Title - *“Apples are a man’s best friend”*

Thesis statement- I strongly believe that apples are a man’s best friend because....

Paragraph 1 Health

- According to the magazine Muscle and Fitness, eating 5 apples bring you 50% of your nutritional needs per day. Expert opinion

-Eating apples instead of your typical processed desserts is clearly the healthier option. Reason

- Apples help you to control the cholesterol that is good for your health. Fact

-Scientists from the American Association for Cancer Research agree that eating apples can help reduce the risk of pancreatic cancer by 23 percent. Statistic/Expert opinion

-Apples are used for facial treatment, hair and skin care when processed. Fact/example

Paragraph 2 Food/cooking

- Apples can be the king of desserts, such as apple pie, can all put into salads, mix juice. Example

-Apple can be used for many dishes. They can be a dessert or main course. You can make a cake, pie or cookie and they can also be a sauce for steak or for foie gras. Example

-I used to eat apple ice cream, it’s so yummy. Personal story

- Can you remember the first time you bit into the succulent sweetness of apples? Emotion

Paragraph 3 Industry/economical

- According to the USAD’s economic research service the average American consumes approximately 50.6 pounds of apples per year. Statistic/expert opinion

- The apple, economically, is to Washington State what rice is to Thailand. Analogy

-In 2012 the apple crop in the U.S.A was valued at nearly $3.1 billon. Statistic