

Sugar is a common ingredient in many consumer goods. Though sugar is consumed everyday by most Americans, it is not for their benefit. The over consumption of these sugary products is causing many health problems. In the country, to solve this problem, the ~~FSA~~ United States Government should create strict sugar regulations.

The over consumption of sugary drinks cause many health problems. According to the chart in Text 3, fructose, one of the main ingredients found in high fructose corn syrup, an ingredient in many consumer goods, will cause many health complications. Text 2 explains how this can cause obesity. The fructose hinders the liver's production of insulin. The government needs to limit the consumers access to sugary products. According to Text 1, a 12-ounce bottle of soda a day raises one's chances of getting type 2 diabetes by 10% to 15% percent. Now imagine if this person consumes more than 12 ounces a day. Even if they don't, this increase in risk is from the beverage alone.

Others may argue otherwise. Text 3 states that increasing the prices of unhealthy foods won't help. The passage stated that adding a 10% tax on any product will only deteriorate less than 1% of consumers. This is a valid statement but taxation is not the only means to put restrictions on sugar.

The United States government should restrict the consumption of sugar. Too much sugar is causing too many health problems.

**Anchor Level 3–A**

The essay introduces a precise claim, as directed by the task (*In the country, to solve this problem, the United States Government should create strict sugar regulations*). The essay demonstrates appropriate and accurate analysis of the texts, as necessary to support the claim and to distinguish the claim from alternate or opposing claims (*Text 3 states that increasing the prices of unhealthy foods won't help* and *This is a valid statement but taxation is not the only means to put restrictions on sugar*). The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis (*According to Text 1, a 12-ounce bottle of soda a day raises one's chances of getting type 2 diabetes by 10 to 15 percent*). The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material. However, the citation is incomplete, listing only the text number and not the line numbers. The essay exhibits some organization of ideas and information to create a mostly coherent essay by first establishing the claim, then supporting it in the first body paragraph and addressing the opposing claim in the second paragraph, and concluding by reiterating the claim (*The United States government should restrict the consumption of sugar*). The essay establishes but fails to maintain a formal style, using primarily basic language and structure (*Text 2 explains how this can cause obesity* and *Now imagine if this person consumes more than 12 ounces a day*). The essay demonstrates emerging control, exhibiting occasional errors (*ingredient, over-consumption, The over consumption of sugary drinks cause, fuctose, consumers acess, if this person consumes ... they, wont, deteriorate, restrist*) that hinder comprehension.

The United States should not put high taxes on sugar drinks or other high fructose corn syrup products. It will not resolve American eating habits.

In text 4 it is stated that, states with a tax have curbed soda consumption but found it made no difference in obesity rate. It's also shown that people who chose to eat unhealthy don't change their diets whether or not there is a tax. Also stated in text 4 states that the evidence that a tax will help is faulty. It's stated that sugar consumption is down by 23% but why is obesity still on the rise. This is due to America's unhealthy overeating but is often blamed on sugary drinks. In text 2 it is stated saturated fat is the root of the problem unlike sugar.

Although there are many underlying issues with obesity placing limits on sugar will not help the situation any.

### **Anchor Level 3–B**

The essay introduces a reasonable claim, as directed by the task (*The United states should not put high taxes on Sugar drinks or other High fructoce corn syrup products*). The essay demonstrates some analysis of the texts (*This is due to americas unhealthy overeating but is often blamed on sugary drinks*), but insufficiently distinguishes the claim from alternate or opposing claims (*Also stated in text 4 states that the evidence that a tax will help is faulty*). The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis (*In text 4 it is stated that, states with a tax harve curbed soda consumption but found it made no diffrence in obesity rate*). The essay demonstrates inconsistent citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material by citing most text numbers. The essay exhibits some organization of ideas and information to create a mostly coherent essay by first stating the claim, then supporting the claim in one body paragraph, and concluding with a brief summative statement (*Although there are many underlying issues with obessity Placing limits on sugar will not help the situation any*). The essay establishes but fails to maintain a formal style, using primarily basic language and structure (*Its also shown that people who chose to eat unhealthy dont change their diets wether or not their is a tax*). The essay demonstrates emerging control, exhibiting occasional errors (*High fructoce; stated that, states with; diffrence; wether; text 4; why ... on the rise. This; americas; issues with obessity*) that hinder comprehension.

