

Definition-Toulmin Argument - Sample Essay 1

The Importance of School Lunch

Responsible schools should be providing more nutritious lunches so that students will understand the importance of eating healthy (**claim**). Lunch at school can be used as an educational opportunity to teach kids what a healthy diet looks like (**reasoning**). Teaching children how to eat a balanced diet is a fundamental and moral responsibility of schools (**warrant - definition**), especially in the United States where one in five children are obese (**qualifier**). In California, 31.2% of children are considered obese (“Study of Children Ages 10 to 17”). Children ages 10-17 diagnosed with Type 2 diabetes has increased 21% from 2001 to 2009 (Gebel) (**evidence**). It is clear that nutrition should be considered more seriously in schools (**backing**).

For students whose families are struggling financially, school lunch is the only time they are able to eat a healthy nutritious meal (**warrant**). The meals currently provided at schools are processed and unhealthy (**backing**). Schools order meals from companies that manufacture processed foods that only require schools to reheat the meals (Komisar) (**evidence**). This results in lunches such as chicken nuggets, pizza, and “mystery meat.” Schools should provide meals made up of fresh ingredients.

School lunches should be made up of quality fresh ingredients (**warrant**). The USDA currently purchases meat for school lunches from the lowest bidder that passes government standards (**backing**). They also purchase from plants that previously had health violations. The USDA has purchased beef from a plant that had 171 critical violations in the past 18 months (ABC News) (**evidence**).

Others might argue that it is the parents’ responsibility at home to teach their children how to eat healthy (**rebuttal**). Although children receive most of their calorie intake outside of school (**qualifier**), it is also the school’s responsibility to not sabotage the child’s diet (**response**). Research shows that students who eat healthy school lunches are more likely to eat more nutritious food throughout the rest of the day compared to those who do not (Fisk) (**evidence**).

Schools have the ability to shape not only the education of a child but also their health (**claim**). It is important to teach children from a young age how to eat a balanced diet in order for them to establish a healthy relationship with food (**warrant**). The first step to take is by providing children with a healthy lunch made up of fresh ingredients.