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| **This is an example of a student argumentative essay that received a high grade. Note that there is still room for improvement. The essay was later commented by a teacher. You can click on the highlighted words (or on comments) to receive an explanation on each section of the text.** |

**Pre-Made Food is Bad for Your Health**

by

Antoine Zucker

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Every day Canadians are ingesting poisons and they have absolutely no choice in the matter. These poisons come in the form of everyday ingredients in your food and are cause for alarm. While touring an agricultural facility in the midwestern United States, President Obama stated that there is “no longer anything natural about the natural growing and production of food in America”. For a number of reasons, modern pre-made food is bad for people’s health.

Food that is easy to prepare is unhealthy because people that cook do not know what is in the food. First, cooks do not get to choose what they put in their own food. People purchasing prepared food cannot choose the ingredients in the cuisine they consume. This means that food preparation companies can sacrifice healthiness in order to manipulate flavour. Secondly, most people do not understand what is in their food. As Sarah Klein notes, many ingredients are unpronounceable, scary, and unnecessary (2012). Consumers do not even know what the ingredients are. Thus, it is very reasonable to expect that cooks believe their food is healthy when, in fact, it contains harmful ingredients.

Pre-made food is also bad for people’s health due, in part, to the preservatives inside it. Some of these preservatives are potentially fatal. Stein states that some preservatives, such as sodium benzoate, are known carcinogens (2011). While not all preservatives cause cancer, some do. No doubt others cause negative effects that are yet to be discovered. Additionally, food producers ignore healthy alternatives to preservatives on purpose. Stein notes that companies choose processed preservatives over natural ones in order to save money. Therefore, today’s commercial and capitalist food structure–by its very nature–encourages the production of unhealthy ingredients.

Overall, our society is plagued with health issues that are a result of how our food is produced and prepared. People seem to be willing to relinquish control of their choice in food ingredients in a way that they would never be willing to do in other aspects of life. What is more, society is poisoning itself by not standing up against the addition of unnecessary preservatives in its food. It would appear that society will continue to consume unhealthy food until people change their purchase habits and become willing to pay more for healthier, fresher food.

Works Cited

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