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ENG110-G

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Project 1 Pt 2 Draft 1[LM1]

Food is something[LM2] that dominates our lives. We measure time by the meals we eat in a day.

In her controversial article for *The New Yorker*, Lizzie Widdecombe introduces the reader to Rob Rhinehart and his vision to turn food and nutrition into an engineering problem[LM3]. After a failed tech start-up, he was struggling with money and looking for a way to eat well on a budget. Thus, Soylent was born from powdered nutrients, water, and a blender. Rob Rhinehart's vision of the power of Soylent to solve real world problems is one that evokes a lot of emotions as humans that naturally have attachments to food.

The earth's population is expanding rapidly at a rate we cannot keep up with. An alarming percent of the population is malnourished and hungry. At the same time, an overwhelming percent of adults in the U.S. are considered obese. A large problem the world faces is that too many people are not getting the proper nutrients. The busy working class in the U.S. has trouble finding quick, convenient, and nutritional meals. It's easier to stop at the drive-through on your way to work than to cook yourself a well-balanced breakfast. This drive-through breakfast is often loaded with saturated fats, a high sodium content, and many other (things)[LM4] that led Americans to having this high obesity rate. There is, as it stands right now, no healthy fast food alternative. Another nutritional problem society face is that food that *is* good for you is often more expensive. Widdecombe suggests, "But the farm-to-table ethos has essentially bypassed the working class, which is left, instead, to live with the fallout of the low-cost food industry – obesity, diabetes, and ironically, malnutrition" (5). [LM5] Widdecombe's point is that there is a noticeable class bias when it comes to the food industry. People living on lower incomes are eating lower quality foods.

Soylent is a simple and cheap solution to these problems, but it is not so black and white.[LM6]

Commented [MC1]: You introduced the article nicely, giving the reader a solid base if they have not read it. I think it could be better if you put the title of the article in there too, incase they want to read it after. You might want to consider introducing your essay as well in the intro.
(italicize all of the New Yorker too)

Commented [MC2R1]: I saw your comments for the opening sentence (LM2) and the engineering problem(LM3) and I thought of some options for you. Also, I forgot to mention before, but since you talked about the article, you need to cite Widdicombe at the end
LM2- food is what dominates our lives,
LM3- machine problem (need for fuel) rather than social problem(need for connection) or budget problem(nutrition is expensive) sensory problem(taste, smell, or like what makes eating pleasant

Commented [MC3]: I LOVE THIS PART! I really like the connection you made to the real world and what is going on today. To further support this point I think it would be beneficial to find some stats or facts about world poverty and nutrition.
Your ideas do shift in this paragraph, so you could do one on poverty and then one on nutrition or adjust the topic sentence to make it cover both ideas.

Commented [MC4]: After reading your first page I am a bit confused about your argument. I like this closing sentence and I think you could form it into your thesis, but I don't exactly know what side you are on(pro Soylent or anti Soylent). Addressing it more clearly in your thesis/intro by using words with either positive or negative connotations or if you want to just state it somewhere.

We, as humans, need food to survive. That is a fact. The question to be asked here is: Why do we choose to eat what we eat? Soylent is a quick fix for most of our food problems, yet people are so turned off by the idea of living off Soylent alone. We eat food not only for survival, but to enjoy it. One does not eat a cheese pizza for its nutritional content; it is an experience that makes us feel good. In my Favorite Meal essay[LM7], I reflected on why I loved mac' and cheese: "...I love anything involving pasta and cheese. My mother hit the nail on the head when I asked why I think she likes this dish: "You love cheese and you love pasta..." (Massoia). With that being said[LM8], Soylent was not designed with pleasure in mind. Rhinehart, the creator, launched this product as a utility. Widdecombe writes, "Rhinehart is reluctant to associate Soylent with any flavor, so for now it just contains a small amount of sucralose, to mask the taste of the vitamins." There are no flavors of Soylent. The sole purpose of this meal replacement drink is to give you the nutrients needed to keep your body going. Why would someone willingly choose to have a glass of Soylent over spaghetti and meatballs? Soylent has everything you need to keep going and none of what your body doesn't need. There's no excess fat from fried foods and no excess sodium that also comes with many traditional foods. Soylent checks off one box in that it is nutritional and leaves something to be desired in the flavor department. Soylent is also lacking in nutrients from natural sources that have many benefits for our bodies (quote about phytochemicals here).

One of the most commonly known struggles of the modern-day college student is lack of food. To be more specific, the issue is lack of nutritional foods. It's really difficult [LM9] to find a nutritional meal option that is also portable, quick to obtain, and also can be eaten quickly. It needs to be able to fit in one hand while they are rushing to class. Students are often so busy that only one meal a day fits into their schedule – and during chaotic times in the semester like exam time, no meals fit into their schedules. College kids submit[LM10] to "easy" or "quick" meals that can be made in a microwave. These options – ranging from macaroni and cheese to pizza rolls – are very rarely nutritious. I, myself, have experienced the frustration of wanting and needing a nutritious meal and having zero options. Widdecombe and Rhinehart visited a dorm at Caltech to talk with a group of students there who had made the switch to

Commented [MC5]: This is such a good paragraph already I do not think you need to add more. To include the phytochemicals you could make that a separate part. You could put what's in it and what isn't to emphasize the utility purpose of it P.S. you do not need to cite yourself, but you need to cite Widdicombe when you take info from her article (so like paraphrasing stuff)

Commented [MC6]: You may want to think about rearranging your paragraphs. You go from talking about the world population and humanity to specifically college students and then back to your global perspective and back to personal perspective after.

