Spongebob Squarepants

Mrs. Bahorski

1st hour English

Rhetorical Question

5/2/16

Sugar Shocked

“Finish all your dinner if you want dessert!” is something that most kids have probably heard from their parents at some point in their lives. What if the foods they are eating for breakfast, lunch, and dinner, are packed with sugar, just like treats??? Many of our country’s kids are consuming excessive amounts of sugar, for various reasons. There are several factors that influence the current sugar epidemic, resulting in detrimental health effects of varying degrees.

CLAIM!!!

Introduction

To begin, we all know that eating too much sugar can be caused by choosing too many sweet foods, such as candy, cakes, cookies, and soda. But one of the main causes of extra sugar consumption is hidden sugar! This means that certain foods we eat every day and think of as nutritious can be packed with secret sugar to make it taste better. Examples of this are foods like breads and pastas, sometimes even in vegetable products like tomato sauce! Parents and kids alike think they are making a nutritious dinner choice by picking a meal such as spaghetti and meatballs, which can be packed with many of grams of sugar per serving! Another reason contributing to the sugar epidemic is portion sizes. The average “large” serving is two to three times what is necessary or reasonable. For example, a Mocha Frapaccino at Starbucks has 61 grams of sugar in a “venti” ( large) which is 20 oz.. However, Tim Horton’s large is only 16 oz. Competition to make portions larger also increases sugar content.

Cause Body Paragraph

The effects on our health are serious. People who consumed more added sugar are likely to gain weight. They are also prone to getting a disease called diabetes. Furthermore, eating more sugar each day increases a person’s risk for high blood pressure and makes one feel sluggish and exhausted. This is also resulting in Americans being more careful when they shop and taking a second look at the ingredient list and nutrition labels when they grocery shop.

Effects Paragraph

A little treat here and there is okay, but who knew that there was so much added sugar in our diets? Making too many poor food choices to consume added sweets and not being careful when we pick out packaged products can result in extreme sugar shock. All of that added sugar to our diets contributes to an overall unhealthier person. Remember to check your labels before throwing that can of tomato sauce in the grocery cart!

Conclusion