

North Lawndale College Prep High School
Junior and Senior Projects: Sample Written Text Notecard for Background Information
2013-2014

Sample Driving Question: Which is better for Americans: animal-based diets or whole-foods, plant-based diets?

The screenshot shows a 'New Notecard' interface with several sections:

- Title (Main Idea):** What is a whole-foods, plant-based diet?
- Source:** Stone, Gene, ed. Forks Over Knives: The Plant-Based W
- Direct Quotation:** A text area containing a quote: "Eat plants - the more intact, the better. And not just any plants -- eat whole, minimally refined fruit, vegetables, grains, and legumes. The closer you can get to the plant as it exists in nature, the better. Natural, plant based foods provide all the essential nutrients needed for a well-balanced and healthy diet, as there are no nutrients found in animal-based foods that are not abundantly available in plant foods (with the exception of vitamin B12; see below)" (Stone 5).
- Paraphrase or Summary:** A text area containing a bulleted list:
 - A whole-foods, plant-based diet means eating plants that are whole (the same as they are found in nature).
 - It is best to eat fruit, vegetables, grains, and legumes (beans) that have not been processed.
 - It is best to eat plants that are in their natural form.
 - Whole, plant-based foods have all the nutrients a person needs for a healthy diet, and there are no nutrients in animal-based foods that one can't find in plant-based foods (except vitamin B12).
- My Ideas:** A text area containing a paragraph: "Most people may not know exactly what a whole-foods, plant-based diet actually is. This is a very simple, straightforward definition that I can include in the background section of my paper. Basically, it means you are a vegetarian who does not even eat dairy and you try to eat food that is not processed. I should look up a definition for processed food. |"

North Lawndale College Prep High School
Junior and Senior Projects: Sample Written Text Notecard for Reason (A)
2013-2014

Sample Driving Question: Which is better for Americans: animal-based diets or whole-foods, plant-based diets?

Title (Main Idea)
Whole-foods, plant-based diets reduce the risk of cancer.

Source
Stone, Gene, ed. Forks Over Knives: The Plant-Based W

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Direct Quotation [How do I do this?](#)

Paragraph | Helvetica | 5 (18pt) | **B** | *I* | U

"While an individual may be genetically susceptible to cancer, diet and lifestyle choices play a much larger role in whether or not a person will develop it. Some components of food, like animal protein, are powerful cancer promoters. Dairy foods in particular increase the risk of cancer because consuming them causes increased production of a hormone called "insulin-like growth factor (IGF-1). Higher levels of IGF-1 cause higher levels of estrogen in women and testosterone in men, and abnormal levels of these hormones are responsible for most breast and prostate cancers. On the other hand, plant-based foods are filled with nutrients like phytochemicals and antioxidants that can fight cancer. Eating these foods can help your body repair mutated cells, or cause apoptosis (death of the cells), reducing your risk of developing cancer." (Stone 22)

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Paraphrase or Summary [How do I do this?](#)

Format | Helvetica | 3 (12pt) | **B** | *I* | U

- Even though a person may be genetically susceptible (at risk for getting a disease because of their genes) to cancer, what a person eats and the choices that he or she makes have a greater effect on whether or not they will get it.
- Some of the things in our food, like proteins found in animals, can cause cancer.
- Dairy foods are one of the major causes of cancer because of a hormone found in dairy foods called "insulin-like growth factor" (IGF-1).
- If a woman has a lot of IGF-1 in her body, then her estrogen (a sex hormone) levels can increase which can cause breast cancer.
- If a man has a lot of IGF-1 in his body, then his testosterone (a sex hormone) levels can increase, which can cause prostate cancer.
- Unlike animal-based foods, plant-based foods have nutrients that can decrease a person's risk of developing cancer.
- When a person eats plant-based foods, his or her body can fix cells or kill cancer cells, which can help to decrease the chances of getting cancer.

My Ideas [How do I do this?](#)

Paragraph | Helvetica | 4 (14pt) | **B** | *I* | U

If there are components in animal-based foods that increase the risk of developing cancer, while components in plant-based foods decrease the risk for developing cancer, then a plant-based diet would be better for Americans to eat to reduce the risk for cancer. I can use this as a reason (A) to support the argument that Americans should eat a whole-foods, plant based diet. This paragraph mentions that IGF-1 is only one example of a component in animal-based foods that can cause cancer. I need to find out what other components in animal-based foods cause cancer. I should also read more about phytochemicals and antioxidants and find out what other components in plant-based foods help to reduce the risk of cancer.