**Name: Ms. Carpenter Chocolate Sample**

**2013 CCSS Argument Essay Project Overview**

**& Graphic Organizer**

**Lovely Seventh Grade Language Arts Classes**

TOR Middle School

March 2013

**Graphic organizer for your argument:**

|  |  |
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| **Introductory Paragraph=** | **Issue or topic**: **Chocolate**  |
| Background information about your topic/issue:* Made from the beans of cacao tree
	+ botanical name Cacao theo broma, meaning "food of the gods."
* Aztecs
	+ believed seeds of cacao tree came from Paradise
	+ Hernando Cortés
		- Spanish conqueror in 1519 agreed with them
		- wrote his king that "chocolate is the divine drink that builds up resistance and gives strength."
* Food was once regarded as gift from the gods
* U.S. Army includes 4-ounce bars of it fortified with vitamins combat rations
* Astronauts take it into space
* mountain climbers have taken it to top of Mount Everest
* Chocolate is favorite flavor for candy, cookies, and other sweets in the United States
	+ Consumption averages about 12 pounds (5.5 kilograms) per person per year
	+ United States ninth in worldwide consumption
	+ Leader is Switzerland
 |
| **MLA Citation of Source: "Chocolate." Reviewed by Dr. Rhona Applebaum. The New Book of Knowledge. Grolier Online, 2013. Web. 6 Mar. 2013** |
|  | **Claim** (Should contain your position on the issue. Your basic belief about a particular topic, issue, event or idea. An opinion, proposal, evaluation, cause and effect statement or interpretation. *Think in terms of good or bad/right or wrong/pro or con.*): **Chocolate is good for people.** |
|  | ***Thesis= (Claim + three reasons why you are correct. What you will prove in your essay.):******Eating chocolate contributes to our emotional and physical health and it makes us happy, is good for our heart, and, amazingly, it even helps fight disease.*** |
|  |  |
| **1st Body** | **First reason for your claim: Eating chocolate makes people happy.** |
| **Paragraph** | **Evidence** (facts, statistics, quotes) that supports your claim: Studies recently have indicated that chocolate releases the happy chemical seratonin in the brain. |
|  | MLA Citation of Source: Fuhrman, Elizabeth. "Bountiful benefits: chocolate still reigns supreme in consumers' palates for taste and in researchers' eves for health benefits." Candy Industry Nov. 2004: 46+. General OneFile. Web. 6 Mar. 2013. |
|  | **Evidence** that supports your claim: Theobromine, one chemical found in chocolate, makes you feel alert and full of energy. When you eat chocolate, your body releases 'happy hormones' (also called endorphins) that make you feel happy and content.  |
|  | MLA Citation of Source: Buckwalter, Janet. "Chocolate: the happy food (or, take your medicine)." Appleseeds Feb. 2006: 25+. General OneFile. Web. 6 Mar. 2013. |
|  |  |
| **2nd Body** | **Second reason for your claim: Chocolate is good for a person’s heart.** |
| **Paragraph** | **Evidence** (facts, statistics, quotes) that supports your claim: Dark chocolate's rich content of flavonoids, which act as natural antioxidants--a chemical that repairs the damage oxygen wreaks on the body--does not mean that chocolate binges will ward off a heart attack. |
|  | **MLA Citation of Source: Fuhrman, Elizabeth. "Bountiful benefits: chocolate still reigns supreme in consumers' palates for taste and in researchers' eves for health benefits." Candy Industry Nov. 2004: 46+. General OneFile. Web. 6 Mar. 2013.** |
|  | **Evidence** (facts, statistics, quotes) that supports your claim: Dark chocolate has lots of epicatechins, a particularly active member of a group of compounds called plant flavonoids. Flavonoids have been proven to keep cholesterol from gathering in blood vessels, reduce the risk of blood clots and slow down the immune responses that lead to clogged arteries. They are also the same compounds found in red wine that give it its antioxidant properties. |
|  | **MLA Citation of Source: "Statistics after my own heart; Eating dark chocolate shown to be good for your heart." Employee Benefit News 1 Feb. 2010: 14. General OneFile. Web. 6 Mar. 2013.****Weinstein, Jacob Sager. "Fit To Eat: Secret Life Of Candy." Self Oct. 2011: 37. General OneFile. Web. 21 Mar. 2013.** |
|  |  |
| **3rd Body****Paragraph=****Counterclaim** | **Counterclaim**: (What those who disagree about your claim say.)What is the position of **their claim**? : **Chocolate promotes health issues like weight gain and acne.**  |
