



## English 8: Writing: Module 1: Lesson 7: Section 2

Write an Expository/Procedural Text That Synthesizes Ideas from Several Sources

### Analyzing Our Sources

**Instructions:** Download and print this PDF. Then, follow these steps:

1. Carefully read the entire article to get an overall idea of its meaning.
2. After reading, complete the chart that appears after the article. Remember to
  - a. number each paragraph;
  - b. identify key words and phrases in each paragraph and list them on the chart;
  - c. summarize the meaning of the paragraph and capture the author’s message; and
  - d. write what you notice about the author’s writing style or craft.
3. Note that the first paragraph has been completed for you to use a guide.
4. Mouse over the “Sample Response” button to see possible responses.
5. Return to the lesson when you are finished.

### Walking vs. Running: Which One Is Best?

By Maria Faires

Adding aerobic exercise to your routine is an excellent way to build your cardiovascular fitness. Running and walking are both excellent aerobic exercises. Both will help promote weight loss, improve your sleep, elevate your mood, boost your energy level, decrease blood pressure and cholesterol levels and decrease the risk of cancer, diabetes, and heart disease.

Walking and running are low-cost, easy-to-do anywhere, year-round activities. Both are social activities—you can walk or run with a friend. But since running is more rigorous than walking, it is my opinion that you should select a running program to maximize aerobic conditioning in minimum time.

Those who do not wish to run can obtain the same health and fitness benefits by walking. Walking is good exercise for those who are just starting to workout or for those with health problems. For the significantly overweight, walking can be less stressful on the body. Those who desire can slowly build up to running . . .

Paragraph	Key words and phrases	Content (essential information)	Author’s style or craft
1	aerobic exercise; cardiovascular fitness; running and walking	Both running and walking provide excellent aerobic exercise that contributes to cardiovascular fitness and offer many health benefits.	The author lists numerous health benefits from both running and walking. It inspires me to try them.
2			
3			

Sample Response



Paragraph	Key words and phrases	Content (essential information)	Author's style or craft
1	aerobic exercise; cardiovascular fitness; running and walking	Both running and walking provide excellent aerobic exercise that contributes to cardiovascular fitness and offer many health benefits.	The author lists numerous health benefits from both running and walking. It inspires me to try them.
2	low-cost, easy-to-do anywhere; social activities; running is more rigorous	Both running and walking are low-cost, easy-to-do-anywhere, social activities, but running probably has the most benefits because it is more rigorous than walking.	The author makes both sports sound easy and fun to do, but she believes running is the more efficient way of gaining cardiovascular exercise.
3	walking is good exercise; just starting to workout; walking can be less stressful	However, walking is also good exercise, especially for people just starting to workout because it can be less stressful on the body.	The author makes a strong comparison here by emphasizing how a person might want to start with walking at the beginning and then work up to running.