

Composing an Five-paragraph Theme

Prompt: Snacking is a way of life for most teens. Discuss the nutritional features of your favorite snack.

Internet search

Apple Nutrition Facts (*One medium 2-1/2 inch apple, fresh, raw, with skin)

Calories 81	Iron .25 mg
Carbohydrate 21 grams	Sodium 0.00 mg
Dietary Fiber 4 grams	Potassium 159 mg
Soluble Fiber	Vitamin C 8 mg
Insoluble fiber	Vitamin A 73 IU
Calcium 10 mg	Folate 4 mcg
Phosphorus 10 mg	

<http://www.urbanext.uiuc.edu/apples/nutrition.html>

Four-Square Organizer #1

Prompt: Snacking is a way of life for most teens. Discuss the nutritional features of your favorite snack.

(first major detail)	(second major detail)
1. a source for vitamins C and A	2. a source for fiber
My favorite nutritional snack is the delicious Sonya apple.	
(third major detail)	(rap-up sentence)
3. low in calories (approximately 81)	As a nutritious snack, the Sonya apple ranks as my favorite because it contains vitamins C and A, it is a source for fiber, and it is low in calories.

Four-Square Organizer #2 (transitions and details added)

Prompt: Snacking is a way of life for most teens. Discuss the nutritional features of your favorite snack.

<p>(A primary reason why I pick an apple as my favorite snacks is ...)</p> <p>1. good health a source for fiber</p> <ul style="list-style-type: none">• helps heart• helps digestion	<p>(Another reason why I chomp down on an apple each day is...)</p> <p>2. a source for vitamins C and A</p> <ul style="list-style-type: none">• strong bones• good health
<p>My favorite nutritional snack is the delicious Sonya apple.</p>	
<p>(One final reason why I prefer apples is...)</p> <p>3. low in calories (approximately 81)</p> <ul style="list-style-type: none">• lose weight• maintain weight	<p>(wrap-up sentence)</p> <p>As a nutritious snack, the Sonya apple ranks as my favorite because it contains vitamins C and A, it is a source for fiber, and it is low in calories.</p>

Final Draft

We have all heard, "an apple a day will keep the doctor away." While it will certainly take more than a daily apple to keep you healthy, it is a step in the right direction. There are hundreds of varieties of apples on the market today, although most people have only tasted one or two of the most popular such as Red Delicious or Granny Smith. Apples can be sweet, tart, soft and smooth or crisp and crunchy, depending on the one you choose. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are still very inexpensive.

A primary reason why I pick an apple as my favorite snack is the fact that apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system. In ordinary language, I eat an apple each day because it helps my body digest everything I eat.

Another reason why I chomp down on an apple each day is its Vitamin C content. It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. Most of an apple's fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor. I might not be wealthy because I eat apples each day, but I know that I am healthier.

One final reason why I prefer eating apples is their low caloric count. When I needed to lose twenty pounds one year, I decided to eat an apple instead of a dessert at each meal. For lunch I ate a sandwich and half an apple. For dinner, I ate whatever my mother served, but instead of working myself through a bowl of ice cream, I savored the remaining half of my apple. As a result, I succeeded in losing those twenty pounds plus ten more.

As a nutritious snack, the Sonya apple ranks as my favorite because it contains vitamins C and A, it is a source for fiber, and it is low in calories. There is an apple to suit almost everyone's taste, so why not choose one and discover as I have the benefits of eating this nutritious snack. Have an apple today!