

# THE IMPACT OF SUGAR: Critiquing Work

## Learning Targets:

- I can determine two or more central ideas in a text and talk about how they develop their argument.
- I can compare and contrast a text to an audio or multi-media version of the text or topic.
- I can write an argument using clear reasons and evidence from the text.

## Students chose one of the following prompts:

Students read a text on

OPTION 1: Which text is most convincing in describing the damage sugar does to our health? What are the most compelling reasons to reduce how much processed foods we eat?

OPTION 2: Make an argument for reducing the amount of sugar in our diet. What might be some solutions to this issue?

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## Criteria:

Use the learning progression on determining central message and citing textual evidence. Or use the bulleted list of criteria below to determine strengths and next steps for each student sample:

- Strong, clear position
- Evidence from the text supports the position
- Explanations clearly tie evidence to the position
- Clear language (spelling and sentence structure doesn't get in the way of the meaning)

## **Student 1**

A lot of people have died from eating too much sugar, people who survive get type 2 diabetes, which also lead to death, these are only the few things that eating too much sugar does to you. If you're willing to eat some sugar and live a short life, you should stop. Eating too unneeded calories can make you fat which leads to heart disease, which leads to death, you shouldn't be willing to die just to eat some Hot Cheetos, you should instead go on a healthy diet, eat natural sugar but not to much, eat some fruits, go outside more, even walking your dog (if you have one) could help you. If you're desperate you could have days where you can have a break on your routine and stay inside and have some Hot Cheetos, but don't have like 5 days where you stay inside. If you eat too much sugar you die, or you get stage 2 diabetes and have heart disease which leads to death which isn't fun. It's basically saying "Do you wanna die instantly, or die slowly and be overweight." Even if you have diabetes you could save your life and exercise, instead of giving up and being depressed.

**Student 2**

I think the article is the most convincing because the video just tells us about sugar and what it can do to you, but the article tells us that it is in almost every food nowadays, that it's in more than half of what we eat in a day, and that it can make you obese or give you diabetes.

### **Student 3**

TOO MUCH SUGAR IS BAD FOR YOU. If you eat more than 10 teaspoons a day, you could get overweight (Fat) or get many diseases, like type 2 diabetes. Many people don't listen. They end up overweight, with a disease or dead.

How do you get sugar? You drink it and eat it. You get sugar from many ultra processed and just processed foods. Like hamburgers, breakfast cereals and soda or soft drinks. What I'm saying is: don't go to unhealthy restaurants (like McDonald's) very often.

Why is sugar in food? Well people wanted to be healthy, so they took out the fat. They realized that their food didn't taste that great anymore, so they added sugar. Sometimes, they add too much sugar. Most sugar is in our drinks. Like lemonade, soda and juice boxes.

#### **Student 4**

I think the most convincing text is the video. I think the video is most convincing because it starts out with saying 400 million people worldwide are affected by type two diabetes and that 4.8 million people die because of the chronic disease every year. 470 billion dollars is the estimated (staggering) cost for the global health care system. Not only does it tell you how bad sugar is for you it also tells you that sugar can be dangerous!! One of the most compelling reasons to reduce how much processed food we eat is that sugar is added to most things and sugar can lead to health problems that can sometimes lead to death!! Another compelling reason is they might start putting tax on sugar so anything with sugar will have extra tax. People thought that fat was the main cause for these health issues but nobody thought to stop and think about the *SUGAR*!!

**Student 5**

I think putting a sugar tax on things would be a good idea for helping us get sugar out of our diet and having like... a special shop that HAS candy in it but also putting a limit on what you could buy and putting warnings on the wrapper or box heck we should put no REAL sugar but artificial sugar especially for soft drinks but.. That's just my idea for a solution for this problem here.