

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 4 could achieve by the END (May) of Grade 4.

TEXT

Gluten Free Cafeterias

CERCA QUESTION

Should schools make a special effort to provide gluten-free options in cafeterias?

EXAMPLE STUDENT ESSAY

Celiac disease is a disease that makes people sick when they eat gluten. Students who cannot eat gluten often have to bring their own lunches to school. Schools should make a special effort to provide gluten-free options in cafeterias.

One reason schools should provide gluten-free options is that students with celiac disease would not feel left out because they can't eat in the cafeteria. According to the article, students with celiac disease usually have to bring their lunches. In the article the father of a girl with celiac disease says his daughter feels left out when everyone else gets to eat in the cafeteria. He also says she feels like she doesn't have options. Nobody should feel left out at school, so the cafeteria should try to make sure everybody can eat there.

Second, if students can learn which gluten-free options are the healthiest, they can eat healthier. A gluten-free diet is high in protein and lower in carbohydrates. The article specifically says that quinoa is a great high-protein option that is gluten-free. In schools where gluten-free options are healthy, having gluten-free choices might help other students try new foods so that they are eating a bigger variety of foods.

This evidence and reasoning works well together and is connected to the reason that opens the paragraph.

Good introduction that gives readers a definition of an important idea.

Good use of order words to help your readers understand your thinking.

Good Summary of evidence from the article.

Clear reason to open a paragraph

Clear reason that connects back to your claim.

This reasoning connects your evidence back to your claim.

Third, providing gluten-free options is a good step toward accommodating all students' needs. The article quotes Marla Caplon, a director of food and nutrition services at a school, who says that her school wants to "accommodate all kinds of students with all kinds of diets." She says that offering gluten-free and other special options, means "making a special effort to provide options for students who are gluten-free among a healthy selection of foods for all kids." It's important for all students to be able to eat in the cafeteria, so they don't go hungry. Sometimes children's families can't pack lunches, either because they can't afford to, don't have time, or just didn't go to the grocery store for a while. For those students, it's especially important that the school cafeteria has something they can eat.

Interesting conclusion.

Good conclusion that ties together your reasoning and evidence in this paragraph.

In the end, we all have to live together and look out for each other. If somebody has some kind of health need, a school should try to meet that need. That way the student doesn't feel left out, and it could make all students healthier. So schools should make a special effort to provide gluten-free options in cafeterias.

Good restatement of your claim.