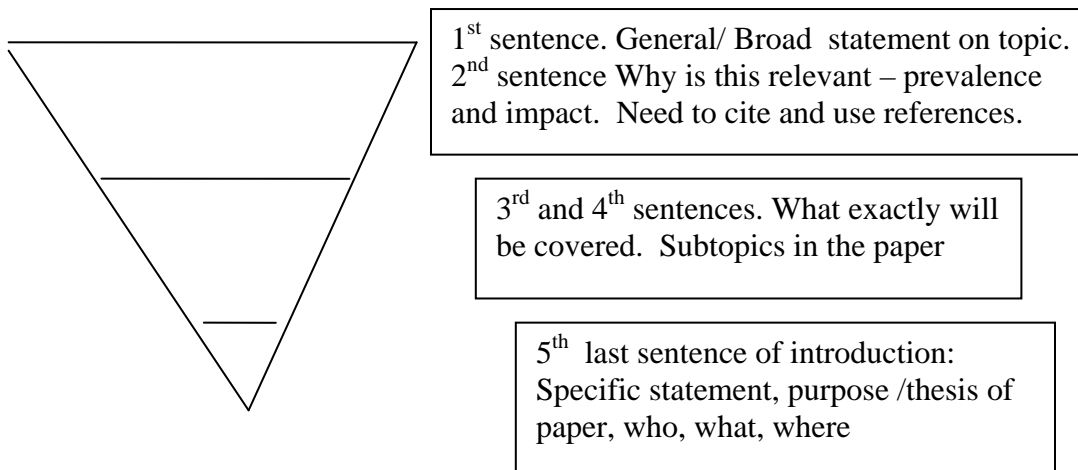




## Dr. Watters’ – 5 steps to write an essay

1. Pick a topic and conduct a published and ‘grey’ literature review
2. Write down in point form – points to emphasize
3. Write a funnel shaped introduction (*see example below*) composed of approximately 5 sentences.
4. Write each paragraph based on each point or related points mentioned in the introduction in sentences 3 and 4. The body of the paper supports, illustrates and explains the thesis with the use of evidence, details, facts and examples. Each of these statements must to be referenced .
5. Write a reverse funnel shaped conclusion (rewording introductory sentences 5, 4, 3, 2, 1). Make sure your conclusion is consistent with statements in your essay.



*Example of an introductory paragraph:*

### **The role of nutrition in dental health**

Nutrition needs to be incorporated into dental healthcare. Over two-thirds of Americans visit the dentist each year (Manski, 2001). In addition to dental care, a visit to the dentist represents an opportunity for nutrition intervention. Nutrition and dental health are co-related at all ages from infancy, childhood and adolescence during pregnancy (Fitzsimons, 1998) and in older adults (Mojon, 1999). Nutrition intake and status affects development of glossitis, stomatitis, aphthous ulcers (canker sores), oral cancers, and in turn dental health affects nutritional status in regards to xerostomia, dentition, and dysphagia (WHO, 2003). Poor dental hygiene can increase morbidity from acute conditions such as pneumonia, to chronic conditions such as cardiac and renal disease. This paper reviews the relationships between nutrition and dental health through the lifecycle in both healthy and diseased states and emphasizes the importance of nutrition in dental care.

### **References:**

- Manski RJ, Moeller JF, Maas WR. Dental services: an analysis of utilization over 20 years. J Am Dent Assoc, 2001; 132: 655-664.
- Fitzsimons D, Dwyer JT, Palmer C, Boyd LD. Nutrition and oral health guidelines for pregnant women, infants and children. J Am Diet Assoc, 1998; 98(2): 182-189.
- Mojon P, Budtz-Jorgensen E, Rapin C. Relationship between oral health and nutrition in very old people. Age and Ageing, 1999; 28: 463-468.
- WHO (2003). Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. WHO Technical Report Series No. 916. World Health Organization: Geneva. Retrieved August 16, 2010 from [http://whqlibdoc.who.int/trs/WHO\\_TRS\\_916.pdf](http://whqlibdoc.who.int/trs/WHO_TRS_916.pdf)