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.

**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:**

When you read the nutrition label on an egg carton, you’ll learn that one large egg has **six grams of high-quality protein.** That’s great news for anyone who wants to make sure what he eats does his body good!

**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.