writing Introductions

Directions: Choose one of the introduction types listed above (quotation, question, or overview) and compose a working introduction for your essay. When you are ready, bring your introduction to either Ms. Williams or Ms. Davis for approval.

Approved thesis:
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Introduction type: ________________________________________________________

Introduction Paragraph:
_________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Teacher Comments/Suggestions:
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

If the introduction needs to be fixed, rewrite it using the comments/suggestions from the teacher in the space below.
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Approved by: _____ Ms. Williams       _____ Ms. Davis

***NOTE: You must have your introduction approved in order to move on to the next step of the literary analysis writing process. This step is worth 10 points!
Avoiding Plagiarism and In-Text Citations

**Plagiarism** is when a writer duplicates another writer’s language or ideas and then calls the work his or her own. **Plagiarism of any kind will NOT be tolerated.**

Not including a works cited page as the final page of your essay also constitutes plagiarism, even if you have correctly cited all of your material in your paper.

Examples of plagiarism include attempting to use someone else’s paper as your own, directly copying information from a website or other source, and incorrectly using someone else’s ideas simply because you don’t know how to cite them properly. Ignorance of what constitutes plagiarism, however, is no excuse. The following guidelines will help you avoid making the mistake of plagiarizing, whether it is intentional or not.

**Always cite when using direct quotation or passages from the documentary or a scholarly source.**

If you use the exact words from the novel, you must use quotation marks, followed by an in-text citation. In-text citations include the author’s last name and the page number on which you found your information in parenthesis.

- **Correct:** The announcement by the U.S. Food and Drug Administration finalized the agency’s proposed ban on artificial trans fats in 2013, and described partially hydrogenated oils (PHOs) as not “generally recognized as safe” for use in human food. “The FDA’s action on this major source of artificial trans fat demonstrates the agency’s commitment to the heart health of all Americans,” said acting commissioner Stephen Ostroff (Associated Press).
  ✓ The citation correctly uses quotation marks for the direct quote and includes the MLA in-text citation after the information in parenthesis. Remember, quotes ONLY go around something someone actually said!

- **Incorrect/Plagiarized:** The announcement by the U.S. Food and Drug Administration finalized the agency’s proposed ban on artificial trans fats in 2013, and described partially hydrogenated oils (PHOs) as not “generally recognized as safe” for use in human food. The FDA’s action on this major source of artificial trans fat demonstrates the agency’s commitment to the heart health of all Americans, said acting commissioner Stephen Ostroff.
  ✓ The citation does not use quotation marks for the direct quote and is missing the in-text citation in parenthesis. This would be considered plagiarism.

**Paraphrase Direct Quotes and/or Passages**

If you use someone’s idea, but do not use their exact words, you are still required to give them credit for their ideas and include a citation. In addition, you cannot just change a few words; you must put the idea completely in your own words for it to be considered a paraphrase. Even though it is in your own words, the idea still belongs to the author. This is why you are required to cite it (we call this “intellectual property”). Paraphrased quotations and material do not need to be put inside of quotation marks.

- **Correct:** FDA acting commissioner Stéphane Ostroff spoke out regarding the ban on trans fats. He believes that the FDA’s actions prove that they are invested in the health of all Americans (Associated Press 2).
  ✓ The majority of the quote has been changed to reflect the author of the essay’s own words. However, the information and idea from the quote are the same. There are no quotation marks needed and there is an in-text citation included since this quote has been paraphrased and was not directly stated.
b. Incorrect/Plagiarized: “FDA acting commissioner Stephen Ostroff spoke out regarding the ban on trans fats. He believes that the FDA’s actions prove that they are invested in the health of all Americans.”
✓ The paraphrase still requires a citation at the end in order to give Golding the credit for the idea (this would be considered plagiarism). In addition, there should not be quotation marks around the author’s words since it is not a direct quote.

Combining direct quotes with paraphrase

a. Correct: Stephen Ostroff, the current commissioner of the FDA points out that the ban on trans fats shows that the FDA is, “…committed to the heart health of all Americans” (Associated Press 2).
✓ Here, the author introduces part of the quote, then, inserts part of the direct quote, followed by an in-text citation. Notice the ellipsis (…) after the quotation mark, but before the quote. This is to show that there was more to the quote that was not included.

b. Incorrect/Plagiarized: Stephen Ostroff, the current commissioner of the FDA points out that the ban on trans fats shows that the FDA is, …committed to the heart health of all Americans (Associated Press 2).
✓ While there is an in-text citation included, the author does not put quotation marks around the quote from Stephen Ostroff.

***NOTE: When punctuating an in-text citation, you always place an end punctuation mark (periods) AFTER the in-text citation.

a. Example: Stephen Ostroff posed an important question regarding trans fats to reporters at the FDA’s press conference: “Does the FDA’s action on this major source of artificial trans fat demonstrate the agency’s commitment to the heart health of all Americans?” (Associated Press 2).
   o Notice that there is a period AFTER the in-text citation, even though there is punctuation at the end of the quote.

b. Example: “The FDA’s action on this major source of artificial trans fat demonstrates the agency’s commitment to the heart health of all Americans” (Associated Press 2).
   o Notice that the quote is a statement. Therefore, you drop the period inside of the quotation marks and place it AFTER the in-text citation.

