

# **Cause & Effect Essay**

## **Format of essay:**

1. Introduction- (4-5 Lines)
2. Body- 1<sup>st</sup> paragraph (6-7 Lines)-Cause  
2<sup>nd</sup> Paragraph (6-7 Lines)- Reason for Cause  
3<sup>rd</sup> Paragraph (6-7 Lines) - Effect
3. Conclusion- (4-5 Lines)

## **Structure of Essay**

Introduction – Paraphrasing

Support any side with outlining

Body- state one cause

Explanation

Example

Body- state reason of cause

Explanation

Example

Body- State one effect

Explanation

Example

Conclusion- Summary

**Sample Topic:**

Today more people are overweight than ever before.

What in your opinion are the primary causes of this?

What are the main effects of this epidemic?

## **Causes of obesity:**

- 1.inactive lifestyle (relying on cars instead of walking, fewer physical demands at work, inactive leisure activities)
- 2.unhealthy eating habits (eating fast-food, drinking high-calorie beverages, consuming large portions of food, eating irregularly)

## **Effects of obesity:**

- 1.physical health problems
- 2.loss of productivity
- 3.depressions and mental disorder