

FOR TEACHERS ONLY

**The University of the State of New York
REGENTS HIGH SCHOOL EXAMINATION**

ELA

ENGLISH LANGUAGE ARTS

Tuesday, January 21, 2025 — 9:15 a.m. to 12:15 p.m., only

RATING GUIDE

Updated information regarding the rating of this examination may be posted on the New York State Education Department's web site during the rating period. Check this web site at <https://www.nysesd.gov/state-assessment/high-school-regents-examinations> and select the link "Scoring Information" for any recently posted information regarding this examination. This site should be checked before the rating process for this examination begins and several times throughout the Regents Examination period.

The following procedures are to be used for rating papers in the Regents Examination in English Language Arts. More detailed directions for the organization of the rating process and procedures for rating the examination are included in the *Information Booklet for Scoring the Regents Examination in English Language Arts*.

ENGLISH LANGUAGE ARTS

Mechanics of Rating

Scoring the Multiple-Choice Questions

For this exam all schools must use uniform scannable answer sheets provided by the regional scanning center or large-city scanning center. **If the student's responses for the multiple-choice questions are being hand scored prior to being scanned, the scorer must be careful not to make any marks on the answer sheet except to record the scores in the designated score boxes. Marks elsewhere on the answer sheet will interfere with the accuracy of the scanning.**

Before scannable answer sheets are machine scored, several samples must be both machine and manually scored to ensure the accuracy of the machine-scoring process. All discrepancies must be resolved before student answer sheets are machine scored. When machine scoring is completed, a sample of the scored answer sheets must be scored manually to verify the accuracy of the machine-scoring process.

ENGLISH LANGUAGE ARTS

Rating of Essay and Response Questions

- (1) In training raters to score student essays and responses for each part of the examination, follow the procedures outlined below:

Introduction to the Tasks

- Raters read the task and summarize it.
- Raters read the passages or passage and plan a response to the task.
- Raters share response plans and summarize expectations for student responses.

Introduction to the Rubric and Anchor Papers

- Trainer reviews rubric with reference to the task.
- Trainer reviews procedures for assigning holistic scores (i.e., by matching evidence from the response to the language of the rubric and by weighing all qualities equally).
- Trainer leads review of each anchor paper and commentary. (*Note:* anchor papers are ordered in pairs of high and low within each score level.)

Practice Scoring Individually

- Raters score a set of five practice papers individually. Raters should score the five papers independently without looking at the scores provided after the five papers.
- Trainer records scores and leads discussion until raters feel comfortable enough to move on to actual scoring. (Practice papers for Parts 2 and 3 contain score and commentary.)

- (2) When actual rating begins, each rater should record his or her individual rating for a student's essay and response on the rating sheets provided in the *Information Booklet*, *not* directly on the student's essay or response or answer sheet. Do *not* correct the student's work by making insertions or changes of any kind.
- (3) Both the 6-credit essay and the 4-credit response must be rated by at least two raters; a third rater will be necessary to resolve scores that differ by more than one point. **Teachers may not score their own students' answer papers.** The scoring coordinator will be responsible for coordinating the movement of papers, calculating a final score for each student's essay or response, and recording that information on the student's answer paper.

Schools are not permitted to rescore any of the open-ended questions on any Regents Exam after each question has been rated the required number of times as specified in the rating guide, regardless of the final exam score. Schools are required to ensure that the raw scores have been added correctly and that the resulting scale score has been determined accurately.



