

## How to format an essay outline

An essay follows this format:

1. Introduction - including something to get the reader's interest
2. thesis statement- usually a statement that has three points you're going to talk about in your essay
3. Body of the essay or paper
4. Point 1, with 2 or 3 examples to back-up what you are talking about

**5. Point 2, including a few that prove what you are talking about**

**6. Point 3, with a few examples to show what you are talking about**

**7. Conclusion - Summary or re-state your points and including a 'kicker' to give the essay meaning. asdf**

**Sample of how to write an essay outlineasdfasdf**

**To show you how to write an essay outline, here is an example of the format. In this example, we'll use the example of writing an outline for an essay about eating healthy.**

### A. Introduction:

Title: Fruits and veggies make for holistic health

1. Attention getter : Include statistic about how much food one person eats in their lifetime
2. Why I am writing paper : To show that eating lots of fresh produce is important for health
3. Thesis statement : To maintain a healthy diet a person should eat lots of fresh produce because fresh products contain vitamins, you can avoid many negative additives and it will help you control your weight.

- transition 1: To begin, it is important to examine the vitamin content of produce and its effect on the body.

### B. Body paragraph 1

1. Fresh veggies and fruits include vitamins
  - a. Explain why vitamins are important to the body
    1. Vitamins help the body function (sub point a)
    2. Without vitamins, the body gets ill (sub point b)
    3. Vitamins help a person grow and thrive (sub point c)
  - b. Veggies are a high sources of vitamins
    1. sub point a (if necessary)
    2. sub point b (if necessary)
    3. sub point c (if necessary)
  - c. Some vitamins can only be absorbed from fresh produce
    1. sub point a (if necessary)
    2. sub point b (if necessary)

3. sub point c (if necessary)

- transition 2: Fresh fruits and vegetables contain many vitamins, but what they do not contain are additives.

## C. Body paragraph 2

2. By eating fresh produce you can avoid additives

a. Additives can be harmful to the

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

b. Additives are very common in prepared foods

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

c. By eating fresh, your body can digest easier

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

- transition 3: While produce can help people avoid additives, it can also help them avoid having a spare tire around their waist.

## D. Body paragraph 3

3. Eating fresh produce helps people control weight

a. Fruits and veggies are low in calories

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

b. Fruits and veggies have high fiber

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

c. Fruits and veggies are low in fat

1. sub point a (if necessary)

2. sub point b (if necessary)

3. sub point c (if necessary)

- transition 4: In conclusion, it's obvious there are many benefits to eating fruits and vegetables.

## E. Conclusion

1. Summarize main points: In summation, it's important to know that to have a healthy diet, a person should eat lots of fresh produce because fresh products contain vitamins, you can avoid many negative additives and it will help you control your weight.

2. Kicker : With obesity becoming an epidemic in the United States and a growing problem in many other nations, isn't it time that we got serious about eating our veggies? It's definitely time for each of to start making changes today.

Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting

place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this. But, in a larger sense, we can not dedicate—we can not consecrate—we can not hallow—this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us—that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion—that we here highly resolve that these dead shall not have died in vain—that this nation, under God, shall have a new birth of freedom—and that government of the people, by the people, for the people, shall not perish from the earth.