

### PURPOSE

To give teachers an example of a “3” level of achievement on a ThinkCERCA assignment.

### 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

Trans fats are bad for your health. Americans get most of their trans fats from partially hydrogenated oils which are found in prepackaged food in the grocery store and in fast foods like french fries. The federal government past a law that food in the grocery store had to show the amount of trans fat in the food. But lots of people’s calories come from food they get from eating out at restaurants so New York City passed a law that said restaurants could only have so many grams of trans fat in each serving so that the total trans fat that people were getting was lower whether they get their meals from the grocery store or from a restaurant. This meant that people were eating less trans fat.

First of all, studies show that after the ban, people who ate at fast food restaurants were getting less trans fat. They did not change their eating habits any, but they still were eating healthier. They also did not replace the trans fat with other unhealthy fats. They were eating less unhealthy fats total after the ban. This is because fast food restaurants made several changes to their menus. They used less trans fat in their items. They got rid of some foods that had lots of trans fat in them. And they replaced some of the items that were high in trans fat with healthier foods.

Also, fast food meals contained a lot less fat and people were buying more fast food items that had no trans fat at all in them. Because trans

Strong beginning.

This should be capitalized. “French fries”.

This is “passed” because it comes from “pass.”

Transitions make it easier for your readers to know what is coming next in the essay.

This doesn’t seem like a new idea, but rather a repeat of what you were explaining in the previous paragraph. Each paragraph should be a new piece of evidence to support your claim.

Your claim should be clearly stated in the introductory paragraph. It seems that you are in support of the ban because of the ideas you mentioned, but your readers may not be sure. Make it more obvious what your claim is: how you are answering the CERCA question.

This would be a good place to cite specific statistics from the text. How many? Not just “lots.”

This is a run-on sentence. Try to follow the “one idea per sentence” rule.

It is not clear who “they” refers to in each of these sentences. It seems that sometimes it refers to customers and sometimes to the restaurants themselves.

# CERCA Set: Government and Health

## Worked Example, 8

Be more specific. Give exact examples of what the American Heart Association recommends and how it is related to your claim.

fat is so bad for you, this means that people who eat fast food were healthier than other people. When New York passed the law, they were helping people make healthier decisions about what they eat. If there is no unhealthy food for them to choose from, they can't eat unhealthy food.

This new law could make a huge difference in the health of people who eat at fast food restaurants. Some places have made big changes to what is in their food all over the country, not just in New York. The American Heart Association says this is a good idea, so it must be healthy. Cutting out trans fat is a good for all of us, so we should all eat less of it.

Your reasoning is flawed here. They may have been making healthier choices than they were before, but that does not mean that people who eat at fast food restaurants eat more healthfully than people who do not.

Examples?

While this is true, it is not a very powerful conclusion. You should clearly restate your claim, which is your answer to the CERCA question.