Assignment #3: Paper on Feeding Children
(35 points)

In completing this assignment, you will:
• Recognize the importance and limitations of parents’ influence on children’s eating.
• Become familiar with a highly respected nutritionist whose advice may help you someday.
• Have an opportunity to practice or improve your skills in written communication.

1. Read: in Ellyn Satter’s Secrets of Feeding a Healthy Family:
   • Chapter 3: “The Feeding Relationship”
   • Appendix E: “Children and Food Regulation”
   • Appendix F: “Children and Food Acceptance”

2. Write: a brief paper (only 1-2 pages, double-spaced)
   • Your purpose for the paper is to teach a young family (parents with 1-2 young children) about the Division of Responsibility and the Feeding Relationship, and to convince them to apply the principles in feeding their own children. These parents, in their 20’s, are the target audience for your paper.
   • You may use an informal voice (E.g., “You should . . .”), but the paper is still an academic paper which demands excellence in organization, grammar, spelling, etc.
   • In your own words, identify the main characteristics of the Division. Title this section “Division of Responsibility.” Provide enough detail for the parents to understand it.
   • If you quote Satter’s words directly, use quotation marks and indicate the page number on the reading in parentheses. Direct quotes should be only a small part of your paper.
   • Title a section “Basis for Recommendations.” Write 1-3 sentences about research that validates (supports) the recommendations, or about Satter’s experience or credentials. In other words, are these recommendations simply made up, or is there a rational basis for them?
   • Make your paper more persuasive by describing at least one relevant example from your own experience or observation, or from those of relatives or friends. Title this section “Personal Experience.”
   • Conclude with a brief summary or persuasive statement. (This does not need a separate title, but should flow logically from the previous section.)

3. Staple the cover sheet to your paper. Do not use a title page or a folder cover.

4. Staple the pages together, along with the Checklist for grading papers.

5. At the bottom of the second page write this statement and sign it: This paper represents my own written work. (Your signature)

Hint #1: START EARLY! If you need help in organizing your ideas, take an early draft to the Writing Center (1010 JKHB). Their tutors teach you how to write better—but they are not a proofreading service.

Hint #2: PROOFREAD AGAIN! Spell checkers don’t catch all the problems, as this poem reminds us:

I have a spelling checker,
It came with my PC
It plane lee marks for my revue
Miss steaks I can knot sea.
Eye ran this hole poem threw it,
Your sure reel glad two no.
Its vary polished in it’s weigh—
My checker tolled me sew.

Hint #3: MAKE A COPY! Before you turn in the assignment, make a copy of your paper (Xerox or on computer disk) for your own file.
Checklist for Grading Papers

Remember to staple this page (this side up), as the last page of your paper!

Content and organization (15 points)
- ___ Identify the main characteristics of the Division of Responsibility, in your own words.
- ___ Provide enough details or explanation for your target audience to understand the division.
- ___ Identify Satter's basis for the recommendations.
- ___ Indicate the type of evidence Satter used.
- ___ Describe at least one relevant personal experience or observation to make your argument more persuasive.

Clear expression of ideas (10 points)
- ___ Convincing
- ___ Concise (no “fluff” or padding; but enough depth and detail that it’s not superficial; years from now you could read your paper and know exactly what you were writing about)
- ___ Clear organization; logical progression of ideas
- ___ Smooth transitions
- ___ Concluding summary or persuasive statement
- ___ Polished; does not read like a rough draft (Years from now you could read your paper and say, “Wow, this is pretty good.”)
- ___ Bonus for absolutely spectacular content and/or insight

Mechanics (10 points)
- ___ Include your name
- ___ Include the headings: Division of Responsibility, Basis for Recommendations, Personal Experience
- ___ No misspelled words (including Ellyn Satter’s name; lose weight; there, their, they’re, etc.)
- ___ Quotation marks for direct quotations of Satter’s words
- ___ Page numbers of direct quotations in parentheses
- ___ Direct quotes are only a small part of the paper
- ___ Correct use of plurals, possessives, and contractions (parents, parent’s, parents’; families, family’s, families’; it’s, it’s, etc.).
- ___ Computer-printed (or typed) and stapled
- ___ Format: Not more than 2½ pages long, 10-12 point type, double-spaced, 1" margins (More is not necessarily better. This paper can be done effectively in 2 pages, when you organize the ideas and choose your words carefully.)
- ___ Grammatically correct (complete sentences, standard punctuation)
- ___ Agreement between pronouns and antecedents: “When the parents call their children to meals, they have to be sure he comes to the table.” The plural antecedent “children” and singular pronoun “he” don’t agree.
- ___ Consistent voice: “When the parents call their children to meals, you have to be sure they come to the table.” The impersonal “parents” and personal “you” aren’t consistent. Consistency within each sentence is absolutely essential; consistency throughout the paper is strongly recommended.

Required Elements!
- ___ Sign the statement “This paper represents my own written work.”
- ___ This page stapled as the third page of your paper! (This expectation is important logistically to provide feedback to so many students.)