Citing a Film: List films (in theaters or not yet on DVD or video) by their title. Include the name of the director, the film studio or distributor, and the release year. If relevant, list performer names after the director’s name. Use the abbreviation perf. to head the list. List film as the medium of publication. Use the director’s last name and the film’s title in italics for your in-text citation.

a. Example: (Spurlock, Super Size Me)

b. Example:


Common Knowledge: A fact, statement, or idea is considered to be common knowledge if it is widely accessible or known by many people. This typically refers to information that does not need to be looked up—something the average person or reader would accept as true and reliable.
After viewing Morgan Spurlock's documentary Super Size Me, most people would be able to discuss and understand that Spurlock was trying to prove the negative effects of eating a fast food only diet. This is something you would not have to cite since anyone who has seen the documentary would agree or already know this information to be accurate and reliable. Another example would be to declare that driving without a seatbelt could result in severe injury or death in the event of an accident.

***A good rule of thumb to follow: If you are not sure if something needs a citation, remember it's ALWAYS best to cite in order to avoid plagiarism. In addition, you can also ask your teacher for help!

Tips for avoiding plagiarism

- NEVER cut and paste information from websites like Wikipedia, Cliffs Notes, or Shmoop. There is nothing wrong with consulting other sources to help you, but you should always cite any information you didn't already know. Citing these types of resources is fine, provided you use the correct MLA Format when doing so.
- Attempt to write your essay based on what you learned in class through activities, discussions, and what you have viewed. This will allow you to use ideas that come from YOU!
- If you are not sure if you are plagiarizing, ask the teacher for their opinion!

For the purposes of your essay, most of your citations will resemble the following:

- The author's last name, as well as the page number you found your information on, in parenthesis at the end of the quote, passage, or paraphrase.
  - DO NOT include the word “page” in your citation.
  - Correct: (Associated Press 2).
  - Incorrect: (Associated Press page 2) or (Associated Press pg. 2)

- If you mention the author of an article, book, magazine, etc.’s name in a paraphrased sentence(s), you only need to put the page number for the information in the in-text citation.
  - Correct: The Associated press used Stephen Ostroff’s quote to prove that, “The FDA’s action on this major source of artificial trans fat demonstrates the agency’s commitment to the heart health of all Americans” (2).

***Please remember that any source information that you provide in-text citations for must be included and correspond to the source information on the Works Cited page.
Writing Body Paragraphs

Now that you’ve composed an introduction with a well-structured thesis, where do you go next? You’ve got the skeleton and bare bones of your essay, so your next step is to build the body. **Body paragraphs** are typically 5-7 sentences each and are the meat of your paper. In order to make your paper coherent with flow and organization, you should always follow the citation sandwich format.

**The “Super Sized” Citation Sandwich**

When integrating quotations and paraphrasing into your paper, you want to create a “sandwich” of information that is put together correctly. These sandwiches make up the individual paragraphs of your paper. Building a citation sandwich is simple if you follow these guidelines:

- Introduce the quotation by describing what was happening in the documentary, article, etc. before, using your own thoughts and ideas. This piece of the sandwich would be the top bun of our sandwich—it would include a topic sentence that relates to what you’re about to say.
- Insert your direct quote or paraphrase, including an in-text citation and quotation marks (if needed). This piece of the sandwich contains the meat of your essay. It includes the textual evidence needed to help prove your thesis.
- End your sandwich with a bottom bun—an analysis (your own words!) of the textual evidence’s importance. Your analysis should not be a summary of what the quote said. This final piece should be an in-depth look at how the information you’re providing is going to prove what you’re saying in your thesis. It can also expound on what the author of the resource DID NOT say or what they’re commenting on in relation to the bigger picture. In other words, why is this important to the documentary, author, and/or the world?

So, how would this format look in an actual paragraph? Let’s say that your essay is about trans fats and the bans that have been placed on them due to the potential for danger they pose to the human body. This is what a body paragraph might look like, using the citation sandwich method:

<table>
<thead>
<tr>
<th>Introduction to quote</th>
<th>Quote (with in-text citation)</th>
<th>Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Many people are unaware as to what trans fats are, how they are created, and why it matters if we consume them. Trans fats result when food manufacturers transform liquid vegetable oils into solid fats, like shortening and hard margarine. These synthetically engineered fats help to extend the shelf life of products. Trans fats raise levels of low-density lipoprotein (LDL), or the so-called “bad” cholesterol, but also decrease levels of high-density lipoprotein (HDL), or the “good” cholesterol (Ballaro and Sprauge). This is important because having high levels of LDL and decreased levels of HDL can be a factor in contributing to a person becoming obese. If we were able to find a safer alternative to trans fats, we could help to decrease obesity in America, as well as make foods that have healthier and safer ingredients.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A research sandwich can be a single paragraph, or, can be combined with a second sandwich that may have thoughts and ideas that are closely related. Make sure that if you combine sandwiches, you use transitions between ideas in order to make the paragraph(s) flow smoothly.
So, what would it look like to combine multiple sandwiches through the use of a transition? Check out the example below

Many people are unaware as to what trans fats are, how they are created, and why it matters if we consume them. Trans fats result when food manufacturers transform liquid vegetable oils into solid fats, like shortening and hard margarine. These synthetically engineered fats help to extend the shelf life of products. Trans fats raise levels of low-density lipoprotein (LDL), or the so-called “bad” cholesterol, but also decrease levels of high-density lipoprotein (HDL), or the “good” cholesterol (Ballaro and Sprauge). This is important because having high levels of LDL and decreased levels of HDL can be a factor in contributing to a person becoming obese. If we were able to find a safer alternative to trans fats, we could help to decrease obesity in America, as well as make foods that have healthier and safer ingredients.