|  | What **reason** do they have for their claim? : **Chocolate is high in calories and fat and leads to weight gain and acne.** |
|  | **Evidence** (facts, statistics, quotes) that supports **their** claim: This past July, a study published in the American Journal of Clinical Nutrition showed a measurable link between high-glycemic diets and acne. The study followed two groups of acne-plagued males ages 15 to 25 who were told they were participating in a study on carbohydrates and protein. The first group continued to eat their usual diet, which included plenty of sugar (chocolate) and processed grains--foods that have a high glycemic index. The other was given whole grains, lean meat and fish, fruits and vegetables--foods with a low glycemic index. After 12 weeks, a team of dermatologists determined that the subjects in the latter group had 51 percent fewer pimples than when they started. "It all comes down to insulin," says Nell Mann, a professor of human nutrition at RMIT University in Melbourne, Australia, and the study's lead researcher. Foods with a high glycemic index cause blood sugar to rise, forcing the body to bring it down with a surge of insulin. And insulin can lead to acne, both by accelerating cell growth in the pores and stimulating oil-producing hormones called androgens. |
|  | **MLA Citation of Source: Fuhrman, Elizabeth. "Bountiful benefits: chocolate still reigns supreme in consumers' palates for taste and in researchers' eves for health benefits." Candy Industry Nov. 2004: 46+. General OneFile. Web. 6 Mar. 2013.****The acne diet: candy and pizza don't cause breakouts--or do they?" W Nov. 2007: 172+. General OneFile. Web. 6 Mar. 2013.****"A bittersweet treat for the skin." Nation [Thailand] 7 Feb. 2013. General Reference Center GOLD. Web. 6 Mar. 2013.** |
|  | **Why their evidence isn’t persuasive:** Provided total fat intake does not exceed the recommended levels, no reason exists that consumption of chocolate would represent an increased risk to health.Research suggests that flavonoids found in chocolate (as well as in green tea) might help protect the skin from inflammation, or perhaps even cancer. |
|  |  |
| **4th Body****Paragraph=** | **Third and most powerful reason for your claim**: **Chocolate fights disease.** |
| **YOUR Most****POWERFUL** | **Evidence** (facts, statistics, quotes) that supports your claim: a Harvard study credits the antioxidants naturally found in chocolate as disease-fighters. |
| **CLAIM!** | MLA Citation of Source: MALBIN, PETER. "SWEET BLISS?" U.S. Distribution Journal May 1999: 48. General OneFile. Web. 6 Mar. 2013. |
|  | **Evidence** (facts, statistics, quotes) that supports your claim: "It's pretty, healthy, and satisfies everyone's chocolate craving," says recipe author Melanie Polk, RD, director of nutrition education at the American Institute for Cancer Research in Washington, DC. Heart protection comes from chocolate's antioxidants, called catechins, that fight clot formation. (Dark chocolate has more than milk chocolate.) Oranges and raspberries contribute more antioxidants, such as vitamin C, plus fiber--all thought to fight heart disease and cancer.  |
|  | MLA Citation of Source: **The heart-healthiest valentine treat ever! Lavish chocolate can be good for you. (Nutrition News)." Prevention Feb. 2002: 54. General OneFile. Web. 6 Mar.** **2013.****Lawson, Willow. "To eat or not to eat." Psychology Today May-June 2006: 25. General OneFile. Web. 21 Mar. 2013.** |
|  |  |
| **Concluding****Paragraph** | **Restate your claim**: **Eating chocolate is extremely beneficial.** |
|  | **Summary of reasons** **for your claim**: **Eating chocolate makes us happy, is good for our heart, and fights disease.** |

**Exemplar: Chocolate Essay by Ms. Carpenter**

**THESIS=**

**claim plus three reasons**

*** It’s Out of This World***

**COUNTER**

**CLAIM**

 ***By Ms. Carpenter***

It has been called “food of the gods”. The explorer Hernando Cortes referred to it as “the divine drink that builds up resistance and gives strength”. The U.S. army hands it out as part of its combat rations. Astronauts take it into space. It’s a favorite flavor for candy, cookies and other sweets. **Surprisingly, there are those who say that chocolate actually promotes health issues like weight gain and acne.** **Research however, provides compelling news that** **eating chocolate contributes to our emotional and physical health and it makes us happy, is good for our heart, and, amazingly, it even helps fight disease.** Many people, from the rich and famous to the average citizen, seem to know this.

