

UNIT 5

CLASSIFICATION TEXT

The purpose of a classification paragraph is to clearly define something and place it in a group according to some basis or rule so that it only fits in one group. In order to be successful at this you have to be very detailed. The same information *can be* classified into more than one category, but the classification paragraph sticks to one basis of classification. The topic sentence has two parts: the topic and the basis of classification, which is the controlling idea; it controls how the writer approaches the subject.

Classification: to gather into types, kinds, or categories according to a single basis of division.

Logical sequence: list the categories in this order: either most to least outrageous, least to most expensive, from largest to smallest and so on.

Transitional expressions:

1. can be divided
2. can be classified
3. can be categorized
4. the first type
5. the second kind
6. the last category

Ways of Classifying:

Three possible ways to classify sports:

1. By price: expensive, cheap, free
2. By number of players: team, two-player, alone
3. By location: sea, countryside, city

Essay terminology:

- 1) is/are a kind of = Bananas **are a kind of** fruit.
- 2) Can be divided into = Energy can **be divided into two types**: renewable and non---renewable.
- 3) Are (?) types of = There **are three popular types of** movie: action, romantic, and science fiction.
- 4) Belongs to = The Ipad **belongs to the category of** mobile technology.
- 5) Is a part of = A chair **is a part of the category of** household furniture.
- 6) Fits into = Avatar **fits into the category of** fantasy movie.

Reading text

¹ An apple a day keeps the doctor away. In winter, the antioxidant vitamin C in oranges and citrus fruits **boosts** the immune system. Grapes are high in **nutrients**; vitamins B1, B2, B6, C, and K; and essential minerals. Pineapple is a natural healer **packed with** vitamin C and bromelain, a potential anti-inflammatory. The list of healthy, healing fruits goes on and on, but when it comes to health, popularity, **versatility**, and overall usefulness, none can beat the banana.

History and cultivation

² Bananas **originated in** Malaysia as early as 2000 BC, but the first banana plantations were established in China around 200 AD. In the early 1500s, the Portuguese and Spanish introduced bananas to the Caribbean and Americas. The United Fruit Company, formed in 1899, was responsible for the **commercialization** of Latin American bananas and controlled most of the trade in tropical fruit into the mid-twentieth century. Nowadays, bananas are traded as a **commodity**. With the aid of refrigerated transport, bananas have conquered the world.

³ According to the Food and Agriculture Organization of the United Nations, India is the world's top producer of bananas, with a total **output** of 21.7 metric tons in 2007. China is second, with 8 metric tons. However, of the 130 countries that grow bananas,

Mexico, Costa Rica, Brazil, Colombia, Ecuador, and the Philippines are the major commercial producers.

⁴ Bananas do not grow on a tree, as most people imagine, but on a sturdy plant that can reach 6 to 7.6 meters high, with large leaves up to 0.6 meters wide and 2.75 meters long. In fact, the banana plant, *Musa acuminata*, is the world's largest perennial herb. Cultivation is best suited to tropical and subtropical areas with ample water, rich soil, and good drainage. Because bananas have been **cultivated** to become seedless, commercially grown bananas are **propagated** through division, a process of separating offshoots, or "pups," from the mother plant.

⁵ Classified as a berry rather than a fruit, the banana develops in a heart-shaped flower bud and forms **bunches**, called a "hand," of 10 to 20 individual "fingers" weighing 20 to 45 kilograms. Although we picture bananas in a bright yellow skin with brown spots, turning to a solid brownish black as they **ripen** and sweeten, they also come in green, purple, red, orange, pink, black, and striped jackets, and a variety of sizes. Of the 1,200 varieties of bananas, the most widely **consumed** banana is the Dwarf Cavendish (Cavendish for short), named for William Cavendish, 6th Duke of Devonshire, who cultivated an early specimen in his hothouses.

Nutritional composition

⁶ A nine-inch-long banana is 75 percent water and 35 percent skin, and has between 110 and 140 calories. Bananas contain three sugars: sucrose, fructose, and glucose, making them an instant and **sustained** energy food. The following table lists only some of the most important nutrients in a banana.

Health benefits

Heart protection and hemoglobin production

⁷ Because of their extremely high potassium and minimal sodium content, bananas have been proven to reduce the risk of high blood pressure and stroke, and to regulate heartbeat. The iron in bananas **ensures** the production of hemoglobin in the blood and prevents anemia.

Mental health and brain function

⁸ When converted into serotonin, the tryptophan in bananas can lift our spirits. The potassium in bananas helps relieve stress and heightens the ability to learn. The next time exams roll around, why not pack a banana with your books at study time?

Bone building

⁹ Fatty acids in green and ripe bananas, combined with fructooligosaccharides, allow our bodies to better absorb calcium, which is needed to build strong, healthy bones and prevent such debilitating conditions as osteoporosis in our later years. The manganese in bananas helps lubricate cartilage in the joints.

Kidney protection

¹⁰ Bananas contain antioxidant phenolic compounds, which detoxify the kidneys. The *International Journal of Cancer* has published research showing that women who eat bananas four to six times a week in addition to cabbage and root vegetables have a 40 percent lower risk of developing kidney cancer.

Digestion

¹¹ Bananas help our bodies digest food by reducing acidity and irritation in the lining of the stomach; these can lead to the formation of painful ulcers. Bananas also keep digested food moving through the bowels, work as an antacid to relieve heartburn, and restore electrolytes, particularly potassium, after a bout of diarrhea.

Other benefits

¹² Bananas can relieve or cure some less serious health problems, such as morning sickness, mosquito bites, and hangovers. Bananas can improve eyesight and help a person quit smoking. In dieting, a banana is a better choice to combat a craving for something sweet than chocolate or ice cream. About the only claim a banana can't make is to grow hair on a bald head (but maybe no one has tested that yet).

¹³ Although the banana peel is not eaten, its antifungal and antibiotic properties can soothe insect bites, relieve rashes and skin irritation, heal wounds, and help remove warts. The leaves also have medicinal qualities, but are more widely used in cooking food—and in providing shelter from rain and sun.

¹⁴ It's no wonder that people are "bananas" about bananas.¹ For all its many uses and amazing talents, the best thing to do with a banana is to eat it: with yogurt, ice cream, peanut butter, chocolate sauce, nuts and whipped cream, or just by itself. You can enjoy bananas all the more by knowing that you're doing something for your health!