New York State Regents Examination in English Language Arts

Part 2 Rubric

Writing From Sources: Argument

Criteria	6 Essays at this Level:	5 Essays at this Level:	4 Essays at this Level:	3 Essays at this Level:	2 Essays at this Level:	1 Essays at this Level:
Content and Analysis: the extent to which the essay conveys complex ideas and information clearly and accurately in order to support claims in an analysis of the texts	-introduce a precise and insightful claim, as directed by the task -demonstrate in-depth and insightful analysis of the texts, as necessary to support the claim and to distinguish the claim from alternate or opposing claims	-introduce a precise and thoughtful claim, as directed by the task -demonstrate thorough analysis of the texts, as necessary to support the claim and to distinguish the claim from alternate or opposing claims	-introduce a reasonable claim, as directed by the task -demonstrate appropriate and accurate analysis of the texts, as necessary to support the claim and to distinguish the claim from alternate or opposing claims	-introduce a claim -demonstrate some analysis of the texts, but insufficiently distinguish the claim from alternate or opposing claims	-do not introduce a claim -demonstrate confused or unclear analysis of the texts, failing to distinguish the claim from alternate or opposing claims	-do not introduce a claim -do not demonstrate analysis of the texts
Command of Evidence: the extent to which the essay presents evidence from the provided texts to support analysis	-present ideas clearly and accurately, making effective use of specific and relevant evidence to support analysis -present ideas fully and thoughtfully, making highly effective use of a wide range of specific and relevant evidence to support analysis	-present ideas sufficiently, making adequate use of specific and relevant evidence to support analysis -demonstrate proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material	-present ideas briefly, making use of some specific and relevant evidence to support analysis -demonstrate proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material	-present ideas inconsistently and/or inaccurately, in an attempt to support analysis, making use of some evidence that may be irrelevant -demonstrate inconsistent citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material	-present little or no evidence from the texts -demonstrate little use of citations to avoid plagiarism when dealing with direct quotes and paraphrased material	-do not make use of citations
Coherence, Organization, and Style: the extent to which the essay logically organizes complex ideas, concepts, and information using formal style and precise language	-exhibit skillful organization of ideas and information to create a cohesive and coherent essay -establish and maintain a formal style, using sophisticated language and structure	-exhibit logical organization of ideas and information to create a cohesive and coherent essay -establish and maintain a formal style, using fluent and precise language and sound structure	-exhibit acceptable organization of ideas and information to create a coherent essay -establish and maintain a formal style, using precise and appropriate language and structure	-exhibit some organization of ideas and information to create a mostly coherent essay -establish but fail to maintain a formal style, using primarily basic language and structure	-exhibit inconsistent organization of ideas and information, failing to create a coherent essay -lack a formal style, using some language that is inappropriate or imprecise	-exhibit little organization of ideas and information -use language that is predominantly incoherent, inappropriate, or copied directly from the task or texts
Control of Conventions: the extent to which the essay demonstrates command of conventions of standard English grammar, usage, capitalization, punctuation, and spelling	-demonstrate control of conventions with essentially no errors, even with sophisticated language	-demonstrate control of conventions, exhibiting occasional errors only when using sophisticated language	-demonstrate partial control of conventions, exhibiting occasional errors that do not hinder comprehension	-demonstrate emerging control of conventions, exhibiting frequent errors that hinder comprehension	-demonstrate a lack of control of conventions, exhibiting frequent errors that make comprehension difficult	-are minimal, making assessment of conventions unreliable

- An essay that addresses fewer texts than required by the task can be scored no higher than a 3.
- An essay that is a personal response and makes little or no reference to the task or texts can be scored no higher than a 1.
- An essay that is totally copied from the task and/or texts with no original student writing must be scored a 0.
- An essay that is totally unrelated to the task, illegible, incoherent, blank, or unrecognizable as English must be scored a 0.

An ongoing issue throughout the U.S. is the debate on whether or not humans should switch their diet to a vegan diet or continue to eat meat. Vegans argue that switching to a plant-based vegan diet can have long-lasting health benefits. Although going vegan could prove somewhat beneficial, there are still major components of a healthy, well-nourished diet that vegans are deprived of without the consumption of meat. Therefore, it is important to follow a well-balanced diet that includes both plants and meat in order to assure that your body is receiving the full range of nutrients necessary for a truly healthy body.

One of the main reasons that a vegan diet is considered beneficial is because of its recognized health benefits. For instance, Text 1 states that "a vegan diet is generally high in fiber, vitamin C, magnesium, iron, and folate and lower in calories and saturated fats" (Text 1, lines 10-12). This shows there are some necessary vitamins and minerals present in vegan foods that are beneficial to the overall health and wellness of an individual. While this is true "researchers have found that vegan diets are usually lacking in calcium, required for bone formation, muscle contraction, and other essential functions" (Text 1, lines 37-38). This indicates that the vegan diet only meets the body's needs half-way and, as a result, jeopardizes an individual's physical development. Furthermore, "plant proteins are usually missing one or more of those amino acids" that make up the protein the body requires "to maintain organs and muscles and important functions" (Text 1, lines 42-47). While vegans

may address these deficiencies by seeking out calcium-rich foods and taking supplements, the non-vegan diet fulfills needs more completely and naturally and is, thus, more conducive to an individual's well-being.

Another major health deficit in a plant-based diet is the lack of vitamin B₁₂. Text 2 states, "One common concern is whether a vegan diet provides enough vitamin B₁₂. B₁₂ helps prevent nerve damage, and is found in meat, eggs, and dairy, but not in fruit or vegetables ... 'A B₁₂ deficiency can lead to neurological symptoms such as numbness and it's irreversible if... present too long'" (Text 2, lines 6-10). This shows how vitamin B₁₂ is essential to neurological function which poses a problem for the vegan diet which is lacking or limited in this vital nutrient. Also, although a study has shown "that people who eat vegan and vegetarian diets have a lower risk of heart disease", it also shows that they have "a higher risk of stroke, possibly partly due to a lack of B₁₂" (Text 2, 14-15). Again, this deficiency could be addressed through the taking of supplements but, as Text 3 points out, "supplement use is often resisted by those on a plant-based diet and they have been reported to interfere with the absorption of other important nutrients" (Text 3, lines 40-42). As evidenced, while vegans may claim that supplements can provide them with the nutrients their diet is otherwise lacking in, this is simply not true. In fact, this alternative may adversely affect the effectiveness of other nutrients crucial to their well-being. This is further supported by "studies [redacted] show that vegan-friendly vitamin D₂ supplements

Are less effective in raising blood vitamin D levels than the more widely used vitamin D₃ supplements. Other supplements, such as vitamin B₁₂, may be largely inactive in the body" (Text 3, lines 44-47). In conclusion, health factors play a vital role in the decision on whether to adopt a vegan diet or not. Vegan diets are not advisable and often contribute to the body's lack of nutrients crucial to the body's skeletal and neurological systems. As a result, it is important to maintain a stable, well-nourished and balanced diet that contains meat as opposed to one that presents the limitations and deficiencies of a vegan diet.

