**BASIC WRITING**

**COMPOSITION ABOUT HEALTHY FOOD**

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Learning Outcomes

Students are able to draft, write, and revise a paragraph related to healthy food

Drafting Strategies

Drafting your first draft by listing each paragraph's topic sentence can be an easy way to ensure that each of your paragraphs is serving a specific purpose in your paper. You may find opportunities to combine or eliminate potential paragraphs when outlining—first drafts often contain repetitive ideas or sections that stall, rather than advance, the paper's central argument.

Additionally, if you are having trouble revising a paper, making an outline of each paragraph and its topic sentence after you have written your paper can be an effective way of identifying a paper's strengths and weaknesses.

Sample of Drafting about Healthy Food

I. Introduction

Title: Fruits and veggies make for holistic health

1. Attention getter : Include statistic about how much food one person eats in their lifetime

2.Why I am writing paper : To show that eating lots of fresh produce is important for health

3. Thesis statement : To maintain a healthy diet a person should eat lots of fresh produce because fresh products contain vitamins, you can avoid many negative additives and it will help you control your weight.

- transition 1: To begin, it is important to examine the vitamin content of produce and its effect on the body.

Sample of Drafting about Healthy Food (Continued)

II. Body Paragraph 1

1. Fresh veggies and fruits include vitamins

a. Explain why vitamins are important to the body

1. Vitamins help the body function (sub point a)

2. Without vitamins, the body gets ill (sub point b)

3. Vitamins help a person grow and thrive (sub point c)

b. Veggies are a high sources of vitamins

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

c. Some vitamins can only be absorbed from fresh produce

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

- transition 2: Fresh fruits and vegetables contain many vitamins, but what they do not contain are additives.

Continued

c. Some vitamins can only be absorbed from fresh produce

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

- transition 2: Fresh fruits and vegetables contain many vitamins, but what they do not contain are additives.

Sample of Drafting about Healthy Food (Continued)

Body Paragraph 2

2. By eating fresh produce you can avoid additives

a. Additives can be harmful to the

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

b. Additives are very common in prepared foods

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary

Continued

c. By eating fresh, your body can digest easier

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

- transition 3: While produce can help people avoid additives, it can also help them avoid having a spare tire around their waist.

Sample of Drafting about Healthy Food (Continued)

Body paragraph 3

3. Eating fresh produce helps people control weight

a. Fruits and veggies are low in calories

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

b. Fruits and veggies have high fiber

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

Continued

c. Fruits and veggies are low in fat

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

- transition 4: In conclusion, it's obvious there are many benefits to eating fruits and vegetables.

Conclusion

1. Summarize main points: In summation, it's important to know that to have a healthy diet, a person should eat lots of fresh produce because fresh products contain vitamins, you can avoid many negative additives and it will help you control your weight.

2. Kicker : With obesity becoming an epidemic in the United States and a growing problem in many other nations, isn't it time that we got serious about eating our veggies? It's definitely time for each of to start making changes today.

References

Anker, Susan.(2009). *Real Writing with Reading* . NY: Bedford.

Brook Guy and Vanessa Jakeman.(2013).*Complete IELTS*. Cambridge: Cambridge University Press.

http://canuwrite.com/essay\_outline.php