

PURPOSE

To give teachers an example of a “5” level of achievement on a ThinkCERCA assignment.

A “5” level of achievement is the goal students and teachers should be working toward throughout the year. This example represents what a student at Grade 8 should be able to do at the **END** (May) of Grade 8.

TEXT

NYC’s Trans Fat Ban Worked: Fast-Food Diners Are Eating Healthier

CERCA QUESTION

Should local governments pass laws focused on nutrition – like bans on artificial trans fats in restaurants – to keep their residents healthy?

Example Student Essay

Staying healthy is a goal of many people. Some people join gyms and exercise to stay healthy. Other people diet and track what they eat everyday. Some people use buddies or friends to stay healthy, while others are motivated on their own. There is another way to get healthy: ban certain unhealthy things. According to the article, foods using artificial trans fats in their dishes, which resulted in consumers cutting their trans-fat consumptions during and after the ban. The writer concludes that the trans fat ban was a success because there was an 86% increase in consumers' choice of healthier options (meals with less trans fats) during and after the ban went into effect. Since trans fats are linked to heart disease and obesity, when consumers eat fewer trans fats, they will become healthier.

Local governments should pass laws focused on nutrition because these laws help keep residents healthy. These laws present an opportunity for governments to

Interesting introduction

Nice reason to explain your thinking and lead into your claim

Good summary of the article that you pick up throughout your argument.

Clear claim

Government Role in Health

Exemplar, Grade 8

ThinkCERCA

Good reason that links to outside example and helps your readers understand why you think as you do.

product the health of their people. **Similar to smoking bans and taxes, which severely increasing the health of the population.**

Good evidence and reasoning combination.

New York City passed a ban against the use of artificial trans fats in restaurants, which required that restaurants get rid of certain ingredients or rework recipes to meet the requirements of the rule. **According to a study cited in the article, this ban resulted in consumers eating 2.4 fewer grams of trans fats during the period that the ban was in effect. This proves that the rule that the government put into effect was indeed protecting the health of residents.**

Nice way to move readers through your argument.

Good counter-argument and putting it here makes the study's findings even more important as evidence in your argument.

The study compared consumption of trans fat meals before and after the ban. Several interesting findings support the public health benefit of the government action. **First, restaurants did not just trade one unhealthy fat for another.** "Although consumption of saturated fat increased slightly, people ended up eating less combined trans and saturated fat after the policy went into effect." Not only did people eat less trans fat, but they ended up eating less total fat. **While nutritionists**

worried that laws regulating nutrition would reduce choices or mean that restaurants would switch to other unhealthy options, in fact this didn't happen and some national chain restaurants implemented the nutritional changes across the country. The public health effect was to create healthier restaurant eaters.

Good evidence and reasoning pair that explains why this second finding is so important to public policy.

The authors of the study also looked at diners in both high- and low- income neighborhoods to see if the consumption of trans fat meals differed. This was the second interesting finding: they did not differ. **This led the author of the article to**

conclude that "it may be health concerns, more so than financial ones, that influence certain eating decisions even in lower-income areas." It is clear that public health policy that bans certain foods can have a wide-ranging impact.

Good reason to open a paragraph

Since trans fats are linked to heart disease and obesity, when consumers eat fewer trans fats, they will become healthier. Studies have shown that when people eat about 20 calories less per day in trans fats, this choice could potentially have a large

**Good
summary
of your
argument.**

impact on the reduction of obesity and heart disease. This is important because heart disease and other complications of obesity cost a lot to address. Reducing these could mean that the government and people in general will spend less on their health care.

New York City's ban on artificial trans fats helped its residents become healthier by reducing instances of heart disease and obesity.

Although the study did not track diners long enough to see if their lower-fat choices actually translated into health gains, initial findings are quite good. And other studies show that this is possible. **Governments should pass laws to help residents get and stay healthy because a healthier populace is good for everyone.** If New York is anything to go by, the results of the ban can be very helpful.

**Good
restatement
of claim.**