Anchor Level 6–A

CONTENT AND ANALYSIS:

- The essay introduces a precise and insightful claim, as directed by the task (*Therefore, it is important to follow a well-balanced diet that includes both plants and meat in order to assure that your body is receiving the full range of nutrients necessary for a truly healthy body*).
- The essay demonstrates in-depth and insightful analysis of the texts, as necessary to support the claim (*This indicates that the vegan diet only meets the body's needs half-way and, as a result, jeopardizes an individual's physical development* and *This shows how vitamin B₁₂ is essential to neurological function which poses a problem for the vegan diet which is lacking or limited in this vital nutrient*) and to distinguish the claim from alternate or opposing claims (*As evidenced, while vegans may claim that supplements can provide them with the nutrients their diet is otherwise lacking in, this is simply not true. In fact, this alternative may adversely affect the effectiveness of other nutrients crucial to their well-being*).

COMMAND OF EVIDENCE:

- The essay presents ideas fully and thoughtfully, making highly effective use of a wide range of specific and relevant evidence to support analysis (*While this is true “researchers have found that vegan diets are usually lacking in calcium, required for bone formation, muscle contraction, and other essential functions” and Text 3 points out, “supplement use is often resisted by those on a plant-based diet and they have been reported to interfere with the absorption of other important nutrients”*).
- The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [(Text 1, lines 10–12) and (Text 3, lines 44–47)].

COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits skillful organization of ideas and information to create a cohesive and coherent essay, with an opening paragraph that introduces a negative claim about the benefits of following a vegan diet, followed by two body paragraphs that refute the counterclaim that emphasizes the health benefits of veganism by providing evidence and explanations that focus on the nutrient deficiencies of veganism (*although a study has shown “that people who eat vegan … diets have a lower risk of heart disease”, it also shows that they have “a higher risk of stroke … due to a lack of B₁₂”), and a conclusion that reinforces the claim (Vegan diets are not advisable and often contribute to the body’s lack of nutrients crucial to the body’s skeletal and neurological systems*).
- The essay establishes and maintains a formal style, using sophisticated language and structure (*While vegans may address these deficiencies by seeking out calcium rich foods and taking supplements, the non-vegan diet fulfills needs more completely and naturally and is, thus, more conducive to an individual’s well-being*).

CONTROL OF CONVENTIONS:

- The essay demonstrates control of conventions with essentially no errors, even when using sophisticated language.

As more food options become available and widespread, previously unpopular diets have been shot into the spotlight. ~~Other~~, ~~the~~ ~~more~~ This has marked the rise of diets such as veganism. With veganism's prominence, debates surrounding its effectiveness and health benefits have risen. As more research ~~comes~~ is conducted and more is learned about the impact of veganism, it becomes increasingly clear that the vegan diet is not only healthy but it is also environmentally friendly. While some may argue that the lack of basic nutrients makes veganism unhealthy, the existence of alternatives such as supplements and fortified foods, its positive environmental impact, and demonstrated health benefits ~~does~~ proves that people should adopt ~~the~~ ~~vegan~~ a vegan diet.

Even though vegan diets may lack some nutrients, it is very easy to replace these nutrients through supplements or fortified foods. Due to this, the health risks associated with this lack are practically null ~~as~~ since there are ways to get the nutrients with a vegan diet. For example, some researchers have found that "vegan diets are generally lacking in calcium, required for bone formation, muscle contraction, and other essential functions" (Text 1, lines 37-38). However, there are plenty of vegan ways to increase one's intake of these nutrients. While these diets may be lacking nutrients, however, there are plenty of vegan ways to replace these nutrients, such as "eating calcium-rich foods such as green leafy vegetables, pulses, sesame seeds.., and calcium-fortified foods" (Text 1, lines 39-40). As illustrated by the quote, there are numerous ways to gain these nutrients through a vegan diet, while it may require a little more work to diversify the diet and ensure the intake of these nutrients.

the overall benefits on your health and the environment outweigh the potential cons associated with needing to gain these nutrients elsewhere. Therefore, people should adopt a vegan diet because the associated health concerns are easily avoidable through the proper practices.

On top of this, there are numerous demonstrated health benefits to a vegan diet, such as a decreased risk of chronic diseases heart disease, cardiovascular disease, and other chronic diseases. Research has shown that eating primarily plant-based diets has numerous health benefits, and those adhering to such diets generally ~~test~~ better compared to their carnivorous counterparts ~~when they looked for diseases~~. This is best illustrated in Text 2, stating that "Those who had the most plant-based diets, and lower intakes of animal products, scored better on health markers." (Text 2, lines 34-35). As explained in the quote, those on plant-based diets, such as vegans, have significantly better health than others that eat less plants. This is furthered by the research finding that "~~22%~~ There was up to a 32% lower risk among those with the highest intake of plant-based foods for cardiovascular disease" (Text 2, lines 35-36). As seen with these proven health benefits, it is suggested that vegan diets are significantly healthier due to their ability to decrease one's risk for disease and chronic illness. While there is still much research to be conducted, the current health benefits such as a lower risk for chronic diseases prove that people should subscribe to a vegan diet.

