

Topic/Essay Type

*Effects of eating too much fast food*

Thesis Statement Ideas

*Physical effects*

*Mental health effects*

Body 1 Topic

*Physical effects*

Supporting Ideas

*Heart health*

*Less nutrients*

Details

*saturated fats = cholesterol*

*high salt bad for blood pressure*

*more fast food = less fruit & veg*

*fruit & veg have nutrients and fiber we need*

Body 2 Topic

*Mental health effects*

Supporting Ideas

*Tiredness*

*Eating disorders*

Details

*sugar & carbohydrates quickly raise blood sugar*

*blood sugar also drops quickly*

*the pleasure from fast food reduces our enjoyment of other foods*

*can develop a binge-eating habit*