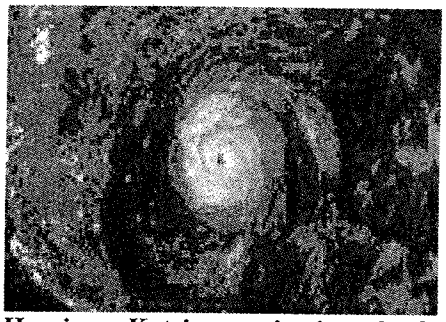
Our Worst Disaster

You're trapped on a rooftop, your home is full of toxic water, you see bodies floating on the flooded streets below, and you don't know if your family is safe. This could only be a nightmare, right? However, if you lived in Louisiana, Mississippi, or anywhere around the Gulf of Mexico in September, 2005 you were faced with this nightmare; it was called Hurricane Katrina. This disaster not only changed the people, but also the environment. The following information is not pleasant, but factual.



Hurricane Katrina moving into the Gulf.

Environmental Effects

Hurricane Katrina ripped through the Southeastern part of the United States with a vengeance and left its lasting mark on the environment. As reported from the New York Times, "Left behind are battered walls, mud caked rooms, warped wood floors, and mold climbing toward the ceiling. The grounds, still swampy, smell like a fetid barnyard." That's not all Katrina did. According to a report by the EPA (the Environmental Protection Agency) and the CDC (Centers for Disease Control) ninety percent of tap water in New Orleans is undrinkable. The EPA also tested the floodwater. They found high amounts of lead, E Coli bacteria, and human waste. The water that submerged New Orleans contained various toxic household chemicals, oil, gasoline, and human and animal corpses. Hurricane Katrina has savagely turned New Orleans into a toxic waste dump as a nasty reminder of its presence.

Levee Failures

Impacting New Orleans the most was the flooding. The reason so much water flooded into the city is because their levees cracked. The city had actually escaped most wind damage, even though the damage was still extensive. The winds may have somewhat avoided these buildings, but showed no mercy on the levees. Soon after, there were reports of the levees failing to keep the city dry. Without the levees holding up, the entire city became completely submerged in water. A few rooftops were the only thing visible as the flood waters rose. People scrambled to those highest points to escape the rising water. Some were successful and others weren't so lucky.

Loss of Life

Needless to say, Hurricane Katrina took the lives of many people. In fact, on August 2, 2006, the official death toll was 1,464 people. Mayor Nagin estimated that after the clean up had completed, it could rise to ten thousand people. Most people in New Orleans sought shelter at the superdome. There were only six deaths reported there. Four were of natural causes, one was a drug overdose, and one was a suicide. The greater loss of life was outside the walls of the dome.

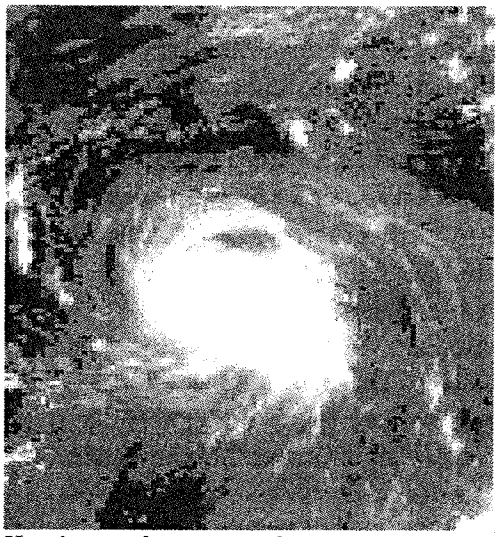
Lasting Impact

Hurricane Katrina was a disaster of epic proportion. The environment was damaged for decades to come, the levee system proved inadequate, and thousands of lives were lost. Undoubtedly it has proven to be our worst disaster in U.S. history. When I have grandkids, or great grandkids it might not be our greatest disaster, but now it is. I think that even if we had New Orleans back to its original glory, every trace of this disaster would be gone, but not forgotten.

What We Learned

New Orleans has had a large impact on the U.S. There were reports of the levees needing to be updated for the last two decades. I think that now we will pay more attention to reports about anything concerning the safety of our city. The city that I live in has a floodwall around it, a lot like a levee. After learning all I have about Hurricane Katrina, I know that if there were ever reports of our floodwall needing updating, I would pay attention. (Even though we don't live anywhere around an ocean.) I believe our biggest lesson is to be prepared. The people of New Orleans were not ready for this disaster to hit. A decision, in which they now regret. I think that if we pay attention to our surroundings and be prepared, we can avoid a great number of lives that we lost to the savage hurricane.

