The abstract should not be more than 500 words. Please choose three questions from the list below and provide thoughtful responses to each. Engage in a respectful and constructive discussion with your classmates, sharing your insights, examples, and personal experiences.

1. What are the benefits of using sentence variety in writing?
2. How do coordination and subordination contribute to the structure and coherence of sentences and paragraphs?
3. Why is parallelism important in writing? How does it contribute to clarity and impact?
4. What factors contribute to the readability and flow of written communication in the article you chose?

*Following the APA standard, use references and in-text citations for the textbook and any other sources. Refer to the****[UoPeople APA Tutorials in the LRC](https://my.uopeople.edu/course/view.php?id=3963" \l "section-4" \o "https://my.uopeople.edu/course/view.php?id=3963#section-4" \t "_blank)****for help with APA citations.*

I am referencing the abstract from below article (Zainuddin et al., 2014)

Abstract

The prevalence of overweight and obesity among adolescents is rising rapidly in many countries including Malaysia. This article aims to present the associations between body mass based on body weight status, body weight perception, and weight control practices among adolescents in Malaysia. The Malaysia School-Based Nutrition Survey 2012, which included a body weight perception questionnaire and anthropometric measurements was conducted on a representative sample of 40 011 students from Standard 4 until Form 5, with a 90.5% response rate. Comparing actual and perceived body weight status, the findings show that 13.8% of adolescents underestimated their weight, 35.0% overestimated, and 51.2% correctly judged their own weight. Significantly more normal-weight girls felt they were overweight whereas significantly more overweight boys perceived themselves as underweight. The overall appropriateness of weight control practices to body weight was 72.6%. Adolescents attempting to lose or gain weight need to have a better understanding of desirable behavior changes.

1. What are the benefits of using sentence variety in writing?

According to (*14.1 – Sentence Variety – Communication Essentials for College*, n.d.), The utilization of sentence variety in writing provides several benefits. It can enhance the flow of the text, maintain the reader's interest, and emphasize important points. Additionally, it can contribute to a more engaging and enjoyable reading experience. By varying sentence structure, writers can also avoid monotony and bring dynamism to their narratives or arguments. This kind of variation can be achieved by altering sentence length, employing different sentence types, and incorporating diverse syntactic structures.

1. How do coordination and subordination contribute to the structure and coherence of sentences and paragraphs?

According to (14.2 – Coordination and Subordination – Communication Essentials for College, n.d.), Coordination and subordination contribute significantly to the structure and coherence of sentences and paragraphs. Coordination allows for the connection of equal ideas, while subordination establishes a hierarchy between ideas. This creates a more cohesive flow and logical progression in the text. By using both coordination and subordination, writers can interlink ideas effectively, showing their relationships and enhancing the readability of the text. This approach also helps in creating a balanced and engaging narrative or argument.

1. Why is parallelism important in writing? How does it contribute to clarity and impact?

​According to (*14.3 – Parallelism – Communication Essentials for College*, n.d.), Parallelism is crucial in writing as it enhances the clarity, impact, and overall effectiveness of the text. This literary device involves using similar grammatical structures or patterns within a sentence or across multiple sentences, thereby creating a sense of balance and rhythm. By employing parallelism, the writer can emphasize key points, improve comprehension, and maintain the reader's interest. Additionally, it contributes to the flow of the text and helps in coherently organizing ideas. This technique is particularly effective in creating memorable phrases and making arguments more persuasive.

Reference

*14.1 – Sentence Variety – Communication Essentials for College*. (n.d.). Retrieved February 13, 2024, from https://ecampusontario.pressbooks.pub/gccomm/chapter/sentence-variety/

*14.2 – Coordination and Subordination – Communication Essentials for College*. (n.d.). Retrieved February 13, 2024, from https://ecampusontario.pressbooks.pub/gccomm/chapter/coordination-subordination/

*14.3 – Parallelism – Communication Essentials for College*. (n.d.). Retrieved February 13, 2024, from https://ecampusontario.pressbooks.pub/gccomm/chapter/parallelism/

Zainuddin, A. A., Manickam, M. A., Baharudin, A., Omar, A., Cheong, S. M., Ambak, R., Ahmad, M. H., & Ghaffar, S. A. (2014). Self-Perception of Body Weight Status and Weight Control Practices Among Adolescents in Malaysia. *Asia Pacific Journal of Public Health*, *26*(5), 18S-26S. http://www.jstor.org/stable/26725550