To receive 5 points of EC, you must develop an outline with information specific to this prompt:

**When attempting to be a healthy eater, is it more imperative to focus on the types of food you consume or the amount of food you consume? Why? Support your claim with evidence.**

1. Introduction:
2. Hook
3. Context on Topic
4. Thesis/Claim
5. Body Paragraph #1:
6. Reason #1
7. Supporting Evidence #1 (personal and/or textual)
8. Commentary to explain how evidence supports reason/claim
9. Body Paragraph #2:
10. Reason #2
11. Supporting Evidence #2 (personal and/or textual)
12. Commentary to explain how evidence supports reason/claim
13. Conclusion
14. Restate Claim
15. Restate Claim #1
16. Restate Claim #2

If you choose to include textual evidence, be sure to tell us where you found that information when you introduce it.

EX: According to the American Diabetes Association…