

Writing a two-sided argument essay

Topic: Obesity [example]

Argument: *Is obesity a disease?*

Type: Academic [9 sources]

Level: **** [B2/C1]

Lesson Aim

To develop the students' ability to generate main ideas with support and write a two-sided argument essay.

3 types of lesson (writing x2 / reading x1).

1. Writing

- Ask Students to discuss question: *Is obesity a disease?*
- Write down the arguments in favour and in opposition.
- Feed in / check key vocabulary (see next page).

Free Writing #1

1. Distribute **outline #1** (blank).
2. Students complete outline using ideas discussed previously.
3. Students write the essay using the completed outline.
4. Students compare their essay with the model essay.
5. Extra: Reading Exercise.

Guided Writing #2:

Distribute **outline#2** (completed with points).

- Students write the essay using outline.
- Students compare their essay with the model essay.

Marking student's work:

Use marking code: www.academic-englishuk.com/error-correction

2. Reading

- Distribute text and **outline #3** (blank).
- Students read the essay and complete outline with key points and support.
- Students check answers with **outline #4**.

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Is obesity a disease?

C. Wilson (2017)

Key vocabulary

1. Overweight / obese / obesity
2. Epidemic
3. Virus / a disease
4. [REDACTED]
5. To categorise
6. An impairment
7. Symptoms
8. [REDACTED]
9. Inherited
10. Sickle-cell Anemia and Tay-sachs [google this]
11. Over-whelming support
12. [REDACTED]
13. Preventable
14. Over-indulgence
15. Respiratory problems
16. [REDACTED]
17. Genetic disorder
18. To disprove something
19. [REDACTED]
20. Commuting
21. [REDACTED]
22. Genetic tendencies

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Is obesity a disease?

C. Wilson (2017)

In the last 60 years, western societies have changed significantly. Now, most people travel around in cars and families [redacted] playing video [redacted]. All these new trends have resulted in individuals becoming more overweight. Obesity, defined as [redacted] that it [redacted] become [redacted] in three Americans being obese (TOS, 2015). Many people claim that obesity is the result of individuals [redacted] not doing enough [redacted] state that obesity is either a disease like a virus or cancer or is genetic in that genes are passed down [redacted]. This essay will discuss the arguments on both sides and conclude that obesity is not a disease nor is it genetic, but solely [redacted] and [redacted] yles.

There are three main arguments that provide evidence for obesity being a disease. The first main argument is that obesity meets [redacted]. This can be categorised from [redacted] Association (2013) which identified three criteria to define disease: 1. "an impairment of the [redacted] of the body"; 2. "characteristic signs and symptoms"; and 3. "harm or morbidity". All these factors match [redacted] medical groups such as [redacted] Administration (FDA), the American Heart Association, the American College of Cardiology and the Obesity Society, have [redacted] (ibid). The second most popular [redacted] obesity is a human inherited disorder known [redacted] anemia and Tay-Sachs, [redacted]. Stunkard et al., (1990) research highlighted that obesity can be inherited in the same way as height. A more recent study by [redacted] of obesity to the "[redacted]" (FTO) gene. A final supporting argument is that obesity has always been historically referenced as a disease. For example, from as early [redacted], evidence suggests that physician Thomas Sydenham (1624-1689) wrote, "Corpulency [obesity] [redacted] the diseases [redacted] in the functions of some of the organs". (Allison et al, 2008). Overall, there is over-whelming [redacted] as a disease.

Although the official stance on obesity is that it is a disease, there are a significant amount of facts [redacted]. The most important [redacted]. This concept is divided into three parts. Firstly, according to the Nestle (2000), obesity is comparable [redacted] in that over-[redacted] a health risk. Overeating and lack of exercise increase all known associated risk factors such as heart disease, [redacted]. Therefore, obesity [redacted] but the effects can be. Secondly, obesity is a result of eating too much. Bridges' (2011) study into daily [redacted] American man and woman found that people consumed 22% over the recommended figure of [redacted] women [redacted] calories for men. The study [redacted] people are overweight in the USA and 1:6 are obese, all of which was caused by an over-[redacted], a more recent study found no connection with genetic disorders and obesity, therefore [redacted] original [redacted] (Greenhill, 2015). Finally, sedentary lifestyles are a major cause of obesity. A recent NHS survey and [redacted] in obesity in

the UK is linked to an [redacted], the availability of convenience food and a change in lifestyle. Compared to 40 years ago, people [redacted], sitting in front of a [redacted] playing video games, and generally exercising less (Rolls, 2007). In 1960 50% of jobs required [redacted] compared to just 20% of [redacted]. In sum, it seems reasonably clear that obesity is connected more to over-eating and sedentary lifestyle.

