In the United States, the Food and Drug Administration (FDA) monitors and enforces food labeling laws. Food labels—such as those found on the egg carton in your refrigerator—must be accurate.

**Directions:** Complete this and two other copies of this page to plan an essay that argues the claim below. Remember: an argument is an opinion that is supported by facts, or evidence.

**Claim:** Reading nutrition labels can be an effective way to maintain a healthy lifestyle.

**Main Point #1:**

Supporting fact/evidence:

Source:

Supporting fact/evidence:

Source:

Supporting fact/evidence:

Source:

**Note to the teacher:** Make three copies of this page for each student. The student changes the main point number to “2” on one copy and “3” on the other copy. Then he staples the three pages together in order to create an organizer on which to develop three points to back up the claim. The student then uses the completed organizer to write an argumentative essay.