The United States government shouldn't create ~~regulations~~ sugar regulations. This is because it will not prevent the people to consume it. As they try to do with the alcohol it will fail. The society will not stop eating or drinking it and if they try to make the taxes on ~~the~~ the sugar it will result in a descontrol ~~in~~ in the society. ~~There~~ ~~are~~ This is a lot a reasons ~~against~~ against it.

~~The~~ The U.S Food and Drug Administration [FDA], had being working with ~~the~~ ~~this~~ this and they have not take actions against it. For example in ~~the~~ "FDA urged to Regulate sugar in Drinks," ~~the~~ ~~Sidley~~ Sidley Austin says that "it is unlikely the agency ~~to~~ would act to restrict sugar" but he also said that "Any food, if it's abused, can be unhealthy." This demonstrated that is not only sugar ~~that~~ that make the people get sick it is any food because everything in excess is bad for the human metabolism and body.

Another reasons that support my opinion is that sugar is nature and no matter what we will still eating or drinking it. Overall, the regulations will make the people look for another to eat the sugar. ~~In~~ "Sugar taxes Are unfair and unhealthy" says that "sugar taxes have failed where they've tried."



This is important because it clearly demonstrate that the society don't want this and also that they will not accept this regulations.

Other people says that "compares added sugar to tobacco and ~~etc~~ alcohol in that it is addictive," (sugar should be regulated as toxin, researchers say). But this is not true.

In conclusion, the U.S government should not create sugar regulations, because it will turn the society down and the economy to. Every person on his own have to take care of there own health ~~a~~ because they know what affects them and in what way.

**Anchor Level 3–C**

The essay introduces a reasonable claim, as directed by the task (*The United States government shouldn't creat sugar regulations. This is because it will not prevent the people to consume it*). The essay demonstrates some analysis of the texts (*This demonstrated that is not only suggar that make the people get sick*), but insufficiently distinguishes the claim from alternate or opposing claims (*Other people says that "compares added sugar to tobacco and alcohol in that it is addictive" ... But this is not true*). The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis (*In "Sugar taxes Are unfair and unhealthy" says that "sugar taxes have failed where they've tried."* *This is important because it clearly demonstrate that the society don't want this and also that they will not accept this regulations*). The essay demonstrates inconsistent citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material by citing text titles but no line numbers. The essay exhibits some organization of ideas and information to create a mostly coherent essay with an introductory paragraph establishing the claim, three body paragraphs which move from discussing the unlikelihood of FDA regulations and *society's* rejections of regulation to an insufficient attempt to address the alternate or opposing claim and concluding with a summation (*In conclusion, the U.S government should not create sugar regulations, because it will turn the society down and the economy to*). The essay lacks a formal style, using some language that is inappropriate or imprecise (*if they try to make the taxes on the sugar it will result in a descontrol in the society, people get sick it is any food, Another reason that support my opinion is that suggar is nature*). The essay demonstrates a lack of control, exhibiting frequent errors (*This is a lot a reasons; againts; they have not take actions; angency; suggar; reason that support; this regulations; people says; regulations, because; Every person on his own have ... because they know*) that make comprehension difficult.

The United States government should make strict laws about sugar because so many people have health problems because of all the foods / drinks that contain many amounts of sugar.

There are many diseases that sugar contains like type 2 Diabetes and that's a risk of 10 to 15 percent. (text)(line 17) and also the other one is obesity which a lot of kids / adults suffer from that because of all the sugar that is put in to drinks / foods.

(text)(line 9-10) Americans consume 78 pounds of sugars each year and mostly from sodas, sport drinks, and fruit punch which contains a lot of sugars in it. (text)(line 35-40) Most of the people who sign up for the military are rejected because of obesity related reasons. 75% of US insurance money are going to these diseases.

Not even the high prices on soda or high taxes make people stop buying soda (text 4).

