

8th Grade Expository Essay Examples

Example 1: The Art of Healthy Eating

Obesity among adults and teenagers is considered to be one of the most common and disturbing problems globally, at least in economically-prosperous countries. Though food manufacturers notify customers about the nutritional value and the amounts of proteins, fats, and carbohydrates contained in most products, this does not contribute to decreasing the scope of the obesity issue. Nutritionists say that the origins of the problem lay not only in what people eat, but in how they eat. Consequently, it is essential to have knowledge about the most common eating habits and offer alternatives to each of them.

The general population's consensus in developed countries is that if they consume larger portions or high-calorie food, they will feel full longer; accordingly, during their lunch breaks, they eat as much as they can, and then return to their offices. While those who have active professions, such as construction workers or woodsmen, burn calories faster and thus are less exposed to obesity, many office workers can be categorized as being connected to risk, as they sit down at a desk for many hours after eating. Eating at night is even worse, as a person does not simply lie in bed, but processes in their body, including food digestion, slows down. An effective alternative is to eat more often, but in smaller portions, and to chew food thoroughly—in this case, satiety will occur sooner, and last longer, than if you were swallowing big bites.

Opposed to popular opinion, fats are useful and beneficial for the human body. At the same time, this does not mean you can eat all fatty food without limitation. Trans fats and saturated fats, taken excessively, increases the risk of heart disease and obesity, because one gram of fat has about twice as many calories per gram as carbohydrates and proteins (Web MD). On the other hand, a healthy diet should include monounsaturated and polyunsaturated fats. Monounsaturated fats are contained in such products as oil, peanut oil, and olive oil, as well as avocados, nuts, and seeds. Polyunsaturated fats, including Omega-3 and Omega-6 fatty acids, can be found in fatty fish such as salmon, herring, mackerel, anchovies, and sardines (Helpguide). One should also try different types of protein, simultaneously moving away from making it the center of your daily meals.

Many people who try to lose weight make excessive efforts involving personal will power, forbidding themselves from products that they want. When you recognize certain foods as prohibited, your body will start to want more of it. In this case, if you fall into temptation, you will most likely experience a strong feeling of guilt or failure. In most cases, reducing portions of "banned" products and eating them rarely rather than usually is a more effective measure: you do not feel like you have to sacrifice your favorite food in favor of healthy nutrition. And as time goes on, you will discover that your craving for such food decreases.

Though many people share the myth that healthy nutrition means counting calories and panicking about every sip of beer or chocolate, it is not true. The secret is not what people eat,

but how they eat. Most often what they need is not a diet, but a revision of their eating habits. This includes split meals in smaller portions, a more balanced combination of fats, proteins, and carbohydrates, and reducing, not giving up, food which is favored but not exactly healthy.

References

Paul, Maya W., Melinda Smith, and Jeanne Segal. "Healthy Eating: Easy Tips for Planning a Healthy Diet & Sticking to It." Helpguide. N.p., n.d. Web. 03 July 2013.

"Healthy Eating for Weight Loss." Web MD. N.p., n.d. Web. 03 July 2013.

Example 2: Food Poisoning

Physical health is a valuable but easily spent resource. Not speaking of serious chronic diseases, there are a lot of minor, less noticeable threats that can nevertheless affect one's physical condition and productivity: the common cold, headaches, and nausea are among them. However, among these minor threats, the most distressing one is perhaps food poisoning, which can easily incapacitate a person for at least several days.

A person usually gets food poisoning as a result of consuming contaminated or spoiled food and drinks. It often happens at picnics, in school cafeterias, restaurants, and other similar places. There are different ways food can get contaminated. For example, meat can become contaminated by contacting the intestines of an animal being processed; water can contact animal or human waste and become infected as well. Generally, contamination occurs when food is improperly processed or stored. Other ways of contamination include dirty hands, improperly-cleaned cooking utensils, an expired expiry date, and so on. Besides, a person can get food poisoning when consuming raw or under-cooked products—fruit, vegetables, fish, eggs, or meat (Medline Plus).

Generally speaking, food poisoning is an intoxication caused by low-quality food. However, a more meticulous scrutiny reveals that food poisoning has a lot to do with malicious bacterium; commonly, these bacterium comprise *Campylobacter*, *Salmonella*, *Shigella*, *Listeria*, and some others. Although they are, in general, not life-threatening, in rare cases there can be serious complications caused by the exposure to these bacterium, such as reactive arthritis or brain/nerve problems (Web MD).

Symptoms of food poisoning include fever, nausea, diarrhea, vomiting, general weakness, and strong abdominal pain or cramps. Usually, the symptoms start within the first several hours after contamination, but in some cases, food poisoning symptoms can remain hidden for days or even weeks. The sickness usually lasts up to three days; in the majority of cases, one can treat the sickness themselves: usually it is enough to adhere to a special diet (often it is recommended to eat boiled rice, and drink a lot of strong tea or plain water) and take charcoal pills. However, there might be cases when it is crucial that a person with food poisoning visits a doctor. The list

of disturbing symptoms includes bloody vomit or stools; diarrhea for more than three days; an oral temperature higher than 101.5 F; dehydration, severe weakness, and neurological symptoms such as blurry vision or tingling (Mayo Clinic).

Food poisoning is a common but distressing digestion disorder usually caused by the consumption of contaminated food. In order to minimize the risks of developing the symptoms, which include nausea, diarrhea, weakness, fever, and some other manifestations, one should avoid eating raw or under-cooked food, wash hands before meals, and always check the expiry date on a product package. Food poisoning is easy to treat, but there are cases when it is better to seek medical aid; these cases include having blood in one's vomit or stool, dehydration, high oral temperature, and neurological symptoms.

References

"Food Poisoning: Causes, Symptoms, Treatments, Recovery." WebMD. WebMD, n.d. Web. 12 Oct. 2015.

"Food Poisoning." Mayo Clinic. N.p., n.d. Web. 12 Oct. 2015.

"Food Poisoning." Medline Plus. U.S. National Library of Medicine, n.d. Web. 12 Oct. 2015.