Massive flooding in New Orleans



Katrina as she comes ashore

Sources:

www.wsws.org/articles/2005

www.wikipedia.org/hurricanekatrina

www.digital.library.unit.edu

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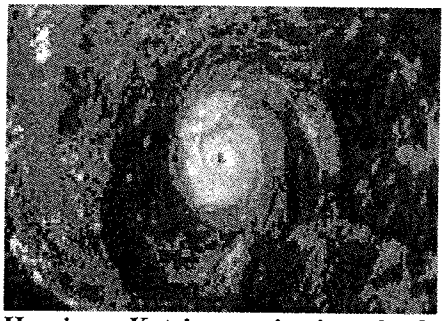

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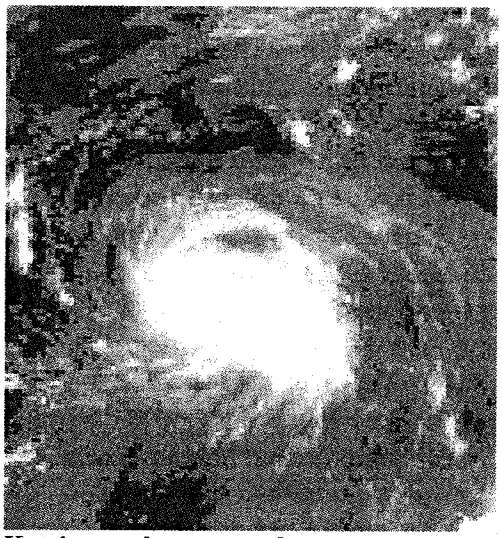

Katrina as she comes ashore

Sources:

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— documentation of sources

- language is appropriate for audience
- few errors in correctness

Next Lessons
* documenting sources more effectively
* developing awareness of audience's needs

Eating Healthy

Have you ever wondered why you gain weight? As teenagers we usually eat what we want and do not look at the calories we consume until after we've gained all the weight. After analyzing my own diet for two days I now know why we gain weight. After looking at my diet I think that we all should follow a healthy nutritional plan and learn how to eat healthy.

If you want to analyze your own diet there are many steps that you need to follow. First you need to write down what you eat. Next you need to look at the food guide pyramid and see how many servings of foods that you should eat. Then you count your calories and compare it to the first two steps. My nutritional plan will teach you how to analyze your diet, how to go by and understand the food guide pyramid, and how to count calories.

The first step to following a healthy nutritional plan is to analyze your diet. If you are going to analyze your diet that means that you have to be honest and write down what you eat on a regular basis. When I analyzed my diet, I first kept a record of everything I ate for two whole days. Then I looked on the Internet and in books for the grams of fats, grams of protein, and grams of carbohydrates that were in the foods I ate. Next I added all of that up to get how many calories I ate for those two days. You can also analyze your diet like this, but first you need to make a table and write down everything you eat in it. Here is an example of what I ate on the first day.

Meal	Foods Ate	Nutritional Amount
Breakfast	Oatmeal, milk	(oatmeal) 24g protein, 8g fat, 100g carbs
Lunch	2 pizza, milk	(pizza) 56g protein, 40g fat, 112g carbs (milk) 8g protein, 8g fat, 11g carbs
Dinner	8 pizza rolls	56g protein, 40g fat, 112g carbs

Table one shows food ate and nutritional facts.

Meals	Calories	Fats	Proteins	Carbs
Breakfast	888	(252) 28	(192) 48	(444) 111
Lunch	1,180	48 (432)	64(256)	123 (492)
Dinner	1,196	40 (360)	56(224)	153 (612)
Snacks	0	0	0	0
Total	3,264	116	168	387

Table two shows total calories that I ate.

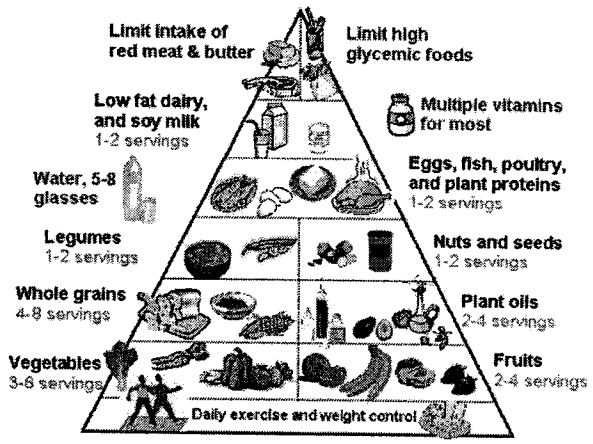
Learning About The Food Pyramid

The second thing that you need to do is learn about the food guide pyramid. The food guide pyramid can help you know how many servings of everything you should eat. The food pyramid suggests that you eat white rice, white bread, potatoes, sweets, red meat, and butter sparingly. It suggests that you eat one to two servings of dairy products. You should eat zero to two servings of fish, poultry, and eggs. You should also eat one to three servings of nuts and legumes, and you should eat two to three servings of fruit daily. You should eat vegetables in abundance. You need to eat whole grain foods; plant oils (such as olive, canola, soy, corn, sunflower, peanut, and other vegetable oils) at most meals.