While veganism can improve individual health and wellness, it ^{also} has a very positive external benefit ~~as well~~ as it reduces your ecological footprint, ^{and} decreases pollution.

Meat production destroys environments because more room is required for animals as well as food production. Contrastingly, veganism virtually eliminates the need for these damages because it doesn't involve meat consumption. The damages meat production causes can be best demonstrated by its greenhouse gas emissions: "Producing a little more than 2 pounds of beef causes more greenhouse gas emissions than driving a car for three hours" (Text 4, lines 18-19). Due to this drastic amount of emission for a minimal amount of meat production, vegan diets have been increasingly advocated for in order to reduce emissions and mitigate the negative impact brought by the meat industry. ~~Recently~~ For example, the United Nations is advocating for a global shift to veganism in order to "combat the worst effects of climate change" (Text 4, line 21). As shown through this global advocacy, vegan diets are a very effective way to help reduce emissions and pollution and reverse the negative impact brought about by the meat-production industry. Therefore, due to the negative environmental impact caused by meat production and consumption, vegan diets are necessary, and recommended, in order to reduce global pollution and slow the rapid worsening of climate change, proving that people should switch to a vegan diet.

As shown through the positive environmental and health benefits, veganism serves as a solution to numerous issues, and should therefore be adopted and advocated for by those capable. A switch to veganism, while requiring more diligence and consciousness, would overall improve your personal health as well as the environment around you.

Anchor Level 6–B

CONTENT AND ANALYSIS:

- The essay introduces a precise and insightful claim, as directed by the task (*While some may argue that the lack of basic nutrients makes veganism unhealthy, the existence of alternatives such as supplements and fortified foods, its positive environmental impact, and demonstrated health benefits proves that people should adopt a vegan diet*).
- The essay demonstrates in-depth and insightful analysis of the texts, as necessary to support the claim (*While it may require a little more work to diversify the diet and ensure the intake of these nutrients, the overall benefits on your health and the environment outweigh the potential cons associated with needing to gain these nutrients elsewhere and Due to this drastic amount of emission for minimal amount of meat production, vegan diets have been increasingly advocated for in order to reduce emissions and mitigate the negative impact brought by the meat industry*) and to distinguish the claim from alternate or opposing claims (*Even though vegan diets may lack some nutrients, it is very easy to replace these nutrients through supplements or fortified foods*).

COMMAND OF EVIDENCE:

- The essay presents ideas fully and thoughtfully, making highly effective use of a wide range of specific and relevant evidence to support analysis (*there are plenty of vegan ways to replace these nutrients, such as “eating calcium-rich foods such as green leafy vegetables, pulses, sesame seeds...and calcium-fortified foods” and “Producing a little more than 2 pounds of beef causes more greenhouse-gas emissions than driving a car for three hours”*).
- The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [*(Text 1, lines 37–38) and (Text 4, lines 18–19)*].

COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits skillful organization of ideas and information to create a cohesive and coherent essay, with an opening paragraph that introduces a positive claim, stating that research is proving *veganism ... is not only healthy, but it is also environmentally friendly*, a second paragraph that presents and refutes the counterclaim of how *vegan diets may be lacking nutrients* by discussing ways to get the nutrients with a vegan diet, followed by two body paragraphs of support that focus respectively on a vegan diet’s *numerous health benefits* and *positive external benefit* to the environment, and concludes with a paragraph that reiterates the claim.
- The essay establishes and maintains a formal style, using sophisticated language and structure (*Therefore, people should adopt a vegan diet because the associated health concerns are easily avoidable through the proper practices* and *Contrastingly, veganism virtually eliminates the need for these damages because it doesn’t involve meat consumption*) that occasionally results in imprecision (*been shot into, then for “than”, and pollutions for “pollutants”*).

CONTROL OF CONVENTIONS:

- The essay demonstrates control of conventions, exhibiting occasional errors (*alternatives such ... proves; that “There; footprint, and; lines 21; recommended; solution*) only when using sophisticated language.

It is very common to hear about veganism, which is a diet that consists of any food that does not contain meat or animal byproducts. Vegan foods are constantly becoming more accessible to the public and the trend is spreading fast. Some people may think that a vegan diet is harmful to humans because it lacks some of the nutrients we would benefit from with a typical, meat-based diet. There are, however, solutions to this, such as finding and consuming the fruits and vegetables that contain the nutrients that are not found in other vegan foods or by taking dietary supplements. Because there are solutions to this one flaw, for the sake of our physical health, the environment and based on moral grounds, people should adopt a vegan diet.

