Tia Deb

FIQWS

Mr. Metenko

Essay Reflection

In my essay about junk food, I had a pretty good understanding about my topic before I started researching it. I was aware of the topic because it is something I involve myself in everyday although I’m not proud of it since junk food has several health risks. Everyday, I consume some form of junk food, whether it is a bag of chips, at a fast food restaurant, or even dessert. I am one of the many people who consider eating junk food but don’t consider how it can negatively affect us, which is why I became interested in conducting research about it.

The resources I used while working on this speech were several articles by publishers and a book reference. The resource I found most helpful out of all my references was my book reference. I felt like it consisted with a lot of solid information that pertained to my topic. I feel that the book reference had surplus amount of information that related to the topic. The author was able to cite scholarly references to support the argument he chose to side with, being the disadvantages of junk food. Using these scholarly sources helped make the argument stronger. The goals for completing this topic was being able to successfully acknowledge both sides of junk food intake while being neutral to the topic. One of the problems I had with completing this paper was acknowledging the disadvantages slightly more than the advantages of junk food. Also, finding and implementing scholarly sources to help justify the reasoning behind it was a challenge. I didn’t meet my goals in terms of using more scholarly sources and smoother transitions. I wasn’t overall being able to remain concise which is important to maintain, especially towards an exploratory essay. Developing my ideas was also a challenge since the objective is not to incorporate any of my viewpoints and keeping it at an unbiased point of view. This piece reveals that I am someone who passionately is able to talk about the topic, the benefits and disadvantages, the outcomes, the perspectives, and overall I believe as a learner I am adamant to learn about the about the root of junk food. The passion dates back to memories of when I was younger and would make a trip to the deli every day for a candy bar and a few bags of chips. This unhealthy habit led me to lack the proper nutrients I needed to maintain a balanced nutrition. I had to constantly visit the doctor's office since I would get food poisoning and I was at an unhealthy weight. Junk food is something that was made up of my childhood, however the overconsumption of it led to health risks I wasn’t aware of due to my lack of knowledge.

To conclude, I had a very good understanding of this topic because of the way I was able to relate to it. I feel that I could have expanded my vocabulary by giving its variety and been more concise to the points being made. Being able to remain concise would have helped given the smoother transitions I wasn’t able to effectively make. Also, being concise helps deliver the message better since it is put in a shortened format. This allows sustaining the reader's attention since our message is straightforward, allowing the meaning behind our message to be delivered at a fast pace. Being able to utilize more scholarly sources would have more impactful when addressing both sides of the topic. I feel that I acknowledged both sides of the topic of junk food well, however equally acknowledging them would have been more effective allowing the reader to formulate a balanced understanding. Overall, I had fun conducting research about this topic and gained a lot of understanding by doing so.