

**Task:** Plan and compose an analysis essay on super food

**Topic:** Super Food that Everyone Needs

**Type:** Analysis essay

**Length:** 2 pages

**Formatting:** MLA

**Requirements:**

No specific requirements

Super food That Everyone Needs

Student Name

Institution

Date

MostAwfulEssays 8/6/14 2:41 PM

**Comment [1]:** CAPITALIZATION a problem for you?

Super food help one to live a healthy **life hence** helping in fighting disease, maintain weight and live longer.50%-70% of what people suffer from can be regulated by what people eat and **how they move**. Age and calcium can be compared to help people know which **level for adult fits them**. Each **Super** food can be classified in subheadings. **The language used is informal and uses acronyms to help reduce reading time for readers**. Super headings are used to guide the reader to a **specific content**. Same interest **in good health is shared by the author and the target audience**.

**The genre used is an online article that is accessible via the internet**. Healthy people, different ages, **healthy cooks** and people who want to eat better are the main group of people who read this. Susan Seliger is the author and tries to **advice** people on the healthy food to eat. The publication is online and **it's** intended for people who share in the same interest when it comes to good health.

The call to write is to give advice on the best way to stay healthy. The writer is simply doing this since she knows that many people **suffer health complication**. There is urgency involved to ensure people change their eating styles. Eating healthy **help one** to live a healthy life and have a good body. The intended audience is people of different ages, people **with illness** and those who want to eat better. Here the writer is addressing more than one group to impact them positively. The writer holds the assumption that many people get diseases as a result of eating the wrong food. The information is properly organized and the writer **uses intimate tone**.

The text is very effective as it tries to educate people on the best food to eat. The values shared **are same interest in health and same understanding that health can be improved**. This makes the author accomplish his **purpose of writing online article**.

A healthy diet should include super food to help maintain good body health. People

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**Comment [2]:** I suppose you know what punctuation is, right?

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**Comment [3]:** Could you be more vague, please?

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**Comment [4]:** I think this phrase makes as much sense as saying nothing.

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**Comment [5]:** So super that you got to capitalize it?

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**Comment [6]:** Um, what are you talking about?

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**Comment [7]:** You've lost me.

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**Comment [8]:** I think you may need to enter an insane asylum

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**Comment [9]:** Do you know what a fragmented sentence is?

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**Comment [10]:** Please tell what the %^^& is going on?

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**Comment [11]:** I don't think you know how to use this word.

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**Comment [12]:** You are not writing this essay for a gang, perhaps?

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**Comment [13]:** SUBJECT-VERB AGREEMENT please.

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**Comment [14]:** I almost don't want to comment anymore after seeing this.

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**Comment [15]:** With one illness?

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**Comment [16]:** Do you know the article, "an?"

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**Comment [17]:** Making sense would be good right about now, as we are deep in the essay already.

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**Comment [18]:** Go back to your planet, please.

should ensure they eat the right food to avoid diseases. The author of the text is Susan Seliger in February 2007. The source of the text is from www.webmd.com and the genre is an online article. Healthy people, people who want to eat better, people with illness are the main target audience of this article. It is written educate people on the best foods to eat as well as maintain good health to increase chances of living longer.

The text is very effective based on COLFV analysis. People are said to get diseases as a result of the food they eat. Therefore, these eating methods are there to ensure all the individuals targeted adopt a better eating style. COLFV analysis has five elements that are used. The first element is a content which the author says that 50-70% of the suffering would be controlled by what people eat and how they move. Organization helps to classify super food and this assist to identify the benefits of each super food.

Language too is an element of COLFV. It is informal and uses acronyms that help in more description. Format uses bullet point's subheadings that guide the reader to the specific content. Lastly values is another element and the author together with target audience share the same interest in good health, same understanding that health can be improved

Reference

Seeram,N.P.(2008).Berry fruits: Compositional elements, biochemical activities and the impact of their intake on human health, performance and diseases. **Journal of Agricultural and Food chemistry.**

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**Comment [19]:** And in 2008, she was named Googon Bobo.

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**Comment [20]:** Maybe you need to read the article to get educated.

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**Comment [21]:** "a content?" What the blazes are you smoking?

MostAwfulEssays 8/6/14 2:52 PM  
**Comment [22]:** Please save me from further torture.

MostAwfulEssays 8/6/14 2:53 PM  
**Comment [23]:** Once again, I think you don't know what punctuation is, or you have punctuation amnesia.

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**Comment [24]:** The sentence keeps running on, on, and onopononononononno.

**Overall Impression**

Stone-cold killer of reading enthusiasm.

