

Name: \_\_\_\_\_

Date: \_\_\_\_\_

---

## PERSUASION: FINAL PAPER/SPEECH – EXAMPLE REASON

---

### *Writing Workshop #3*

(Thesis: Blueberries are the best fruit.)

Reason #1: Blueberries are nutritious.

Support #1: Blueberries contain Vitamin C.

Explanation: One cup of blueberries, or one serving, provides 25% of your daily Vitamin C.

Support #2: Blueberries are a good source of fiber.

Explanation: One cup of blueberries, or one serving, provides 3.5 grams of fiber, about 7% of your daily needed intake.

---

### **MINIMAL PARAGRAPH:**

One reason blueberries are the best fruit is because they are nutritious. Blueberries contain Vitamin C. One cup of blueberries, or one serving, provides 25% of your daily Vitamin C. Also, blueberries are a good source of fiber. One cup of blueberries, or one serving, provides 3.5 grams of fiber, about 7% of your daily needed intake. Due to the nutritional value of a just one cup of blueberries, they really are the best fruit.

---

### **A MORE-COMPLETE, YOUR-LEVEL PARAGRAPH:**

One of the many reasons blueberries are the best fruit is because they are nutritious. First of all, blueberries contain Vitamin C. Just one cup of blueberries, or one serving, provides 25% of your daily Vitamin C. Vitamin C is necessary for your body's growth and repair of all your body's tissue. When you get a cut or a wound, Vitamin C is critical for your body to form scar tissue and repair broken blood vessels (Lockridge). Additionally, Vitamin C plays a key role in creating collagen in your body. Collagen is the most abundant protein in our bodies. It ensures your skin retains its elasticity and keeps your gums strong (Axe). Want to keep those future wrinkles away and never need to wear denchers? Well then, you should choose blueberries over all other fruits! But blueberries do not just contain Vitamin C; they also are a good source of fiber. The same single serving of blueberries that provides 25% of your daily Vitamin C also provides 3.5 grams of fiber, about 7% of your daily needed intake. Fiber has many benefits for your body, including improving mineral absorption and supporting your digestive health. For instance, fiber helps your bones absorb calcium, keeping your bones strong and protecting against injury. And fiber serves to regulate your digestive tract by boosting colon motor activity and forming defense mechanisms in your intestines ("Benefits of High-Fiber Diet"). With so many nutrients that help your body function and stay healthy, blueberries earn their title as the best fruit.