Helping Americans to understand the negative impact of eating foods with trans fats will benefit them by allowing them the choice of selecting foods that are much healthier. Educating consumers on the benefits of finding replacements for trans fats may help to extend their lives. Replacing such fats with unhydrogenated oils, some experts contend, could prevent as many as 100,000 premature deaths from coronary heart disease in the United States each year (Ballaro and Sprauge). It is important that we educate Americans on the negative consequences of eating trans fats and how it impacts their health; if they aren’t aware, they may not be taking preventative measures or understand that what they are putting in their bodies. If we can prevent health issues related to coronary heart disease, then we could save hundreds of thousands of lives.
“Super Sized” Citation Sandwich
Practice Worksheet

Directions: Choose three quotes and/or paraphrases that you will use as support for your topic. Then, follow the format below.

Quote/Paraphrase #1

Your Words (Topic sentence and introduction to your textual evidence):
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Direct quote or paraphrase, including an in-text citation:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Your Words (Analysis of the research and explanation of its importance):
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Quote/Paraphrase #2

Your Words (Topic sentence and introduction to your textual evidence):
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Direct quote or paraphrase, including an in-text citation:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Your Words (Analysis of the research and explanation of its importance)

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Quote/Paraphrase #3:

Your Words (Topic sentence and introduction to your textual evidence):

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Direct quote or paraphrase, including an in-text citation:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Your Words (Analysis of the research and explanation of its importance):

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Approved by: _____ Ms. Williams _____ Ms. Davis

***NOTE: You must have your citation sandwiches approved in order to move on to the next step of the literary analysis writing process. This step is worth 20 points!
The Icing on the Cake: Writing Conclusions

Writing a conclusion can be a real pain. How are you supposed to end your paper? How do you tie pages of information together in one short paragraph? The best thing to do when writing a conclusion is to look back at your introduction. The beginning and ending of your paper should connect, but not be identical. How to end depends on how you began. Did you ask a question? Answer it for the reader. Did you begin with an interesting quote? Finish with one that relates to it. Did you begin with an overview? Offer a solution or though provoking idea to go with it.

Look at the following introduction and conclusion in order to help you get started!

**Introduction**

Research has concluded that using trans fats with unhydrogenated oils could prevent as many as 100,000 premature deaths from coronary heart disease in the United States each year. (Ballaro and Sprauge) In the documentary Super Size Me, film-maker Morgan Spurlock sets out to see just how bad trans fats, as well as the fast food menu items that contain them, are for the human body by eating only McDonald’s for thirty straight days. Many of McDonald’s menu items contain trans fats, a dangerous ingredient banned in some states. Trans fats are dangerous because they raise levels of low-density lipoprotein (LDL, or the so-called “bad” cholesterol), decrease levels of high-density lipoprotein (HDL, or the “good” cholesterol), and because they contribute to and cause obesity.

**Conclusion**

Morgan Spurlock’s documentary Super Size Me allows Americans to see the negative impact of eating fast food for extended periods of time, why trans fats are dangerous, and how unhealthy food choices can affect a person’s overall health well-being. As a result of consuming trans fats, many people can develop dangerous diseases, such as obesity and coronary heart disease. If given the proper information and education, Americans could improve their health and learn to make better choices when eating out. Should we ban trans fats nation-wide, or should we continue to allow the general public to choose their own path?

Write your conclusion in the space below.

If the thesis needs to be fixed, rewrite it using the comments/suggestions from the teacher in the space below.

Approved by: _____ Ms. Williams  _____ Ms. Davis

***NOTE: You must have your conclusion approved in order to move on to the next step of the essay writing process—this should be done **BEFORE** creating a rough draft. This step is worth 5 points!
Works Cited Page

The last page of your essay should be a works cited page. The page should be double-spaced with the title (Works Cited) centered. If there is more than one source, each entry should be alphabetized. The author’s last name comes first. Even though you will use Noodletools to help you create your works cited page, it is still important for you to understand how to create one on your own, should you ever need to.

Here is an example of what a full Works Cited page should look like:

```


```

There are many different types of publications and variations of how they need to be listed on a works cited page. For more information on how to correctly site the different types of publications, please see the INFOhio brochures that Ms. Davis has created for you.

***Remember: Not including a works cited page as the final page of your essay (with your final submission) will constitute plagiarism and an automatic score of 50% or less on the essay. I reserve the right to determine the final score for this policy on a student-by-student basis.***