

Name: _____

Date: _____

PERSUASION: FINAL PAPER/SPEECH – EXAMPLE COUNTERCLAIM

Writing Workshop #3

(Thesis: Blueberries are the best fruit.)

Counter #1: Blueberries are difficult to eat on-the-go.

Counter-to-counter #1: Eating on-the-go can be dangerous and lead to weight gain and digestive issues.

Counter #2: Blueberries are more expensive than other fruits.

Counter-to-counter #1: Cheaper fruits, such as apples and bananas, do not contain as much Vitamin C, meaning you would need to buy more of these fruits to achieve equal intake.

MINIMAL, LOW-LEVEL PARAGRAPH:

Some individuals do not believe blueberries are the best fruit. For example, some individuals claim blueberries are difficult to eat on-the-go. But eating on-the-go can be dangerous and lead to weight gain and digestive issues. Additionally, some individuals claim blueberries are more expensive than other fruits. Cheaper fruits though, such as apples and bananas, do not contain as much Vitamin c, meaning you would need to buy more of these fruits to achieve equal intake. Because blueberries encourage healthy eating habits and have more density of nutrients per serving, blueberries are the best fruit.

A MORE-COMPLETE, YOUR-LEVEL PARAGRAPH:

Although blueberries provide nutrients, improve your health, and have versatile usages, some individuals do not believe blueberries are the best fruit – betrayers of blueberries, if you will. These individuals will claim, for instance, that blueberries are difficult to eat on-the-go. Unlike an apple or a banana, blueberries cannot be easily held and consumed while driving to work or walking to school. And different than these alternative fruits, blueberries need to be held in a separate container and individually eaten. I understand that blueberries are less practical to eat on-the-go. But being more difficult to eat on-the-go is actually another benefit of blueberries. Research shows that consuming snacks on-the-go is not only dangerous, leading to consequences such as choking, but also it can result in weight gain and digestive problems. A new health movement, mindful eating, proves that setting aside separate time for eating and snacking – a time when you are only eating, not multi-tasking – promotes weight management. With mindful eating, you are more focused on your feelings of hunger, resulting in your not overeating. Also, by being more in-tune to your eating habits, you eat slower with smaller bites; with this, your body can properly and more effectively break down food intake, eliminating issues such as acid reflex (Albers). Due to these benefits of mindful eating, blueberries' being difficult to eat on-the-go is actually a positive, providing yet another reason why blueberries are the best fruit.

In addition to being difficult to eat on-the-go, blueberry betrayers often argue that blueberries are more expensive than other fruits. In looking at the local Kroger prices, apples range from \$1.49 to \$2.99 per pound, and bananas average \$0.59 per pound; alternatively, blueberries are \$2.00 per container. Looking at the price per serving, apples are about \$1.00, bananas are about \$0.25, and blueberries are about \$1.00 (“Weekly Ad: Produce”). Therefore, it is true that blueberries are more expensive per serving. However, these cheaper fruits do not contain as much Vitamin C, meaning you would need to buy more of these fruits to achieve equal intake. You would need a serving and a half of apples to match blueberries’ Vitamin C, costing you about \$1.50 – \$0.50 more than blueberries. And although it would only cost you about \$0.35 to buy enough bananas to match blueberries’ Vitamin C, the sugars in bananas make it a less favorable fruit. With 7 more grams of sugar, 30 more calories, and 1 gram less of fiber per serving, bananas do not have the same weight management benefits as blueberries. Because blueberries encourage healthy eating habits and have more density of nutrients per serving, blueberries are the best fruit.