Consider actress Jennifer Hudson who says that **chocolate makes her happy.** She’s right. Elizabeth Furhman, in Candy Industry, says that when we eat choco-late, our body releases 'happy hormones' (also called endorphins) that make us feel happy and content. Who hasn’t curled up with a good book and a hot CHOCOLATE? Pastry chef Alexandra Leafs agrees: “Chocolate brings out THE BEST in us, inspiring generosity, affection, and, it turns out, good health. It makes us HAPPY. Those first foil-wrapped chocolate kisses we receive as children seem to initiate us into a LIFE WITH CHOCOLATE.” Chocolate, it seems, is near and dear to our hearts.

Next, while binging on chocolate won’t prevent a heart attack, studies show that **dark chocolate is good for our heart.** A 2010 issue of Employee Benefit News, says, “Dark chocolate has lots of epicatechins, which is actually a plant flavonoids. Flavonoids have been proven to keep cholesterol from gathering in blood vessels, reduce the risk of blood clots and slow down the immune responses that lead to clogged arteries. They are also the same compounds found in red wine that give it its antioxidant properties.” A new study backs up the best excuse ever to eat a Milky Way Midnight: People who ate a little chocolate every day were 40 percent less likely to have a heart attack or stroke, according to the study in the European Heart Journal. What great news!

**COUNTERCLAIM**

This is such encouraging news, and yet it’s **heartbreaking** that there are those who say that chocolate actually promotes health issues like weight gain and acne. Chocolate, they contend, is high in fat and is very caloric. "It all comes down to insulin," says Nell Mann, a professor of human nutrition at RMIT University in Melbourne, Australia, and the study's lead researcher. Foods with a high glycemic index cause blood sugar to rise, forcing the body to bring it down with a surge of insulin. And insulin can lead to acne, both by accelerating cell growth in the pores and stimulating oil-producing hormones called androgens. But if the total fat intake does not exceed the recommended levels, there is no reason to assume that consumption of chocolate would represent an increased risk to health. People who eat confections of any kind actually have a lower body-mass index and a smaller waist than their candy-skipping pals, researchers at Louisiana State University find. Balancing healthy eating with the occasional treat is key. And as for the risk of acne, research suggests that the flavonoids found in chocolate might help protect the skin from inflammation, or perhaps even **cancer**.

It’s obvious that, most importantly, **chocolate helps fight disease**. Yes, a Harvard study credits the antioxidants naturally found in chocolate as disease-fighters. "It's pretty, healthy, and satisfies everyone's chocolate craving," says recipe author Melanie Polk, RD, director of nutrition education at the American Institute for Cancer Research in Washington, DC. And, when you add fruit like strawberries and raspberries to chocolate, you have double the antioxidant power.

Heart protection comes from chocolate's antioxidants, called catechins, that fight clot formation. (Dark chocolate has more than milk chocolate.) Oranges and raspberries contribute more antioxidants, such as vitamin C, plus fiber--all thought to fight heart disease and cancer. Psychology Today even reports that drinking hot cocoa helps lower you blood pressure!

In the final analysis, **eating chocolate is not cheating; it’s actually smart**. It enhances our lives in mental, emotional and physical ways. It’s that “feel good” confection that **makes us happy**; it also **promotes heart health**. Finally, munching on chocolate, rich in antioxidants, **will help prevent disease**. **There is simply no reason to fear the calories or the onset of acne**. Eaten in moderation, chocolate will not promote weight gain and may actually help your skin. What a relief! Overwhelming evidence proves that our beloved chocolate ***is*** good for us.