

**EXAMPLE Notecatcher and Evidence Sheets—NOT COMPLETED/PARTIALLY DONE**

NOTICE—The Essay Question and Thesis stay the same in each Evidence Sheet

NOTICE—The Thesis remains the same; only the REASON changes in each Evidence Sheet

**CAUSAL REASON # 1:**

**Essay Question:** What has been a major cause of influence in American society and diet and its effects on our health?

**Claim/Thesis:** According to Taubes, sugar and the sugar industry has had a major influence on American society and its health.

**Claim/Thesis + REASON:** First, sugar has majorly influenced American society **because** it had a major role in the growth of cigarette smoking and the resulting epidemic of lung cancer.

(phrase reason as “because” statement”: *Creon should be condemned because he defies the laws of the gods.*)

Textual Evidence Supporting Reason (WHAT IT SAYS—the quote)	Explanation of How the Quote is Showing or Proving the Reason to be True (WHAT IT MEANS? HOW IT MATTERS?)
<p>“By 1929, U.S. tobacco growers were saucing Burley tobacco with fifty million pounds of sugar a year and using it in over 120 billion cigarettes. The sugar balanced out the tobacco’s naturally alkaline smoke, maximizing its inhalibility and delivering even more nicotine into the lungs” (69).</p>	<p>By “saucing” the tobacco with sugar in this way, it made smoking that much more addictive and deadly since people could now inhale more smoke deeply into their lungs. The more they smoked the more addicted they came and the more they were exposed to the cancer-causing agents in cigarettes. And it is sugar that made this explosion in smoking tobacco possible.</p>
<p>“Only 150 cases of lung cancer were diagnosed in the United States in total prior to 1900. [...] In 2005, when the epidemic [of lung cancer] may have peaked, more than 163,000 Americans succumbed to the disease” (64-65).</p>	<p>The rise in cigarette smoking coincided with the explosion of lung cancer in the United States. This horrible epidemic was made possible because sugar made it possible.</p>
<p>...more quotes possible ONLY PARTIALLY FILLED OUT FOR EXAMPLE PURPOSES</p>	

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**CAUSAL REASON # 2:**

**Essay Question:** What has been a major cause of influence in American society and diet and its effects on our health?

**Claim/Thesis:** According to Taubes, sugar and the sugar industry has had a major influence on American society and its health.

**Claim/Thesis + REASON:**

Another way sugar and the sugar industry have been major influences on the U.S. is **because** the exploding epidemic of diabetes has been caused by a corresponding explosion in sugar consumption.

(phrase reason as “because” statement”: *Creon should be condemned because he defies the laws of the gods.*)

<b>Textual Evidence Supporting Reason (WHAT IT SAYS—the quote)</b>	<b>Explanation of How the Quote is Showing or Proving the Reason to be True (WHAT IT MEANS? HOW IT MATTERS?)</b>
“When sugar and sugar-rich products spread around the globe, so did diabetes” (13).	As people began eating more sugar in their diet, the occurrence of diabetes jumped also. This happened around the globe but particularly in the U.S. Although this relationship is a correlation, it is a powerful correlation we should pay attention to. Without the increase in sugar and the change in our diets, there would not be the epidemic of diabetes.
...more quotes possible ONLY PARTIALLY FILLED OUT FOR EXAMPLE PURPOSES	

Find places in the book where Taubes is presenting information or he states things that support your REASON and back up your THESIS. Think of yourself as a prosecuting attorney putting a witness on the witness stand to testify to your thesis.

Spell out how the quotes you pick out work to support your thesis. What you write here becomes a draft of what you can use as you “sandwich” your quotes and use it in your essay.

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**CAUSAL REASON # 3:**

What has been a major cause of influence in American society and diet and its effects on our health?

**Claim/Thesis:** According to Taubes, sugar and the sugar industry has had a major influence on American society and its health.

**Claim/Thesis + REASON:** Sugar and the sugar industry has had a major influence on American society and its health **because** they have totally dominated how Americans, especially children eat breakfast with sugary cereals.

(phrase reason as “because” statement”: *Creon should be condemned because he defies the laws of the gods.*)

<b>Textual Evidence Supporting Reason (WHAT IT SAYS—the quote)</b>	<b>Explanation of How the Quote is Showing or Proving the Reason to be True (WHAT IT MEANS? HOW IT MATTERS?)</b>
“Over the next twenty years [1956-1976], the cereal industry would create dozens of sugar-coated cereals, some with half their calories derived from sugar. The greatest advertising minds in the country would not only create animated characters to sell the cereals to children—Tony the Tiger, Mr. MaGoo, Huckleberry Hound and Yogi Bear, Sugar Bear and Linus the Lionhearted, the Flintstones, Rocky and Bullwinkle, but give them entire Saturday-morning television shows dedicated to the task of doing so” (82).	This quote shows the concerted effort by cereal companies to sell products that were laced with tons of sugar, just to sell them. They have dominated what kids eat for breakfast for years, and used cartoons to market to kids. Sugar cereals seem almost to be “American” and part of our culture.
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