

Exercise #5: Practicing Punctuation

In this exercise, some underlined punctuation marks are correct and some are incorrect.

- For the correct punctuation marks, identify which of the five functions of punctuation the underlined punctuation marks are doing.
- For the incorrect punctuation marks, fix the punctuation error by placing the correct punctuation mark and identify which of the five functions of punctuation the new corrected punctuation mark is doing.

The five things punctuation helps you do are found from the Guide to Sentence Structure and Punctuation: <http://www.lirvin.net/WGuides/punct.htm>

1. To connect sentences
2. To separate introductory elements
3. To separate interrupting elements
4. To separate items in a list
5. To point your reader's attention to what you wish to highlight

To write your answers, make a list from 1 - 5. Then fill in the number of the function each underlined punctuation mark is doing. If working this exercise as a print document, you can write the answer above the underlined punctuation mark.

Babe, ¹ I love you and our children, so with that in mind--all ² this sugar in our lives has got to go! I'm concerned for our health as well as the health of our kids. I'm also concerned about the example we are setting for our children. The truth is sugar is making us fat and sick and ³ we need to kick it to the curb. The best part about writing this to you is that we have known that sugar is not healthy for us for years now, we ⁴ just choose not to act. I am convinced, now more than ever that ⁵ it is time to cut sugar out of our lives. The risk to our health and that of our children is far too high and ⁶ the reward turns out to not be so sweet. The inspiration for writing this to you came from two separate articles I read written by Gary Taube's about the harmfulness of sugar to the body. Please read all of this with an open mind and willingness to make changes. The truth is sugar is making us fat and sick.

Gary Taube's references Robert Lustig's persuasive case on "evil" sugar, in ⁷ the articles I read. According to Lustig, "Sugar should be thought of, like cigarettes and alcohol, as something

that's killing us." As cigarettes lead to lung cancer and alcoholism lead to pancreatitis, sugar also leads to obesity, metabolic syndrome, diabetes, and many more diseases. This is terrifying, I do not want to sit by and watch our family consume sugary sweet stuff day in and day out knowing that I am contributing to our unhealthy diets; which is jeopardizing our health and wellness. It is time we look at sugar for what it is, sugar is a "toxin" or a "poison." Every time we eat a piece of candy or cake we are poisoning ourselves. I'm sure this is shocking to you as it is to me because we love our children and we love each other, so the idea that we are poisoning our family is revolting.

Where it all starts to go downhill with eating sugar, is that it makes us fat! According to Gary Taube's, "In 1980, roughly one in seven Americans was obese, and almost six million were diabetic, and the obesity rates, at least, hadn't changed significantly in the 20 years previously. By the early 2000s, when sugar consumption peaked, one in every three Americans was obese, and 14 million were diabetic." Wow, look at those numbers! Those stats can be blamed on the introduction of high -fructose corn syrup (a.k.a, H.F.C.S) in almost every food imaginable. As you know, now it's found in more products today than it has ever been in before. We have been ingredient box readers for quite a while now, and we try to avoid all food products that contain high fructose corn syrup but as you also know it has been very hard. We see high fructose corn syrup in our kids' favorite macaroni and cheese, for goodness sake--why can't mac and cheese just be made with cheese and noodles? No wonder one in three Americans is now obese. Sugar is sugar and it leads to obesity.