

## Thesis Statement (one sentence)

Start your proposal by creating a thesis statement, an argument (the website below explains how to write a thesis statement), a one sentence statement narrowing your concept. What is the issue?

A good thesis statement will usually include the following four attributes:

1. Take on a subject upon which reasonable people could disagree.
2. Deal with a subject that can be adequately treated given the nature of the assignment.
3. Express one main idea.
4. Assert your conclusions about a subject.

## Brainstorm the Topic

### **Sugar consumption.**

This fragment isn't a thesis statement. Instead, it simply indicates a general subject. Furthermore, your reader doesn't know what you want to say about sugar consumption.

## Narrow the topic

Your readings about the topic have led you to the conclusion that elementary school children are consuming far more sugar than is healthy.

### **Reducing sugar consumption to elementary school children.**

This fragment not only announces your subject, but it focuses on one segment of the population: elementary school children. Furthermore, it raises a subject upon which reasonable people could disagree, because while most people might agree that children consume more sugar than they used to, not everyone would agree on what should be done or who should do it. You should note that this fragment is not a thesis statement because your reader doesn't know your conclusions on the topic.

## Take a position on the topic

After reflecting on the topic a little while longer, you decide that what you really want to say about this topic is that something should be done to reduce the amount of sugar these children consume.

### **More attention should be paid to the food and beverage choices available to elementary school children.**

This statement asserts your position, but the terms "more attention" and "food and beverage choices" are vague.

## Use specific language

You decide to explain what you mean about food and beverage choices.

### **Experts estimate that half of elementary school children consume nine times the recommended daily allowance of sugar.**

This statement is specific, but it isn't a thesis. It merely reports a statistic instead of making an assertion.

## Make an assertion based on clearly stated support

### **Because half of all American elementary school children consume nine times the recommended daily allowance of sugar, schools should be required to replace the beverages in soda machines with healthy alternatives.**

Notice how the thesis answers the question, "What should be done to reduce sugar consumption by children, and who should do it?" When you started thinking about the topic, you may not have had a specific question in mind, but as you became more involved in the topic, your ideas became more specific.