

Freshman and Sophomore Projects: Sample Written Text Notecard for Background Information

2013-2014

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

The screenshot shows a 'New Notecard' application with the following sections:

- Title (Main Idea):** What is a whole-foods, plant-based diet?
- Source:** Stone, Gene, ed. Forks Over Knives: The Plant-Based W
- Pages:** (Empty field)
- URL:** (Empty field)
- My Tags:** Select a tag... (Dropdown menu)
- Tags:** "English" (Text field)
- Pile:** Select A Pile (Dropdown menu)
- Direct Quotation:** "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 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:** 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
Freshman and Sophomore Projects: Sample Written Text Notecard for Reason (A)
2013-2014

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

New Notecard

Title (Main Idea)
Animal-based diets waste water.

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

Pages

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

Paragraph | Font Family | 5 (18pt) | **B** | *I* | U

"The U.S. Environmental Protection Agency estimates that one pound of processed beef requires 2,500 gallons of water. Contrast that with the 250 gallons needed per pound of soy, or the 25 gallons per pound of wheat" (Stone 38).

URL

My Tags
Select a tag...

Tags
"English"

Pile
Select A Pile

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

Format | Font Family | 4 (14pt) | **B** | *I* | U

- The U.S. Environmental Protection Agency says that it takes 2,500 gallons of water to make one pound of beef.
- To make one pound of soy (a bean that is in many whole-foods, plant-based diets), it only takes 250 gallons of water.
- To make one pound of wheat, it only takes 25 gallons of water.

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

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

It takes less water to grow plants than it does to make beef. If more Americans ate a whole-foods, plant-based diet, then we would not use as much water. Since animal-based diets waste water, then a whole-foods, plant-based diet is better for Americans. I could use this as a reason (A) to support the argument that whole-foods, plant-based diets are better for Americans. Maybe I can find out if there are any other natural resources that are wasted on making beef.

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