Commented [MC7]: LM9- challenging, it's a struggle (cut the first also in this sentence, and put can before the second one so it sounds a bit less choppy) LM10- I like submit or stoop

Soylent. Widdicombe paints a picture of this dorm, writing that "...the dorm is home to 'a lot of very busy engineering and physics students' who 'don't have time to do anything' – including eat." This is one of Soylent's ideal demographics. When Widdicombe and Rhinehart walked into the courtyard of this dorm, they saw most students setting up tables for dinnertime, but "Nearby, about ten students sat around a table surrounded by laptops and problem sets, ignoring the dinnertime commotion: Soylent drinkers. Several of them clutched water bottles filled with beige goo" (15). Widdicombe gives us the impression that the students who drink Soylent appear to be the most productive of the bunch. While their peers are wasting time on eating a meal together, this cluster of students is hard at work and using their time wisely. One of the groups that could benefit the most from Soylent is college students. Students often have the most work and the least amount of time to do it in. When you're working on a tight deadline, taking time away from your work – even to grab a quick lunch – seems like a colossal waste. When in the zone, whether it's a problem set or writing an essay, losing the focus to stop and eat can be detrimental to your progress. Not only is Soylent convenient to sip on while working, it is probably the most nutritious meal a college student can find. I think students would really benefit from having Soylent on hand for when it's needed.

The LM11 impact of hunger is felt on a global scale, as well. There are so many people around the world that go without nutritious meals, and some even go without any meals.

I believe there is an underlying reason why people are so uncomfortable with the idea of Soylent, aside from the obvious lack of actual food. People are wary of the idea of Soylent replacing meals. It is my opinion that food has an emotional value attached to it, as well as a nutritional one. If we ate simply to survive, what would be the point in sharing meals with others? Growing up, family dinners were mandated by my parents. As a kid, I sometimes found them inconvenient if my favorite cartoon was on during dinnertime. As I got older, I looked forward to them as a time when I could relax and connect with my family. Food often is a huge part in celebrations and holidays, so the memories associated with it are usually positive. In my Favorite Meal essay, I explored my own emotional attachment to my favorite

Commented [MC8]: You shift the focus of this paragraph from being about the nutrition in college and how Soylent would fix that, to productivity. Splitting up these 2 ideas would allow you to go into more detail and maybe include another quote to support your point. Make sure you cite quotes too.

Commented [MC9]: LM11- you partially address this in the beginning of the paper, but I do think it is relevant if you organize your paper in a way to make it work. This is just an idea, but you could talk about the nutrition part of it and focus on college students (so like paragraph before) then mention global hunger/nutrient intake and compare

Commented [MC10]: Can you go into more detail about why people are uncomfortable with it? You state it, but you never really support it or demonstrate that this is a known thing. You could easily insert a quote from Widdicombe (taco truck part or his roommates at first).

meal[LM12]: “Attached to this dish are memories of birthdays spent with my family, celebrations of accomplishments in school or sports, and even just the warm feeling of eating my favorite meal with my family” (2). My favorite meal is my mother’s homemade mac’ and cheese that she made for us on birthdays, holidays, and for family dinners. I associate this food with memories of happy moments celebrating with my family, so it’s a meal that is important to me and brings me comfort when I eat it. It is not uncommon for parents to pass down meals that they had as a child, so often the meals parents cook for their children are meals they enjoyed themselves as a child. This reinforces the strong ties to the meals we eat. It’s hard to picture your family gathering around the table after a long day of school or work to enjoy a nice, tall glass of Soylent together. The idea of Soylent is very cold and impersonal. It removes all emotion involved with eating a traditional meal.

(conclusion)

Works Cited

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- [LM1]Need a creative title!!
[LM2]Word choice
[LM3]Engineering problem, rather than a ____ problem??
[LM4]Word choice
[LM5]Does this quote still flow??
[LM6]Rework, add more detail (double in length)
[LM7]Use better quote, use sensory details
[LM8]Too conversational, change wording
[LM9]Word choice
[LM10]Word choice????? Stoop maybe
[LM11]Is this relevant/needed?
[LM12]Better way to introduce the quote?

Commented [MC11]: After reading this I am unclear as to what side you are arguing for. The way you present both sides was very unbiased which is really impressive because biases are difficult to leave out, but your opinion is never quite clear. You had one other paragraph where you discussed how Soylent was flavorless, but everything else you have down made was promoting Soylent. Which ever side you pick to argue I would suggest trying to use what you have to create counter arguments. So like if you are pro Soylent, use how long it takes to make mac n cheese as a counter argument, or anti Soylent discuss how delicious mac n cheese is

Dear Lyle,

I enjoyed reviewing your paper and you have a lot of great ideas. There are two main things I want to focus on in this letter and they are picking a side of the argument and paragraph placement. In each paragraph you talked about either a pro or con of Soylent, which as a reader I liked because you were not pushing your opinion down my throat, however your opinion was not present enough in your essay and because of that I am still slightly confused about what your opinion of Soylent is. Specifically, in the last paragraph where you state "in my opinion..." you state facts that food is both nutritional and can give you emotions, but how does this relate to your opinion about Soylent? If you don't have a clear opinion I would further explain how the 2 different sides create a grey area where meals can be both for utility and pleasure, unlike Widdicombe's piece and your favorite meal essay. I think if you reword your thesis statement, it will help give your paper more direction. The second thing I think you should consider is the placement of paragraphs. You jump back and forth from a humanity perspective of Soylent to a personal perspective. If you place them in an order where you can connect the points made in a humanity perspective to either the similarities or differences in a personal opinion, or going through the whole humanity perspective side and then personal side argument will give your paper better flow.

P.S make sure you cite Widdicombe and not yourself