## Anchor Level 2–A

The essay introduces a claim (*The united state gov't should make Strict laws about sugar because So many people have health problems because of all the foods/Drinks that contain many amounts of sugar*). The essay demonstrates a confused and unclear analysis of the texts (*Their are many diseases that sugar contain like type 2 Diabetss and the other one is obesity*), failing to distinguish the claim from alternate or opposing claims. The essay presents ideas inaccurately, in an attempt to support analysis (*75% of US insurance mony are going to these diseases*). The essay demonstrates inconsistent citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [(Text 1) (line 9-10) and (text 4)], sometimes placing source information before cited material and sometimes after. The essay exhibits inconsistent organization of ideas and information, failing to create a coherent essay beginning with a one-sentence introductory claim, followed by a brief paragraph stating diseases caused by sugar and another containing loosely connected details from Text 1 and Text 3, and ending with a one-sentence comment taken from Text 4 with no clear conclusion. The essay lacks a formal style, using some language that is imprecise (*because of all the foods/Drinks that contain many amounts and a lot of kids / adults suffer from that because of all the sugar*). The essay demonstrates emerging control, exhibiting occasional errors [*united state gov't; many amounts; sugar contain; thats; Americans consumes ... it. (Text 3) (line 35-40); of obesity Related reason; mony are*] that hinder comprehension.



In my own opinion sugar shouldn't be baned. Alcahol and tabacco arn't baned so why sugar. America is a free nation and you should do what you want to do and put in your body. But not if your gonna hurt other people. I think that sugar is a problem but no sugar, a complete ban is to far. Every thing can be seen as a problem if you really look at them. The best fix of overcomsumpsion in sugar is make it vary obveous on packaging or in grocery stores how many sugars is in sumpthin out of the dayly sugar intake it would have. Making charts that are easy too read make persons who is to lazy to look at how much sugar's in food no how much sugar there is.

In passage 3 has a coment about taking sugar of the GRAS or ~~GRAS~~ Generally Regarded as Safe list. I think that would be another good way of slowing down sugar intake. Sugar on GRAS list let companys allow them to put lotsa sugar in there product. If sugars off the GRAS list then

~~#~~ their could be regulations on the companys for sugar. Taxing sugar or baning sugar is a vialaton against freedom of Americans. That is unconstitusal taking sugar off the GRAS off of the GRAS list is only unfair to the companys and they arn't ~~included~~ included in John Lockes natural rites so that's ~~was~~ not unconstitusal.

**Anchor Level 2–B**

The essay introduces a claim (*In my own opinon sugar shouldn't be baned. Alcahol and tabacco arn't baned so why sugar*). The essay demonstrates a confused and unclear analysis of the texts (*sugar on GRAS list let companys allow them to put lotsa sugar in there product* and *That is unconstitusal taking sugar off the GRAS off of the GRAS list is only unfair to the companys and they arn't included in John Lockes natural rites so that's not unconstitusal*), failing to distinguish the claim from alternate or opposing claims. The essay presents ideas inconsistently (*you should do what you want ... But not if your gonna hurt other people* and *The best fix ... is make it vary obveous on packaging ... make persons who is to lazy to look ... no how much sugar there is*), in an attempt to support analysis, making use of some evidence that may be irrelevant (*and they arn't included in John Lockes natural rites*). The essay demonstrates little use of citations to avoid plagiarism when dealing with direct quotes and paraphrased material, identifying only one text (*In passage 3*). The essay exhibits inconsistent organization of ideas and information, failing to create a coherent essay with an opening paragraph that states the claim and follows it with several loosely related ideas regarding the problem and how to solve it and a confused closing paragraph that discusses regulation and violation of constitutional rights. The essay lacks a formal style, using some language that is inappropriate and imprecise (*how many sugars is in sumpthin out of the dayly sugar intake it would have, make persons who is to lazy to look at how much sugar's in food, lotsa sugar in there*). The essay demonstrates a lack of control, exhibiting frequent errors (*baned; Alcahol; tabacco; arn't; so why sugar. America; Every thing ... at them; problum; persons who is; companys; vialaton; unconstitusal*) that make comprehension difficult.