There are many health benefits to adopting a vegan diet. For example, Text 1, lines 8-9 states, "Since a vegan diet is plant-based, it's easier to load up on healthy whole grains, legumes, fruits and vegetables that many people on regular diets lack." This shows that when typical meat-based diets are followed, people tend to not receive the full amount of nutrients they would be getting through a varied fruits and vegetables diet. Even when trying to create a ^{balanced} meal that includes a vegetable, starch, protein ^{and} dairy product, the variety of nutrients that could be coming from a variety of vegetables is neglected. Having a diet that revolves around plants allows the body to maintain healthier habits leading to better overall health. This includes "a reduced risk of

"cardiovascular disease" and "some cancers" (Text 1, lines 16 and 17). Another benefit is lower cholesterol. Text 2, lines 16-19 state that, "while low cholesterol is protective for heart disease and ischaemic stroke,³ there's some evidence showing that low cholesterol levels... may be linked to a small risk of haemorrhagic stroke."
The operative words here are "may be" and "small risk." It is clearly proven that high cholesterol, obtained often from eating meats, can lead to heart disease and strokes. There is also the issue of obesity. Why choose the diet with a proven record of causing health issues when an unproven, much smaller risk diet is available? By going vegan, the rates of unhealthy people could be reduced greatly.

Another benefit is that veganism would result in a better environment. According to Text 4, lines 18-20, "producing a little more than 2 pounds of beef causes more greenhouse-gas emissions than driving a car three hours and uses up more energy than leaving your house lights on for the same period of time." Since it is an important issue of having greenhouse-gas pollution poisoning our air, this could be a step towards a healthier Earth. By eating a plant-based diet, it could reduce the amount of emissions caused by farm animals and by mass packaging factories. Furthermore, people typically buy more than 2 pounds of beef to feed their families, and by doing this, the Earth continues to be more and more polluted.

People may say that veganism limits options for

traditional recipes or for eating ~~meat~~ at restaurants. Text 1, lines 34 and 35 points out that, "many traditional home recipes, groceries, and restaurant foods contain at least one animal by-product." However, with the increasing popularity of a vegan diet, there are more alternatives that can substitute animal products while still being tasty and good for the environment, body, and let's not forget the soul. Foods like tofu, mushrooms, and nuts can be used as alternatives to that cow or chicken that is bred specifically for consumption. As these alternatives have caught on, restaurants have responded and now provide vegan options. Sometimes, all you have to do is ask.

To conclude, a vegan diet is a better diet both for the Earth and for the body. By initiating steps towards a better life by switching the food you eat, the Earth could be a better environment. Veganism may not be for all people, but people could at least try to occasionally swap their meat meal for better alternatives. The choice towards a better future is yours to make. The animals will thank you.

Anchor Level 5–A

CONTENT AND ANALYSIS:

- The essay introduces a precise and insightful claim, as directed by the task (*Because there are solutions to this one flaw, for the sake of our physical health, the environment and based on moral grounds, people should adopt a vegan diet*).
- The essay demonstrates in-depth and insightful analysis of the texts, as necessary to support the claim (*Even when trying to create a balanced meal that includes a vegetable, starch, protein and dairy product, the variety of nutrients that could be coming from a variety of vegetables is neglected and By eating a plant-based diet, it could reduce the amount of emissions caused by farm animals and by mass packaging factories*) and to distinguish the claim from alternate or opposing claims (*Some people may think that a vegan diet is harmful to humans because it lacks some of the nutrients ... There are, however, solutions to this, such as ... taking dietary supplements*).

COMMAND OF EVIDENCE:

- The essay presents ideas clearly and accurately, making effective use of specific and relevant evidence to support analysis (“*Since a vegan diet is plant-based, it’s easier to load up on healthy whole grains, legumes, fruits and vegetables that many people on regular diets lack*” and “*Producing a little more than 2 pounds of beef causes more greenhouse-gas emissions than driving a car three hours and uses up more energy than leaving your house lights on for the same period of time*”).
- The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [*(Text 1, lines 16 and 17) and According to Text 4, lines 18–20*].

COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits logical organization of ideas and information to create a cohesive and coherent essay, with an opening paragraph that defines veganism, refutes a negative claim by identifying *there are ... solutions* and then stating a positive claim, followed by three body paragraphs in support of veganism’s *many health benefits*, how veganism *would result in a better environment* as well as refuting a counterclaim linked to limited options for vegan menus and tying it into how the rise of veganism has led to *alternatives to that cow or chicken that is bred specifically for consumption*, then concludes with a reiteration of the claim.
- The essay establishes and mostly maintains a formal style, using fluent and precise language and sound structure (*Having a diet that revolves around plants allows the body to maintain healthier habits leading to better overall health and Foods like tofu, mushrooms, and nuts can be used as alternatives ... As these alternatives have caught on, restaurants have responded and now provide vegan options*). The essay breaks formality by utilizing *you* in the conclusion to address a moral point.

CONTROL OF CONVENTIONS:

- The essay demonstrates control of conventions, exhibiting occasional errors (*biproducts; habits leading; Text 2 ... state that; be be; of having; recipies*) only when using sophisticated language.

In the past decades, veganism has been a growing trend throughout the world. Many cite it's health benefits and environmentally friendly factors, claiming that it ~~is~~ is better in everyway. However, this is not the case. Being omnivorous, and expanding your pallet is much more healthy for one's state and mind, rather than going fully vegan. Not being vegan can decrease deficiencies, give you more choices, and lead to a healthier lifestyle.

