

Incorporating all the Pieces

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EDU 5000-Foundations for Graduate Study in Education

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Introduction

A student is having difficulty writing their essay on the problem with school lunches. They introduced their topic with an opinion statement about said problem with little information. Below the topic sentences they stated their resources that were used with no information besides that they only used the resources from the week's assignment. Also included was what they referred to as their problem statement and some information with no evidence to back up the claims they are saying about this problem.

Suggestions

After careful review of the student's essay, I have concluded a few items that needed to be addressed. First was the formatting and structure of the paper. I noticed there was no APA formatting used. To properly write a paper in APA formatting there are guidelines to be followed. To help this student I sent them to the NCU Academic Success Center and to click on APA Style Basics. This is where the student found the resources to fix their APA formatting of the essay. It gave the student an overview of how to bold headings and titles, do in-text citations, form spacing, use references, and even gave them samples to use as a reference. Next, I showed them that their essay had no structure. It needed a better introduction, more paragraph development, and a conclusion. We went to the Writing Resources tab and this is where they got help with the development of their writing, how to start the writing process, outlining and annotating, writing an introduction and conclusion, paragraph development, paraphrasing, and determining the audience they are writing for.

The next item that needed to be addressed was their problem statement. The original problem statement was not easily identified. I know that from the title that there is a problem with school lunches but was not stated in a way that could be recognized as the problem in the

essay. To help the student formulate their problem statement into a more appropriate one I had the student go back to week two and look at the resources that were provided. One that we chose was on the framework of problem-based research. In this journal it talked about the importance of basing research on a well-articulated problem statement that is accepted across all disciplines and said it should be clear, precise, and be well-structured that leads to quality research (Ellis & levy, 2008). After reading the article the student used the problem statement template that was mentioned in the journal to help craft his original problem statement to a more concise one. This was done by answering simple where, when, who, and what questions and offering support and peer-reviewed references to contextualize the problem. The first section of the essay is a summary of the problem clearly stating the problem without providing extraneous details using only a couple sentences “With the variety of choices for school lunches obesity has become a major issue with children today. Students are coming to school with an inadequate lunch from home, eating from vending machines, or being given processed foods from the cafeteria. This is unaccusable and something must change for these students.” Using the Roadrunner and UlrichsWeb to search for scholarly resources within the last five years the student was able to provide answers to the questions regarding their problem statement on school lunches and the link to obesity using facts to describe the problem. According to Doret Ledford the rates of childhood obesity have more than tripled in the past 30 years, which the obesity among children ages 6 to 11 years increasing from 6.5% in 1980 to 19.6% in 2008, and this disease is now recognized as a concern with the public health affecting over nine million children in the United States and is a real problem. In California there was a study done that showed that vending machines were widely available in high schools (85%) and middle schools (67%), more so than in elementary schools (13%) (Cisse-Egbuonye et al. 2015). These vending machines primarily

sell chips, sodas, and other sweets. The presence of these items has associated to the weight problem with students (Cisse-Egbuonye et al. 2015). A national study was done in 2012 found that 50% of elementary students had the option to purchase competitive foods in vending machines (Rita et al. 2019 p.3). Also, unsurprisingly, commercial vendors of fast food, soft drinks, and processed snacks have appeared as key suppliers and funding sources for public schools. When you look at these schools the food looks more like fast food, with many schools offering pizza, hamburgers and chicken nuggets as regular staples (Rita et al. 2019 p.3). As for a solution to said the student found prior studies that revealed key factors for food choices among students are hunger, food appeal, food cravings, food availability (including fast food availability near schools), time, convenience, and parental support (Payan et al. 2017, p.1). Though schools are in a position that they can implement a prevention for obesity and reduction interventions as they are important biological functions that influence adolescent dietary behavior (Payan et al. 2017, p.1).

Lastly properly citing and referencing the student's sources was not addressed in this essay. We went back to the APA page and went over how to do in-text citations and to make a complete reference list of resources used in the essay.

Inconclusion

With proper research and evidence, you can effectively make a problem statement. With this student going over the APA formatting guidelines, how to structure the paper, how to formulate a proper problem statement, and how to cite references the students paper came together as a complete essay on why the problem of food choices for students is causing obesity exists including its causes, effects, and a solution to the problem.

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