The united States goverment Shouldn't create strict Sugar regulations because People are hard headed & they will do as they Please. People Should be able to decide what should be able to go in there bodies & what shouldn't. there should just be age for People to buy a sertain amount of sugar in there drinks or food. cause if they try to band it People will not follow the rules. Sugar is sometimes needed for people that are not able to gain weight or hard for them to gain weight. People have ~~chooses~~ chooses to ~~do~~ do as they please they break rules. It's better for them to get what they want than to break the rules and do crazy things. ~~People are~~  
 line 1 Text 1 The US food and Drug Administration should regulate the amount of added sugar in Soda and other Sweetened beverages to revers the obesity epidemic.

## Anchor Level 2-C

The essay introduces a claim (*The united States goverment Shouldn't create Strict Sugar regulations because People are hard headed & they will do as they Please*). The essay does not demonstrate analysis of the texts, and fails to distinguish the claim from alternate or opposing claims. The essay presents little evidence from the texts and demonstrates little use of citations to avoid plagiarism when dealing with direct quotes and paraphrased material (*line 1 Text 1*). The essay exhibits inconsistent organization of ideas and information, consisting of one paragraph of loosely connected sentences which begins and ends with contradictory statements, leaving the claim unclear and failing to create a coherent essay. The essay lacks a formal style, using some language that is imprecise (*Should just be age for, cause if they try to band it, People have chooses to do as they Please*) and inappropriate (*and do crazy things*). The essay demonstrates a lack of control, exhibiting frequent errors (*goverment; there bodies; sertain amount; food. cause if; it People; Please they break; revers*) that make comprehension difficult.

Should the United States  
government create strict sugar regulations?  
Should they, yes but is it logical, no.  
The United States government should  
create some sugar regulations, not necessarily  
strict. To think they could put strict regulations  
on sugar such as where and who purchases  
it, how much in what is just not logical.

**Anchor Level 1-A**

The response introduces a claim (*The United States government should create some sugar regulations, not necessarily strict*), but does not demonstrate analysis of the texts. The essay presents little to no evidence from the texts and does not make use of citations. The essay exhibits little organization of ideas and information, consisting of one paragraph that restates the prompt and briefly answers it and a second, two-sentence paragraph that expands briefly on the answer. The essay uses language that is sometimes incoherent (*how much in what is*) and inappropriate (*Should they, yes but is it logical, no*). The essay is minimal, making assessment of conventions unreliable.

I do not think that the government should create strict sugar regulations. Mostly because I like to have a good amount of sugar in my diet. I also understand that many Americans are overweight because of sugar but instead of getting rid of it, the government should work on helping the people head on. By getting physically fit and choosing the right kind of diet. They can regulate gun violence if they want but nobody touch the sugar.

Maybe our government can make sugar healthier for us all so it wouldn't be toxic as some may think. Also they should teach kids in elementary school about sugar and its negative effects so that when they're older they'd understand what's going on with their bodies. Sugar is not the main problem in this case, it's what we do with it and how we use it.

**Anchor Level 1–B**

The essay introduces a claim (*I do not think that the government should create strict sugar regulations. Mostly because I like to have a good amount of sugar in my diet*), but does not demonstrate analysis of the texts. The essay presents little evidence from the texts (*so it wouldn't be toxic as some may think*) and does not make use of citations. The essay exhibits inconsistent organization of ideas and information, failing to create a coherent essay, consisting of an opening paragraph of loosely related opinions about sugar regulation and a closing paragraph of loosely related ideas about addressing the problem. The essay lacks a formal style, using some language that is inappropriate or imprecise (*helping the people head on, but nobody touch the sugar, should teach kids*). The essay demonstrates emerging control, exhibiting occasional errors (*wouldnt; Also they; theyre; whats; in this case, its What We do*) that hinder comprehension. The essay is a personal response and makes no reference to the texts and can be scored no higher than a 1.



The United States is faced with the growing and serious issue of obesity. Teenagers, especially, consume large amounts of unhealthy food that is heavy on sugar and low on nutrition. This eating habit plus the lack of exercise, are creating an epidemic of obesity. Sugar is a large part of the average American's diet but despite the over-consumption of sugar and obesity the government must not become involved. There must not be taxes on sugar or any other regulations. Government interference will not stop the over-consumption of sugar and it will not stop the obesity epidemic.

