Persuasive Writing

"Should Ice Creams Be Sold In School Canteens?"

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Should Ice Creams Be Sold In School Canteens?

Questions to guide your research

What types of foods are sold in most school canteens?

How would you classify ice creams?

What is the nutritional value of ice cream?

What are the pros and cons of eating ice creams?

How do ice creams affect your body?

Let's Get The Facts:

VANILLA ICE CREAM
(example nutritional information)

Nutrition Facts
Serving Size 3.53 fl. oz. (100 grams)
Servings per Container 10

Amount per serving
Calories 210 Kilojoules 879

		% Daily Value
Total Fat	12g	**19 %**
Saturated Fat	8 g	**38 %**
Trans Fat	0g	
Cholesterol	35mg	**11%**
Sodium	55mg	**2%**
Total Carbohydrate	24g	**8%**
Dietary Fiber	0g	0%
Sugars	18g	
Protein	3g	

Vitamin A - 8% Vitamin C - 2%
Calcium - 10% Iron - 0%

*Percent Daily Values are based on a 2 000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2 000	2 500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2 400mg	2 400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			

Fat 9 - Carbohydrates 4 - Protein 4

INGREDIENTS:
Milk, Cream, Sucrose, Corn Syrup, Non Fat Milk Solids, Whey, Vanilla, Vanillin, Caramel Color, Natural Flavor, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan. Contains; Milk.

ALLERGY WARNING
Contains milk ingredients

FAT

The American Heart Association (AHA) recommends:

- No more than 20 to 35 percent of total daily calories.
- Keeping saturated fat to less than **10 percent** of calories **per day**.

SUGAR

The American Heart Association (AHA) recommends no more than:

Men: 150 calories per day (**37.5 grams** or 9 teaspoons) **per day**.
Women: 100 calories per day (**25 grams** or 6 teaspoons) **per day**.

1 teaspoon of sugar = about 4g

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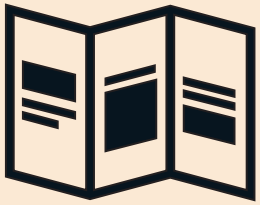
Choose a text type:

a flyer or poster



a brochure

a slide show or video

a speech to another class

a debate in front of peers

a letter of complaint

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