EDITORIAL ELEMENTS

1. Read the editorial and label the information into the correct boxes.

Students Deserve Healthy Foods

Editorial MODEL

strong introduction

by Joaquin Dasilva

Just eat right. This sounds simple, but it's not always as easy as it sounds, especially when we're in school. As students, what can we do to help ourselves develop healthy eating habits? First we need to remove vending machines that sell junk food and change soda machine choices to water and low-sugar juices. Then we need to work with teachers, staff, and parents to develop a healthy eating program at school.

the issue

opinion

Why are good eating habits so important? What we eat affects our health now and will continue to affect us in the future. When we eat snack foods and sugary sodas too often, we eat too much fat, sugar, and salt. This type of diet causes many students to gain weight. Children who have poor eating habits tend to have less energy and to get tired quickly. They don't exercise enough and may have trouble paying attention in class. Maybe in the past people thought eating sweets did not harm children, but now we know better.

Vending machines encourage students to eat junk. Most of the foods sold in vending machines are bad for our health. The cafeteria should offer us more fresh foods, such as fruits and vegetables. Vending machines make unhealthy snack foods and high-sugar drinks easily available to us. Many kids are in a hurry to eat because they are hungry or they have a short lunch period. Often students would rather buy junk food than wait in a long cafeteria line for healthier choices. We need to get rid of these snack vending machines and fill soda machines with low-sugar juices and water. It also would help to organize lunch lines in the cafeteria so they are shorter and move more quickly.

body

Students, teachers, staff, and parents should work together to plan a healthy eating program. The program would eliminate unhealthy foods and give us more healthy choices. We need more fresh fruits, vegetables, and salads. We should have sandwiches on whole-grain breads with lean meats like turkey, chicken, ham, and tuna fish. We should also have low-fat dairy products like yogurt and low-fat cheeses. Fried foods such as French fries, fried chicken, and fish sticks should be replaced with baked potatoes, chicken, or fish.

Eating right in school may not always be simple, but it's a challenge we can meet! Together, we can make our school a "Healthy Food Zone."

strong conclusion

Element	Description	Example
Introduction		
	Contains facts, examples, and information to support the author's opinion	
		Together, we can make our school a "Healthy Food Zone."

Conclusion

First, we need to remove vending machines that sell junk food and change soda machine choices to water and low-sugar juices.

Children who have poor habits tend to have less energy and get tired quickly. We need more fresh fruits, vegetables and salad.

Presents the issue, the author's opinion and gets the reader's attention

Body

Summarizes the idea and important details