In conclusion, the arguments for obesity being a disease are valid in that professional bodies endorse this view, it has [redacted] and has [redacted]. The arguments against are that it is easily preventable, people are eating far more today than in the [redacted] have become [redacted]. This paper concludes that obesity is not a disease as the evidence highlights. In the last 60 years changes in [redacted] have resulted in a significant increase [redacted]. It is therefore recommended that [redacted] in reducing sugar in foods and [redacted] exercise more.

[765 words]

Reference list

Allison, D. et al (2008). Obesity as a Disease: A White Paper on Evidence and Arguments Commissioned by the Council of The Obesity Society. *Obesity*, 16(6), pp.1161-1177.

Bridges, J. (2011). A Visual Guide to Carbohydrate and Calorie Counting for People with Obesity. *Nursing Standard*, 26(1), pp.28-28.

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Nestle, M. (2000). Obesity. Halting the obesity epidemic: a public health policy approach. *Public Health Reports*, 115(1), pp.12-24.

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Stunkard, A., Harris, J., Pedersen, N. and McClearn, G. (1990). The Body-Mass Index of Twins Who Have Been Reared Apart. *New England Journal of Medicine*, 322(21), pp.1483-1487.

The Obesity Society (TOS). (2015). 11th Annual International Symposium in Obesity: 'Obesity in a modern world: when pleasure meets homeostasis'. *Int J Obes Relat Metab Disord*, 33, pp.S1-S2.

Tran, B., Nguyen, N., Center, J., Eisman, J. and Nguyen, T. (2013). Association between fat-mass-and-obesity-associated (FTO) gene. *Clin Endocrinol*, 81(2), pp.210-217.

US Medical Association, (2013). *Recognition of obesity as a disease*. [online] NPR.org. Available at: <http://www.npr.org> [Accessed 22 Jul. 2016].

Outline #1

Make notes using this outline to plan an essay on: 'Is obesity a disease?'

Introduction	
General	
Specific	
Outline & Thesis	

No - write your ideas and support

1. Point / idea:

Support:

2. Point:

Support:

3. Point:

Support:

Yes - write your ideas and support

1. Point / idea:

Support:

2. Point:

Support:

3. Point:

Support:

Conclusion	
Summary	
Thesis	
Recommendation	

Outline #2

Use these ideas to write a two-sided argument on: Is obesity a disease?

Introduction	
General	last 60 years, societies changed significantly – driving cars, watching TV, video games, eating out.
Specific Definition	New trends = [REDACTED] Obesity definition = being overweight affects your health.
Two viewpoints	[REDACTED] obese (TOS, 2015). Eating too much + not enough exercise. Other people claim it's a [REDACTED] or cancer but also genetic.
Outline & Thesis	This essay will discuss the arguments on both sides and conclude that obesity is [REDACTED] and [REDACTED] lifestyles.

Yes
<p>1. Evidence of a 'disease'.</p> <ul style="list-style-type: none"> • The American Medical Association's (2013), three criteria: 1. “an impairment of the normal functioning of some aspect of the body”; 2. “characteristic signs and symptoms”; and 3. “harm or morbidity”. Obesity is a disease. • The government medical groups Food and Drug Administration (FDA), the American Heart Association, the American College of Cardiology, and the Obesity Society state that it is a disease.

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

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Outline #3

Read the essay on: *Is obesity a disease?* Fill in the outline (*basic notes only*)

Introduction	
General	
Specific Definition Two viewpoints	
Outline & Thesis	

Yes – find the main points and support

1. _____

-
-
-

2. _____

-
-
-

3. _____

-
-
-

No— *find the main points and support*

1. _____

-
-

2. _____

-
-
-

3. _____

-

Conclusion	
Summary	
Thesis	
Recommendation	

Outline #4 ANSWERS

Introduction	
General	Last [REDACTED], western societies have changed significantly. People drive more, families [REDACTED] & eat out.
Specific Definition Two viewpoints	New trends have resulted in individuals becoming more overweight. Obesity, defined [REDACTED] Epidemic with one in three Americans being obese (TOS, 2015). Many [REDACTED] Other people = obesity is [REDACTED] but also genetic.
Outline & Thesis	This essay will discuss the arguments on both sides and conclude that obesity is not a disease or genetic but solely connected to [REDACTED].

Yes
<p>1. Evidence of a 'disease'.</p> <ul style="list-style-type: none"> • The American Medical Association's (2013), three criteria: 1. “an impairment of the normal functioning of some aspect of the body”; 2. “characteristic signs and symptoms”; and 3. “harm or morbidity”. • The government medical groups Food and Drug Administration (FDA), the American Heart Association, the American College of Cardiology, and the Obesity Society have identified obesity as a disease (ibid).

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

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