Humans have been eating animal products since the dawn of time, thus meaning that our bodies now depend on them. Many of the vitamins necessary for the human body are found in animal products, and without them human health starts to suffer."Vitamin B₁₂ is most often obtained from animal foods, and higher rates of deficiency have been found in vegans compared with other vegetarians and meat eaters... the symptoms can be serious, and include extreme tiredness and weakness... vitamin B₁₂ deficiency can cause irreversible nerve damage"(Text 3, 29 - 31). Vitamin B₁₂ is an extremely important part of how ~~our~~ our bodies function, and depriving them of it is certainly not recommended. the text also states that the lack of B₁₂ can cause developmental issues in children, leading to much more serious issues down the line. "a B₁₂ deficiency can lead to neurological symptoms such as numbness, and its irreversible if the deficiency is present for too long"(text 2, 9-10).

Again, the importance of B₁₂ is highly emphasized, meaning that without it, our bodies will definitely suffer, and eating at least some sort of animal product is preferred. B₁₂ isn't the only place where veganism is lacking, though. "Bone health is a concern for long term vegans. Vegans are consistently reported to have lower intakes of calcium and vitamin D... Fracture rates are also a third higher among vegans compared with the general population" (text 3, 24-27). Being vegan can actually have negative effects on one's health in this aspect, so it's important to be wary before switching to that rigorous of a diet.

When referencing a vegan diet, it's safe to say that its circumstances are very extreme. completely cutting animal products out of one's diet means no meat, but also no milk, eggs or butter. If someone went even further, they wouldn't be able to wear their wool scarves or leather boots.

Veganism is extremely limiting, which in turn, makes it much harder and more draining to keep up with compared to a standard, balanced diet.

"...remember that not only are animal products eliminated, but any food or product that contains an animal by-product is eliminated" (text 1, 32-34). These specifications limit a person's choices so heavily, that they would certainly struggle to fill their grocery carts every ~~week~~ week, or to achieve a diverse diet. "Vegans can ~~not~~ prevent micronutrient deficiency by ~~not~~ consuming fortified foods... ^{and} taking

supplements." (text 3, 39-40). Taking pills with every meal or eating synthetic "power" foods is incredibly limiting, and not enjoyable for the person dieting. This makes veganism less appealing to the consumer, given the diligence they would have to contribute in order to make veganism efficient.

Some may say that the health effects of veganism far out weigh the effects of merely dieting, but that is untrue. "Eating a diet rich in plant-based foods has been associated with a decreased risk of many chronic diseases" (text 1, 13-14). However, the text states that a ~~vegan~~ plant-based diet, rather than a fully vegan one, is just ~~as~~ as effective on a person's health. "Those who had the most plant based diets and lower intakes of animal products, scored better on health markers" (text 2, 34-35). A controlled diet, rather than a vegan one, has proven to be just as effective as a vegan diet, if not more effective. Even though the health benefits of veganism are so widely claimed, a balanced diet does the job just as well.

Although a vegan diet may lead to health and environmental benefits, if the world switched to more balanced diets, and kept track of it's health and the environment more closely, it is certainly possible for the health of the population to improve without resorting to veganism.

Anchor Level 5–B

CONTENT AND ANALYSIS:

- The essay introduces a precise and thoughtful claim, as directed by the task (*Being omnivorous, and expanding your pallet is much more healthy for one's state and mind, rather than going fully vegan. Not being vegan can decrease deficiencies, give you more choices, and lead to a healthier lifestyle*).
- The essay demonstrates thorough analysis of the texts, as necessary to support the claim (*Many of the vitamins necessary for the human body are found in animal products, and without them human health starts to suffer and These specifications limit a person's choices so heavily, that they would certainly struggle to fill their grocery carts every week, or to achieve a diverse diet*) and to distinguish the claim from alternate or opposing claims (*Some may say that the health effects of veganism far out weigh the effects of merely dieting, but that is untrue*).

COMMAND OF EVIDENCE:

- The essay presents ideas clearly and accurately, making effective use of specific and relevant evidence to support analysis (*"a B₁₂ deficiency can lead to neurological symptoms such as numbness, and it's irreversible if the deficiency is present for too long" and "...remember that not only are animal products eliminated, but any food or product that contains an animal by-product is eliminated"*).
- The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [(text 3, 24–27) and (text 1, 32–34)].

COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits logical organization of ideas and information to create a cohesive and coherent essay, with an opening paragraph that introduces the issue and establishes a claim opposed to adopting a vegan diet, followed by two supporting paragraphs that focus on the health limitations of a vegan diet (*the importance of B₁₂ is highly emphasized, meaning that without it, our bodies will definitely suffer and Veganism is extremely limiting, which in turn, makes it much harder and more draining to keep up with compared to a standard, balanced diet*) and a paragraph that addresses the counterclaim by arguing that a standard, balanced diet *has proven to be just as effective as a vegan diet*, followed by a concluding paragraph of summation.
- The essay establishes and maintains a formal style, using fluent and precise language and sound structure (*Being vegan can actually have negative effects on one's health in this aspect, so it's important to be wary before switching to that rigorous of a diet and This makes veganism less appealing to the consumer, given the diligence they would have to contribute in order to make veganism efficient*).