Some people who want the government to regulate sugar state studies that show the harm sugar is doing to the human body. However, these studies are done on lab rats, not human beings. It is ridiculous to say that the same outcomes will occur in humans as in rats (Text 2, line 21). Plus there are other cause of obesity that include genetics, lack of exercise, consuming fast foods, over-eating and eating processed foods to name some.

It is true that over-consumption of sugar can lead to obesity but taxes on sugar will not help lower obesity rates. Research shows that taxes on sugar in some states did not lower their obesity rates compared to states without sugar taxes (Text 4, lines 11-12). A 10% price increase tax on sugar only lowered consumption by less than 1% (Text 4, lines 18-20). Those people who were part of the 1% probably stopped consuming those particular taxed items and bought different untaxed sugar drinks even higher in sugar content.

Any food has the potential to be abused. Too much



of anything will not be good for a person's health plus the government must not regulate something if it is not inherently harmful but has the potential to be harmful (Text 1, lines 23-24). Also there is no concrete scientific evidence that sugar does harm to people (Text 4, line 31).

America has already made changes in order to stop the rise in obesity due to over-consumption of sugar. 45% of all drinks have zero calories and the overall amount of calories in all drinks have gone down by 23% since 1998 (Text 1, line 41). Calorie counts are written on products and can be asked for if they are not on the wrapping. Better solutions for the obesity epidemic include nutrition education, exercise and more public awareness.

Taxes and regulations on sugar are unfair and unsuccessful. They will not decrease consumption of sugar products. They will not lower obesity rates. They will not stop people from making unhealthy food and drink choices. What they will do is create public anger and a nightmare of unpopular decisions for manufacturers. The government must not get involved on this level. Rather, the government must stress educating people so that the people themselves make the smart choices.

The government should create strict sugar regulations due to obesity in our country. There is a serious problem of obesity in the US.

The FDA needs to regulate the sugar ~~stuff~~ put in sodas. Over the past 50 years the amount of sugary drinks that have been consumed has risen greatly (text 1, lines 11-12). Sugary drinks have been shown to cause diseases such as diabetes, heart disease, and cancer (text 1, lines 12-13). Placing regulations on sugars in drinks and sodas could help prevent diseases and obesity.

Regulations have been placed on alcohol and tobacco, in certain ways. Sugar is just as bad as those 2 substances. Sugar acts on the brain to encourage subsequent intakes, as does tobacco and alcohol (text 3, lines 24-25). Sugar has similar effects on the liver that alcohol does (text 3, lines 20-21).

Sugar has been as bad for society as tobacco and alcohol has been (text 2, lines 11-13).

The regulation of sugar could prevent many deaths and diseases.

If sugar were to be strictly regulated there would be less deaths, diseases, and obesity issues. The regulation of sugar would be good for America.

Americans have dramatically increased their intake of sugary drinks, which has contributed to the obesity ~~epidemic~~ epidemic and the rise in related diseases. While the FDA has the authority to set limits on its "safe" list, it has not done so for sugar. Many researchers are seeing sugar as a chemical that becomes toxic in excess. For that reason it should be regulated as ~~an~~ strictly as alcohol by governments.

"The average American consumes 76 pounds of added sugars each year, mostly from high fructose corn syrup present in sugary sodas, sports drinks, and fruit punch" (Text 1, lines 8-10) and about half of Americans consume sugary beverages on any given day. Sugar consumption affects human health beyond adding calories. Robert Lustig compares added sugar to tobacco and alcohol in ~~that~~ that it is addictive, toxic and has a negative impact on society, thus meeting established public health criteria for regulation" (Text 1, lines 24-26). Excessive consumption can cause many of the same health problems as alcohol including: hypertension, insulin resistance, dyslipidemia, pancreatitis, obesity, malnutrition, hepatic dysfunction, and habituation" (Text 3, graphic).

