

## 5th Grade Expository Essay Examples

### Example 1: Poor Study Habits

Studying is an art. Many students do not know how to do it properly though. It seems as if they are always behind schedule when it comes to handing in homework, or preparing for a test. If they knew how to increase the effectiveness of their studying habits, they would feel less stressed and more on top of their deadlines. In order to educate students on how to study well, the following paragraphs will discuss five poor study habits that lead students into trouble, and how to tackle these defects.

Procrastination is perhaps the most dangerous habit students develop. They put off their assignments until it is almost impossible to do well on them. According to the University of the People, “There are many anti-procrastination strategies you can adopt, from better time management to being more organized, following to-do-lists, to asking someone to check up on your progress” (“5 Bad Study Habits To Drop And 4 Good Ones To Keep”). However, to not procrastinate is more of a personal choice. Inner motivation is more important than outer motivation.

Following motivation, each person studies better in certain places. Libraries, cafes, studying rooms in schools, and more, are often referred to as conducive places to dive into your assignments. The University of the People states that, “Rule of thumb: If you fall asleep when you read in a place (say, the couch or your bed), this isn’t the best studying place for you. The same goes for a place with a lot of distractions, like the beach” (“5 Bad Study Habits To Drop And 4 Good Ones To Keep”). The best thing to do is to practice studying in various locales and see what works best for your brain. You will never know for sure where you study best until you try out many different locations.

Along the same lines with atmosphere, you should you know how to get rid of distractions when studying. There is nothing worse than something breaking your flow when you working on your assignments. According to Oxford Learning, “Study distractions can either be internal or external. Internal study distractions include physiological needs and emotional thoughts. External study distractions include technology and people” (“Homework & Study Distraction Tips From The Experts”). This means students need to have peace inside and out. When you study, you need to get into a certain mindframe and space that is conducive to studying.

As a backing for your studying, you should take neat notes. A lot of students mess around when taking down notes. But, the key is taking accurate, readable, and comprehensive notes in order to make your studying and completing assignments easier (Garcia, Lori). With great notes, you can recall information from class in a cinch and memorize data your brain needs to use for tests. Also, taking good notes during class keeps you focused on the learning process rather than on your friend’s jokes, for instance. Having a good attention during class can change your grade.

You may have fantastic notes, but maybe you are studying with the wrong people. You could be hanging out with friends that distract you, or who are not as serious as you are in studies. You should pick co-studiers who are about at the same grade level or higher in class. There is no need to be rude and say to someone, “your grade is a C, so I can’t study with you,” but do your best to choose wisely. It might even be wise to choose to study with someone you do not know personally, but is from your same class, or studies the same subject.

Getting studying done is notoriously difficult for students. But if they remember to not procrastinate, find the best place to study, throw out distractions, take clear and comprehensive notes, and do their work with appropriate people, they can achieve the grades they desire.

### **Works Cited**

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### **Example 2: Healthy Food**

People trying to eat healthy food has become a global trend. They not only want to live longer but also desire to look and feel better. This is understandable, as consuming unhealthy food makes one experience life differently; some say eating junk food can make you feel like you have a junk life. In respect to this, we should investigate the healthiest foods to eat and what a balanced diet looks like.

Knowing what items are the healthiest to eat will help you consider them in your daily meals. According to Fitness Magazine, lemons, broccoli, dark chocolate, potatoes, salmon, walnuts, avocados, garlic, spinach, and beans are the top 10 healthiest foods in the world (“The 10 Healthiest Foods on the Planet”).

Let us examine why. “Just one lemon has more than 100 percent of your daily intake of vitamin C, which may help increase “good” HDL cholesterol levels and strengthen bones. Citrus flavonoids found in lemons may help inhibit the growth of cancer cells and act as an anti-inflammatory” (Fitness Magazine). In the case of broccoli, it keeps you away from cancer and gives you loads of vitamin K and C. For dark chocolate, “Just one-fourth of an ounce daily can reduce blood pressure in otherwise healthy individuals. Cocoa powder is rich in flavonoids, antioxidants shown to reduce “bad” LDL cholesterol and increase “good” HDL levels” (Fitness Magazine). Potatoes may not seem super healthy but they are a great source of cell-building folate, and sweet potatoes, in particular, can stave off cancer and provide with you a lot of vitamin A. The Native Americans

stayed healthy with salmon, as it is “A great source of omega-3 fatty acids, which have been linked to a reduced risk of depression, heart disease, and cancer.

A 3-ounce serving contains almost 50 percent of your daily dose of niacin, which may protect against Alzheimer’s disease and memory loss” (Fitness Magazine). Making its way next on the list is the walnut, which has the omega-3 fatty acids you need (the best out of all the nuts). Avocados are known to be healthy, but most people cannot say why. Well, they are “Rich in healthy, satisfying fats proven in one study to lower cholesterol by about 22 percent. One has more than half the fiber and 40 percent of the folate you need daily, which may reduce your risk of heart disease” (Fitness Magazine). Garlic is another miracle item that not only kills vampires, but also fights many diseases like E. coli, reduces inflammation, and lowers cholesterol and blood pressure levels. Spinach might be Popeye’s favorite thing to chow down on, but “Spinach contains lutein and zeaxanthin, two immune-boosting antioxidants important for eye health. Recent research found that among cancer-fighting fruits and veggies, spinach is one of the most effective” (Fitness Magazine). The last on the list, beans, are more than just meals to invoke stomach gas and to make cowboys feel better. Beans can lower the risk of heart disease and breast cancer.

Now that we know the healthiest foods possible to eat, what comprises a proper diet? Well, most nutritionists point to the fact that we should have variety in our meals. This variety can be looked at through the food groups: vegetables and legumes/beans, fruit, lean meats and poultry, grain, milk, and its products. As you might have noticed, cakes and donuts did not fit in these categories (well, I guess you say a cake is a type of grain, but not really). Food outside the five main groups are considered discretionary choices, and should only be consumed on occasion. Also, if you cannot fit all the food groups in your meals, you can eat them as snacks. Fruit and yogurt, for example, make for fine healthy snacks. The key is to have a balance of all the food groups throughout your day and to indulge outside of them no more than a few times a week (Better Health Channel).

As we have discovered, there are simple ways to maintain fine bodily shape through various, everyday foods that are healthy. Lemons, broccoli, dark chocolate, potatoes, salmon, walnuts, avocados, garlic, spinach, and beans are easy to find around but they are the healthiest food in existence. Besides knowing this, having a balanced diet according to the five main food groups will ensure you remain healthy. The most important thing to remember is to be consistent in your healthy eating.

### **Works Cited**

“The 10 Healthiest Foods on the Planet.” Fitness Magazine, Fitness Magazine, 8 Sept. 2008, [www.fitnessmagazine.com/recipes/healthy-eating/superfoods/the-10-healthiest-foods-on-the-planet/?page=1](http://www.fitnessmagazine.com/recipes/healthy-eating/superfoods/the-10-healthiest-foods-on-the-planet/?page=1).

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