CONTROL OF CONVENTIONS:

- The essay demonstrates partial control of conventions, exhibiting occasional errors (*it's; everyway; omnivorous, and; pallet; neccesary; reccomended. the; nuerological; limiting, and; out weigh*) that do not hinder comprehension.

Adopting a vegan diet is a good choice to make and people should switch to veganism. Being a vegan means to have a vegetarian eating lifestyle and not consuming any animal products such as ~~meat~~ eggs, honey, or dairy products. Many people switch to veganism because of the many benefits it provides. Becoming a vegan can change your life for the better.

Veganism can help keep you healthy. The text, "Pros and Cons of a Vegan Diet" discusses what you gain from becoming a vegan and what you lose. In lines 15-17, it states "Researchers found that both groups experienced a reduced risk of cardiovascular diseases, cardiometabolic risk factors, some cancers, and total mortality." This shows that veganism helps prevent diseases and helps you maintain good health. This means a vegan diet is better than a normal diet with meat and animal products. This is important because you have a higher risk of ~~these~~ diseases if you keep a meat diet. Switching to a vegan diet can allow you to live longer and stay healthy.

Veganism can help improve our environment. The text "Veganism and the Environment" discusses how veganism can positively effect the environment we live in. In lines ~~14, 15, 16, 17~~ 4-6, it says "According to scientists at the Smithsonian Institution, seven football fields' worth of land is bulldozed every minute to create more room for farmed animals and the crops that feed them."

This shows that lots of land is wasted on making animal products for people to consume. This means that the habitats of wild animals are being destroyed.

for the benefit of non-vegans. This is important because this wouldn't need to happen if more people switched to veganism. You can help preserve your environment by switching to a vegan diet.

Some people may say that a vegan diet lacks B12, a vitamin that prevents nerve damage, which is only found in meat, eggs, and dairy. Although this is true, there are still ways you can get the amount of B12 you need without consuming animal products. In ~~para~~ the text, "Are There Health Benefits to Going Vegan?", it talks about the ways veganism can improve your health. In lines 20-23, it says "But it's easy to get the 'minuscule' amount of B12 we need from nutritional yeast or fortified food, such as plant-based milks," says Marco Springmann, senior researcher of environmental sustainability and public health at the University of Oxford. In countries where food isn't fortified with B12, he recommends vitamin supplements. This shows that you don't need to eat meat or animal products to get B12. This means a vegan can be just as healthy as a non-vegan or even healthier. This is important because being vegan has more benefits than not being vegan. You can get all the vitamins you need and still be vegan.

Everyone should adopt a vegan diet because of the many benefits. Veganism can improve your health and make you less likely to get diseases. Switching to a vegan diet can help save our environment. Even though there are certain vitamins that can't be found in plants, you can use fortified food and supplements. Switching to a vegan diet can save yourself and the people around you.

Anchor Level 4–A

CONTENT AND ANALYSIS:

- The essay introduces a precise and thoughtful claim, as directed by the task (*Adopting a vegan diet is a good choice to make and people should switch to veganism ... Becoming a vegan can change your life for the better*).
- The essay demonstrates appropriate and accurate analysis of the texts, as necessary to support the claim (*This shows that veganism helps prevent diseases and helps you maintain good health* and *This shows that lots of land is wasted on making animal products for people to consume. This means that the habitats of wild animals are being destroyed for the benefit of non-vegans*) and to distinguish the claim from alternate or opposing claims (*Some people may say that a vegan diet lacks B₁₂ ... Although this is true, there are still ways you can get the amount of B₁₂ you need*).

COMMAND OF EVIDENCE:

- The essay presents ideas sufficiently, making adequate use of specific and relevant evidence to support analysis (*it states “Researchers found that both groups experienced a reduced risk of cardiovascular diseases, cardiometabolic risk factors, some cancers, and total mortality” and “But it’s easy to get the ‘minuscule’ amount of B₁₂ we need from nutritional yeast or fortified food ... In countries where food isn’t fortified with B₁₂, he recommends vitamin supplements”*).
- The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material (*The text, “Pros and Cons of a Vegan diet” discusses ... In lines 15–17, it states and The text “Veganism and the Environment” discusses ... In lines 4–6, it says*).

COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits logical organization of ideas and information to create a cohesive and coherent essay, with an opening paragraph that introduces the claim, followed by two supportive paragraphs that exemplify and explain how *veganism can help keep you healthy and improve our environment*. A fourth paragraph presents and refutes a counterclaim that focuses on the lack of B₁₂ in a vegan diet and is followed by a concluding paragraph of summation.
- The essay establishes and maintains a formal style, using precise and appropriate language and structure (*Switching to a vegan diet can allow you to live longer and stay healthy* and *Even though there are certain vitamins that can’t be found in plants, you can use fortified food and supplements*) that is sometimes inexact (*effect* for “affect”).