It is important for you to follow the food pyramid and its' suggestions so that you can eat healthier and not eat so many sweets.

After analyzing my diet and referring back to the food guide pyramid I saw that I was eating too many sweets. So when you analyze your diet you should also refer back to the food pyramid. You need to check and see if you are eating what the food pyramid suggests.

New Food Pyramid



Nutritional Standards

Now that we have talked about the food guide pyramid I will teach you how to count calories. I'm going to teach you how to count calories because if you consume too many or too few it can cause major health problems or in other words sickness.

Formulas For Counting Calories

1) 1 gram of fat = 9 calories
(x) Fat =_ calories
2) 1 gram of protein = 4 calories
(x) Protein = _ calories
3) 1 gram of carbohydrates = 4 calories

Now I'll help you understand how to count calories a little more. For example, Oreos all together have a total of 151 calories. I will show you how I got

this amount so that you will be able to count calories for yourself.

Oreos

I used the numbers from an Oreo food label to plug into the formulas I gave you to count calories.

7 grams of fat = __ calories
7 x 9 = 63 (There were 7 grams of fat in Oreos)

21 grams of carbs. = __ Calories
21 x4 =84 (There were 21 grams of carbs in Oreos)

1 gram of protein = __ Calories
1 x 4 = 4 (There is 1 gram of protein in Oreos)

Now you try it! The label to the right says that whole milk has 8 grams of fat, 12 grams of carbohydrates, and 8 grams of protein. Remember how I taught you to count calories. Take a minute to count the calories using the calorie counting formulas.

So have you figured it out yet? Whole milk has 142 total calories. That's pretty good considering that at our age teens are supposed to eat a total of 2,000 calories in one day.

Whole Milk
Serving Size 8 fl oz (240mL)
Servings Per Container 2

Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 6% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

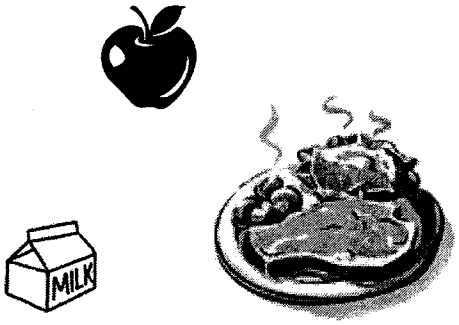
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Even though you think that you are eating healthy, you're probably not. To help solve this problem I will help you plan a nutritious meal. While we are planning this meal you need to make sure that you are adding up the calories to the foods you are eating and that they don't go over 2,000 calories. You also need to make sure that in your meals you are getting all of the servings that the pyramid suggests.

Let's try planning a healthy meal together. Let's plan dinner.

First of all you need something to drink. How about milk? The milk comes from the dairy group and you're supposed to have one to two servings of it. Milk would also be a good choice because it helps make your bones strong. Next, you could choose a piece of steak. Steak would be a good choice because it is rich in protein and it comes from the meat category. To go along with your steak you could have some mashed potatoes. Mashed potatoes come from the vegetable group and you are supposed to eat as many vegetables as you can. They are also a good source of energy. For a side you could add a dinner roll. You want to make sure that you eat plenty of bread because you are supposed to have four to eight servings. To top off your meal have an apple for dessert. They are also a good source of energy. As you can see planning a healthy meal is pretty easy as long as you follow the food guide pyramid and remember to watch your calorie count.



Plan A Meal

Using the food guide pyramid, practice planning a day's worth of healthy nutritious meals.

Breakfast:_____

_____

_____

Lunch:_____

_____

_____

Dinner:_____

_____

_____

Wrapping It Up

Now that I have taught you what you need to know about nutrition we will have a quick review just to make sure you remember what is important. You count calories by using the formulas that I taught you earlier. This will help you in the future because you will know what to multiply by to calculate how many calories you've eaten. You also need to remember to follow the food guide pyramid. With all of this information hopefully you will now know why you gain weight and will be able to make healthy eating choices.

