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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 [JM1]: Here, you could maybe add in a little more context before your transition into Widdecombe's article.

Commented [JM2]: In your introduction, you could include some background about your favorite meal essay as well.

Commented [JM3]: I would also suggest strengthening/adding in a stronger thesis.

Commented [JM4]: I really enjoy this point, it is something I had not thought about before. Also, I think you could maybe add some more support following the quotation before transitioning to the next paragraph.

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**).

Commented [JM5]: I absolutely love your use of the quote here, I think you could add in a stronger connection/ blend your points together from the side of being for Soylent or against. Instead of with that being said, add in a further connection supporting the quote then shutting it down with the use of Soylent point.

Commented [JM6]: The use of the rhetorical question is extremely helpful here because it causes the reader to question their standpoint on the issue at hand.

Commented [JM7]: Love that you will be putting in a quote! Be sure to sum up the quotes meaning before moving on.

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 [JM8]: Instead of using the word difficult, the usage of another word such as challenging may strengthen the point you are making.

Soylent. Widdecombe 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 Widdecombe 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). Widdecombe 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.

Commented [JM9]: Maybe elaborate more on what exactly the demographic is in your own words. Helps the reader to not have to analyze the quotation.

Commented [JM10]: I understand the point on being more productive but, the quote beforehand could maybe be more of a direct note on how hardworking I see it shows their ignorance of the dinner rush but more could be elaborated.

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.

Commented [JM11]: Is there somewhere in here you could place these two sentences instead? They almost seem placed randomly and incohesive.

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

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

[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?

*Dear Lyle,
Overall, I really like the paper. I found it included many important pieces that could support your claim. The issue though, was that I could not find one direct thesis statement. I did not really know what side of the argument you were supporting. I was not sure if you were for Soylent or against Soylent. All your arguments were extremely valid but, I generally could not tell which

Commented [JM12]: I love the personal aspect you included here.

side of the argument you were working towards supporting. I also believe from an overall standpoint, you could use some more personal support when talking about the quotes. I also realize you use a lot of rhetorical questions which are points that I really enjoy. I always like those because it gets the reader to begin to question what their opinion is and gets them to really think about the topic at hand. I also believe you could strengthen your introduction more. You could do this by adding in some information on your favorite meal essay so it isn't something that feels as though it is just thrown in. I also believe that your overall beginning could include more points that will be involved within your paper as a whole. I enjoyed your paper, and it really made me process my own points.

From, Julia Moura