CONTROL OF CONVENTIONS:

- The essay demonstrates partial control of conventions, exhibiting occasional errors (*text, “Pros; 17, it; says “According; damage, which”*) and shifting between second and third person pronouns throughout that do not hinder comprehension.

Anchor Paper – Part 2 – Level 4 – B

Vegan diets may look better to the younger audience because people say it's healthier and doesn't hurt animals. In reality it is not any better and is possibly worse than a normal diet eating meat. People search online for "healthy diets" and find the "good things" that come along with eating a vegan diet but they do not see all of the bad ~~things~~ ^{do not} of eating that way.

When eating a vegan diet people ^{do not} get the vitamins and nutriance they need like with a normal diet that includes meat. Sherleen Lehman of text 1 (lines 37-38) state "Researchers have found that vegan diets are generally lacking in calcium, required for bone formation." In text 3 (lines 26-27) states, "Fracture rates are also a third higher among vegans compared with the general population." Eating a vegan diet puts people at risk because the missing nutriance put their body at risk at not getting what they need so if you fall you're more likely to break a bone.

Also with not getting the calcium needed there is also a lack of B12 that gets into the body. In text 2 it states "One common concern is whether a vegan diet provides enough B12. B12 helps prevent nerve damage, and is found in meat, fish, eggs and dairy, but not in fruit or vegetables. (lines 6-8). And that damage leads to "neurological symptoms such as numbness, ~~and~~ and it's irreversible if the deficiency is present for too long." (lines 9-10). All that numbness makes it more likely to fall down but now that falling down means you're more likely to break something. So vegan diets can be very dangerous for the human body because the body doesn't get all the nutriance it need to get to be healthy. So they're unhealthy because they don't eat meat.

Going vegan has it's benifits and is also very good for the human body say some. In text 1 (lines 15-17) it state "Researchers found both groups experience a reduced risk of cardiovascular disease, cardiometabolic risk factors, some cancers, and total mortality." Also it says "... No animals are harmed or killed to produce vegan-friendly foods, many choose this diet because of concerns about animal

Anchor Paper – Part 2 – Level 4 – B

cruelty." (lines 27-28). A vegan diet is healthy because it lowers the risk of diseases and a vegan diet helps protect animals, so that's a big factor into why people go vegan but if other things go wrong doing it, it's like there's no win other than for the animals. But it seems like if you eat meat and get the nutrients you need then the other stuff won't be as bad.

Going vegan has its plus and minuses but there are more health concerns with going vegan because there are many things the human body need that just plants don't provide and you'd probably get the diseases anyway because they're genetic so if anything you'd need the nutrients anyway. People should not go vegan because it's just not as good for the human body as eating meat.

Anchor Level 4–B

CONTENT AND ANALYSIS:

- The essay introduces a precise claim, as directed by the task (*Vegan diets may look better to the younger audience ... In reality it is not any better and is possibly worse than a normal diet eating meat*).
- The essay demonstrates appropriate and accurate analysis of the texts, as necessary to support the claim (*Eating a vegan diet puts people at risk because the missing nutriance put their body at risk ... so if you fall you're more likely to break a bone and All that numbness makes it more likely to fall down ... more likely to break something. So vegan diets can be very dangerous for the human body*) and to distinguish the claim from alternate or opposing claims (*A vegan diet is healthy because it lowers the risk of diseases and a vegan diet helps protect animals ... but if other things go wrong doing it, it's like there's no win other than for the animals*).

COMMAND OF EVIDENCE:

- The essay presents ideas sufficiently, making adequate use of specific and relevant evidence to support analysis (“*Researchers have found that vegan diets are generally lacking in calcium, required for bone formation ... Fracture rates are also a third higher among vegans compared with the general population*” and “*B₁₂ helps prevent nerve damage, and is found in meat, fish, eggs and dairy, but not in fruits or vegetables*”).
- The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [*Shereen Lehman of text 1 (lines 37–38) state and In text 1 (lines 15–17) it state ... Also it says ... (lines 27–28)*].

COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits acceptable organization of ideas and information to create a coherent essay, with an opening paragraph that presents the rationale for the claim, stating *People search online for “healthy diets” and find the “good things” that come along with eating a vegan diet but they do not see all of the bad*, followed by two supporting body paragraphs about how people on vegan diets *do not get the vitamins and nutriance they need like with a normal diet that includes meat*, a body paragraph that refutes the counterclaim and a concluding paragraph that, although it introduces a new idea about genetics, also reiterates the claim (*People should not go vegan because it’s just not as good for the human body as eating meat*).
- The essay establishes but fails to maintain a formal style, using primarily basic language and structure (*People ... do not see all of the bad of eating that way, now that falling down means you’re more likely to break something, and there are many things the human body need that just plants don’t provide*) with several shifts in pronoun usage.

CONTROL OF CONVENTIONS:

- The essay demonstrates emerging control of conventions, exhibiting occasional errors that hinder comprehension [*diets ... it’s; audience; come a long; diet people; vitamins; nutriance; state “Researchers; In text 3 ... states; their body; Also with not getting; vegetables.” (lines 6–8).; it’s benefits; minusus*].