KNIGHT WRITER

WHAT'S FOR LUNCH?..

SEPTEMBER 5, 2010

The lead story on page 1A of today's Denver Post is headlined "Spoiled system." It's a food story. It's also a financial story. It's an interesting article to read to see how what we eat is influenced by many different factors. Ironically, September 5 is also National Cheese Pizza Day.

Write a description of a favorite healthy food, identify the food group(s) represented by your choice and explain how best to prepare your choice for eating.

If you run out of room to complete your story, use the back of this paper

Order of the Pen

Before you put pen to paper, here are some suggestions:

- Plan your writing.
- Your description can provide comparisons to alternatives to your preference to reinforce your choice.
- There is information contained in the article that will help you identify food groups.
- Write a draft. Proofread and edit the draft. Check spelling, sentence structure, punctuation and transitions.