**Sample of final paper**

School lunch isn’t as healthy as it should be. It can be argued that the school district is doing their best to offer students healthy selections, however it hasn’t been enough. For example, a single serving of chicken nuggets (5 pieces) can contain up to 500 milligrams of sodium, the total amount of salt children should consume daily. These numbers are important because they point to the effects of poor nutrition and how serious the school lunch problem is. Chicken nuggets, commonly served to students in school lunchrooms, exemplify the poor nutritional quality of school food. If children eat that much sodium on a regular basis, they are headed for a life of weight gain and high blood pressure. To illustrate, my friends and I always feel sluggish after lunch. Tanesha said, “I can hardly stay awake in art class after rushing through our 20 minute lunch.” Tanesha’s statement about feeling tired after inhaling her lunch confirms the negative effects that foods high in carbohydrates and sugar can have on young minds that need protein and vegetables, brain food, to be livelier and more active class participants. If she ate more nutritious food at lunch, she might be more awake for art class. Leaders and decision-makers must pay attention to such experiences because they prove that there is a relationship between what we eat and how well we learn. Additionally, Matt, the boy I sit next to in history class, says he feels sick after eating fried chicken nuggets, which aren’t real chicken but the parts of chicken processed and pressed together. This is yet another example of the importance of having a balanced diet for students. If students can’t focus in school, they have lower grades, and it is preventable with healthier choices in the lunch room. It is undeniable that currently school lunches are not as healthy as they should be.

Debatable claim

Counter claim

Factual evidence

Anecdotal evidence

Commentary

Transitions

Concluding statement