

Exploring Cause and Effect Relationships in *The Case Against Sugar*

After reading *The Case Against Sugar*, choose **ONE** of the following topics to focus on a cause and effect/argumentation essay.

- You have had a conversation with your best friend about the book by Taubes that you are reading for your Freshman Composition course. You share with him Taubes' thesis that sugar is "the prime suspect for the dietary trigger of these conditions [including obesity, diabetes, heart disease, gout, cancer, and even dementia/Alzheimer's]" (Author's Note). Your friend responds in disbelief, "No way." In an essay, present Taubes' arguments that sugar is the primary cause of insulin resistance and metabolic syndrome which leads to these modern diseases. Illustrate Taubes' argument by discussing one of these conditions in detail. Be sure to acknowledge that this cause and effect relationship is not definitive, but explain how it is very likely.
- Your biology teacher has been teaching a unit on the scientific method and how our understandings based from scientific research are subject to error. In particular, she pointed out how faulty understandings from this research can have negative effects. As a case study, she has asked you to write an essay in which you present Taubes' support for the assertion that research on nutrition led to the continued consumption of sugar in high levels through the end of the 20th century with its resulting negative effect on the health of the human population.
- You have a good friend who is over-weight—in fact, he is obese. He is convinced that the only way he can lose weight is to reduce the amount he eats (and exercise). He says, "A calorie is a calorie" and "the important thing to weight loss is energy balance and making sure the energy in is less than the energy out." From reading Taube's book, you've learned the problems with this approach to explaining the cause of obesity and its solution. Write a letter to your friend in which you present Taubes' alternative view that sugar intake is a major cause of obesity, not simply energy balance.
- You have been recommended by your college professor to submit a paper to Advancing Science--Mayo Clinic Medical Science Blog. The editors of the blog have asked you to present Taubes' argument asserting that the partnerships between leaders in nutrition research and their sponsors in the food industry have affected scientific research and government policy on the role of sugar consumption in our diet and health.
- You have just received a scholarship opportunity that will cover full tuition to the university you want to transfer to when you complete your Associates Degree. The scholarship committee has asked you to write an essay that describes how Taubes' book highlights the history of sugar's unique place in the American society and diet and its effects on our health.

Essay Requirements:

Compose a 1,000 word essay presented in MLA Manuscript format (heading, double-spaced, 1" margins) that incorporates specific facts and details from Taubes' book by quoting, paraphrasing or summarizing and citing according to MLA guidelines. You should incorporate quotes from only the Taubes' book.

Create an appropriate title for your essay that previews your purpose, an engaging introduction paragraph, a body which "divides up the proof" presenting one reason or cause per paragraph, and a clear conclusion paragraph. Include a Work Cited page that lists **ONLY** Taubes' book. No outside research is needed.



Breakdown of Essay Topics

Topic #1: “In an essay, present Taubes’ arguments that sugar is the primary cause of insulin resistance and metabolic syndrome which leads to these modern diseases.”	
Essay Question	What does Taubes’ say is the cause of insulin resistance and metabolic syndrome?
Answer/Thesis	Sugar is the primary cause of insulin resistance and metabolic syndrome.
Core EFFECT	insulin resistance and metabolic syndrome
Core CAUSE	sugar
Argumentative task:	Present Taubes’ arguments for WHY sugar is the primary cause of insulin resistance and metabolic syndrome and thus other diseases

Topic #2: “As a case study, she has asked you to write an essay in which you present Taubes’ support for the assertion that research on nutrition led to the continued consumption of sugar in high levels through the end of the 20 th century with its resulting negative effect on the health of the human population.”	
Essay Question	What does Taubes’ argue is one cause of the continued consumption of sugar in high amounts through the 20 th century?
Answer/Thesis	Flawed research on nutrition
Core EFFECT	The continued consumption of sugar in high amounts through the 20 th c.
Core CAUSE	Flawed nutrition research
Argumentative task:	Present Taubes’ arguments that show WHY flawed nutrition research has caused continued consumption of sugar through the 20 th century.

Topic #3: “Write a letter to your friend in which you present Taubes’ alternative view that sugar intake is a major cause of obesity, not simply energy balance.”	
Essay Question	What does Taubes’ argue is a major cause of obesity?
Answer/Thesis	Sugar intake
Core EFFECT	obesity
Core CAUSE	sugar intake
Argumentative task:	Present Taubes’ arguments for WHY sugar intake is a primary cause of obesity.

Topic #4: “The editors of the blog have asked you to present Taubes’ argument asserting that the partnerships between leaders in nutrition research and their sponsors in the food industry have affected scientific research and government policy on the role of sugar consumption in our diet and health.”	
Essay Question	What does Taubes’ believe has influenced the scientific research and government policy on the role of sugar in our diet and health?
Answer/Thesis	The partnership between leaders in nutrition research and their sponsors in the food industry.
Core EFFECT	Scientific research and government policy on sugar has been influenced.
Core CAUSE	The partnership between leaders in nutrition research and their sponsors in the food industry.
Argumentative task:	Present Taubes’ arguments demonstrating WHY this partnership has caused this influence.

Topic #5: “The scholarship committee has asked you to write an essay that describes how Taubes’ book highlights the history of sugar’s unique place in the American society and diet and its effects on our health.”	
Essay Question	What does Taubes’ believe has been a major cause of influence in American society and diet and its effects on our health?
Answer/Thesis	Sugar and the sugar industry
Core EFFECT	American society and diet and health have been majorly influenced
Core CAUSE	Sugar consumption and sugar industry
Argumentative task:	Present Taubes’ arguments that sugar has caused major influences in American society, especially its history, diet and health.