Eating Healthy

creates a title which captures the essence of the piece

lead creates reader interest

Have you ever wondered why you gain weight? As teenagers we usually eat what we want and do not look at the calories we consume until after we've gained all the weight. After analyzing my own diet for two days I now know why we gain weight. After looking at my diet I think that we all should follow a healthy nutritional plan and learn how to eat healthy.

authentic purpose

makes it clear what the reader should do

If you want to analyze your own diet there are many steps that you need to follow. First you need to write down what you eat. Next you need to look at the food guide pyramid and see how many servings of foods that you should eat. Then you count your calories and compare it to the first two steps. My nutritional plan will teach you how to analyze your diet, how to go by and understand the food guide pyramid, and how to count calories.

creates context for reading

creates individual voice and appropriate tone

How To Analyze Your Diet

places ideas in meaningful order

The first step to following a healthy nutritional plan is to analyze your diet. If you are going to analyze your diet that means that you have to be honest and write down what you eat on a regular basis. When I analyzed my diet, I first kept a record of everything I ate for two whole days. Then I looked on the Internet and in books for the grams of fats, grams of protein, and grams of carbohydrates that were in the foods I ate. Next I added all of that up to get how many calories I ate for those two days. You can also analyze your diet like this, but first you need to make a table and write down everything you eat in it. Here is an example of what I ate on the first day.

authentic purpose

uses specific language

uses complete and varied sentences

Meal	Foods Ate	Nutritional Amount
Breakfast	Oatmeal, milk	(oatmeal) 24g protein, 8g fat, 100g carbs
Lunch	2 pizza, milk	(pizza) 56g protein, 40g fat, 112g carbs (milk) 8g protein, 8g fat, 11g carbs
Dinner	8 pizza rolls	56g protein, 40g fat, 112g carbs

Table one shows food ate and nutritional facts.

supports ideas with facts and graphs

Meals	Calories	Fats	Proteins	Carbs
Breakfast	888	(252) 28	(192) 48	(444) 111
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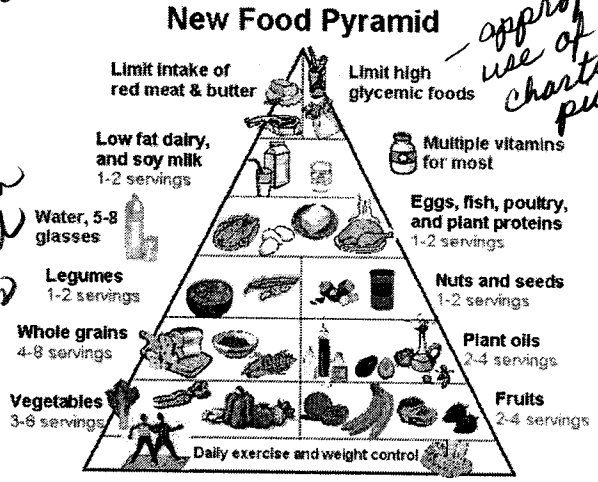
Snacks	0	0	0	0
Total	3,264	116	168	387

Table two shows total calories that I ate.

uses subheadings, graphs captions as appropriate

- subheadings help with transitions and demonstratee characteristics of genre

Learning About The Food Pyramid



- appropriate use of graphs, charts and pictures

The second thing that you need to do is learn about the food guide pyramid. The food guide pyramid can help you know how many servings of everything you should eat. The food pyramid suggests that you eat white rice, white bread, potatoes, sweets, red meat, and butter sparingly. It suggests that you eat one to two servings of dairy products. You should eat zero to two servings of fish, poultry, and eggs. You should also eat one to three servings of nuts and legumes, and you should eat two to three servings of fruit daily. You should eat vegetables in abundance. You need to eat whole grain foods; plant oils (such as olive, canola, soy, corn, sunflower, peanut, and other vegetable oils) at most meals.

- supports ideas with facts and opinions

language makes it clear what reader should do

It is important for you to follow the food pyramid and its' suggestions so that you can eat healthier and not eat so many sweets.

demonstrates knowledge of difference between fact and opinion

After analyzing my diet and referring back to the food guide pyramid I saw that I was eating too many sweets. So when you analyze your diet you should also refer back to the food pyramid. You need to check and see if you are eating what the food pyramid suggests.

individual voice

Nutritional Standards

- maintains focus on purpose

Now that we have talked about the food guide pyramid I will teach you how to count calories. I'm going to teach you how to count calories because if you consume too many or too few it can cause major health problems or in other words sickness.

Formulas For Counting Calories

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- writes in complete and varied sentences

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audience awareness

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audience awareness

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Whole Milk
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Servings Per Container 2

Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 6% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
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Total Carbohydrate		300g	375g
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uses a variety of text features for support

makes clear what the reader should know or do

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audience awareness

Let's try planning a healthy meal together. Let's plan dinner.

choose language appropriate for audience and purpose

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Breakfast:_____

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_____

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_____

_____

uses article conventions

Wrapping It Up

concludes article effectively

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Next Lessons
* documenting sources