Some researchers remain unconvinced of the evidence of sugar's toxic effect on the human body. "Economic research finds sugar taxes are a

lax instrument in influencing the behavior and habits of the overweight and the obese," (Text 4, lines 14-15) because demand for food is insensitive to price.

But the evidence is very robust. Glucose from complex carbohydrates is safely metabolized by the ~~body~~ body, but the fructose of sugar is metabolized by the liver, and taxing the liver is the underlying cause of obesity and diabetes. ~~Finally, consider the negative effects on society.~~ Finally, consider the negative effects on society. Sugar has been added to virtually every processed food. Seventy-five percent of all US health-care dollars are now spent on ~~the~~ treating these diseases. Therefore, the FDA should regulate the amount of added sugar.



Is sugar really as damaging to society as tobacco and alcohol? Some ~~new~~ researchers and health activists believe the answer to this question is yes. These researchers and health activists used scary statistics to try and convince people that sugar is a threat to society. The idea that sugar is as dangerous as alcohol and tobacco is completely false. Sugar is ~~not~~ harmless to society.

The FDA is constantly being urged to regulate sugar because it is becoming an epidemic. For instance, researchers say that, "Each 12 ounce serving of soda a person consumes each day raises type 2 diabetes ~~to~~ risk by 10 to 15 percent." This argument is completely invalid because sugar is not deadly. "Sugar is ~~not~~ the same thing as arsenic. It is not inherently deadly." (Text 1) This quote shows that sugar is not ~~not~~ lethal, ~~and~~ claims talking about health risks associated with sugar are ~~invalid~~ invalidated because sugar is not lethal. In addition, health activists want to put tax regulations on sugar. The researchers are proposing putting tax regulations on all food and drink that have added sugar. (Text 2) Putting tax regulations on sugars is an ineffective and poor idea. Research shows that raising prices doesn't reduce soda consumption. (Text 4) This shows that raising the price will not stop people from consuming huge amounts of sugar.

The idea that sugar is causing an epidemic is just false. For example, it is said that, "Today about 45 percent of all non-alcoholic beverages purchased have zero calories." (Text 1) This shows that nearly half of all non-alcoholic don't contain the calories that are causing this so called "epidemic." This also shows that not all drinks are bad for a person's health and that there is a wide variety of healthy beverages. In addition, health activists are claiming that sugar is the sole reason for rising obesity. Researchers argue that saturated fat, highly processed foods, and a lack of exercise are also responsible for a rise in obesity. (Text 2) This displays how sugar is not the one reason for an increase in obesity and health problems. This also shows how sugar is being unfairly targeted when many other factors are causing health risks and obesity.

The idea that the federal government should tax consumers on products with added sugar is completely ridiculous. Economists claim that sugar taxes are futile in changing people's eating habits. (Text 4) This shows that no matter what the tax is on sugar people will still consume it. In addition, studies show that taxes put on sugars just lead



consumers to replace sugars with other unhealthy foods. This shows that taxing sugars will only make people find other unhealthy foods. Taxing sugars is an idea that will not work and that is just terrible.

The idea that sugar is a threat to society is just mind boggling similar to me having to take this field test.

Sugar is a bad thing because it can cause diabetes and heart problems. Sugar makes blood pressure and cholesterol go up, along with your risk of liver failure, obesity, heart disease

and diabetes. (Text 2)

We should ~~not~~ lower the amount of sugar we put in products like soda and energy drinks. Putting a tax on sugary stuff does not change people's mind about buying it. (Text 4) The F.D.A. has power to lower the amount of sugar but that takes time. The F.D.A. would also have to fight all of the food and drink companies. (Text 1)

There should be a limit on sugar and how much we put in drinks. Sugar can cause a lot of problems. This is why sugar is bad for us.

**Practice Paper A – Score Level 5**

Holistically, this essay best fits the criteria for Level 5.

**Practice Paper B – Score Level 3**

Holistically, this essay best fits the criteria for Level 3.

**Practice Paper C – Score Level 0**

Holistically, this essay best fits the criteria for Level 0.

**Practice Paper D – Score Level 4**

Holistically, this essay best fits the criteria for Level 4.

**Practice Paper E – Score Level 2**

Holistically, this essay best fits the criteria for Level 2.