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Reflection

 For our English 101 class we had to brainstorm a topic that we would research about a conduct an experiment on. Deciding what topic to choose was difficult, but I wanted to choose something that affects our island and be able to bring awareness to our community. I chose to research on the topic of fast food and if it is one of the leading causes of obesity. I feel like this topic impacts many of us on island, because each day we all tend to eat out in fast food restaurants instead of choosing to make home cooked meals. Making this simple decision can cause a major effect in your health and everyone is having a blind eye towards it. In addition, I will be adding reasons to further my research, and what helped me learn the most about academic writing.

            First, I chose the topic of fast food to bring awareness in our community. Many people think just because it tastes good, doesn’t mean that it is good for you to eat. Customers of fast food restaurants are also unaware of what they put into their ingredients and whether it is good for their body or not. I feel that the topic I chose is something that everyone disregards. They would rather eat something that’s tastes good, than have their body feeling good. Whenever you order a bunch of food from restaurants, afterwards you will start to feel lazy or want to just sleep right after. That’s because they are putting ingredients that make you full just so you are satisfied. You also start to like the taste of their sauces or the way they cook their meat, but that is just your mind tricking you to eat with your eyes. So the next time you have dinner you’ll only want to eat what you ordered for takeout at a fast food restaurant, because you want to see the food that you like to eat in front of you causing you to order more and more fast food.

            Second, I would work with my topic more and focus on the fast food world effects other than just on island. On island we only have about three major fast food restaurants such as McDonald, KFC, and Pizza Hut. Imagine if there were more big industries on island, I feel like we would all be lining up and all be obese. No one would want to cook at home, because they can just order what they want to eat and get it on time. Having available fast food industries can take off the time from parents cooking and can just sleep afterwards instead of cleaning up dishes. If the island faces obesity problems with just three restaurants, then how about the countries that have more than 10, or even 20 to 50. Furthering my research on how fast food is increasing the obesity rate would benefit not just for the island but worldwide. Being able to research and focus on other fast food restaurants can help find what people are more drawn to eating whether it be a cheap meal, or a healthy meal.

            Lastly, the power points and the required assignments in the textbook were both my favorite and the most helpful for me to learn about academic writing. The power points were simple and easy to understand. Usually, it would take up a lot of time to learn but being in a power point made it a quick process. Also, the assignments on the text-book were helpful for me, because it allowed me to be hands on with the work and be able to create examples. Doing actual examples made it easier for me to understand the types of essay we were asked to do. It also explained what we had to talk about and to focus on main points about our topic. I will be able to use this in my advance writing classes and advance on the types of essays I am able to write. It will help me pick up my word count and resources in future assignments.

            Overall, our English 101 has been a rough couple of months, but it was worth the knowledge. Thinking of a topic that I could share to other students and make them aware of the situation was very helpful in making me choose a topic. I wanted to choose something every person deals with in their daily lives, so I decided to write on fast food. Writing about a common situation in everyone’s life makes me want to further my research and help people not just on island but around the world. After choosing a topic I was able to research and read about the topic and things related to it. The sources that helped me learn more about my topic was through the internet websites and other research papers about the topic. It has helped me learn how to search for details about my topic and be a better writer overall.