Outline for Essay 1

Introduction: Main argument

* Have you ever thought of your responsibility in promoting your health before blaming the government or healthcare system?
* The main argument is that the consumers are accountable for their body size and obesity
* This topic is debatable because the proponents argue that it is the consumer's role to choose the type of food they eat while the opponents argue that the food sellers are to blame for obesity.

Body

1. Don't Blame the Eater

* At times, the eater is not to blame for obesity because they often lack option and affordable healthy food
* It is a culture in American society for children to eat fast food from the fast-food outlets
* It is the goal of the food stores to ensure that the food sold is healthy

Graff & Birkenstein (2007) #:647

1. What You Eat Is Your Business

* The consumers have the option to choose what is good for consumption and what is not. This is because they have the choice and preference of what to eat
* They can choose to eat healthy food or junk
* The government does not influence what people buy or eat as long as it is not toxic

Graff & Birkenstein (2007) #: 651

1. The Supermarket: Prime Real Estate

* It is a problem of the consumers to choose what they want to eat in the supermarkets
* The supermarkets may have devised ways of attracting the customers, but the ultimate decision lies in the hand of the buyer
* Therefore, supermarkets are not to blame for what one eats

Counterarguments

Counterargument: The sellers of the fast-food have a duty to ensure they sell healthy foods

Your response: Even though the sellers are expected to sell healthy food, they have been approved by the government, and they do not force people to consume their products. Many people do not eat junk food, and this is their choice

2. Counterargument: supermarkets use tactics and advertisement to entice the sellers into buying unhealthy or junk foods

Your response: This is true, but the buyers make the ultimate decision because these supermarkets cannot force them to buy

Conclusion

* I will end the topic with a call for an action
* The topic may be very helpful in the future
* The topic implies that the consumer should consider making proper decisions regarding their diet