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Chocolate Essay Organizer

Essay Prompt:

Chocolate = Happiness ... or Does It?

Can eating chocolate affect your mood? Your brain chemistry? Is it addictive? Study the scientific research on chocolate and determine what experts have found.

You will write an argumentative essay stating your claim that chocolate equals happiness or it does not. Be sure to identify at least 2 sources you can use in your work. As you conduct your research in both the Collection and on the Internet, be sure to look for relevant facts, concrete details, and clear evidence to support your claim. See [sample essay](#) here.

CLAIM:

Chocolate Equals Happiness

SOURCE 1: The Chocolate Collection (orange book pgs 297-357 or [online book](#))

Article Title:	Can Chocolate Be Good for My Health?		
Author	Kathrine Zeratsky	Page(s):	336
Publisher:	Mayo Foundation for Medical Education and Research (MFMER)	Publishing Date:	February 4, 2012
Evidence: <i>What does the source say? Copy & Paste.</i>	Reasoning: <i>Connect and explain in your own words.</i>		
"Appears to reduce risk factors for heart disease" (1)	This shows that chocolate equals happiness because if it lessens chances of heart diseases and disorders, that means that you have a higher chance of living longer.		
"Help lower blood pressure and improve vascular function" (1)	If you have a high blood pressure that means that the heart is forcefully pumping more blood which causes the left ventricle to thicken which raises the risk of heart attack, heart failure, and/or cardiac death, so chocolate lowers blood pressure and most likely leads to a healthier heart.		

(Bonus) "Reduce cell damage" (1)	If cell damage or risk of cell damage is decreased that also decreases the risk of many diseases and disorders.
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SOURCE 2: Website

URL:	https://www.ocf.berkeley.edu/		
Article Title:	Why Does Chocolate Make Us Happy?		
Website Name:	Berkeley.edu	Author:	Sather Health
Publisher:	University of California	Publishing Date:	February 20, 2014
Evidence: <i>What does the source say? Copy & Paste.</i>		Reasoning: <i>Connect and explain in your own words.</i>	
"certain components of chocolate improved mood and others altered brain patterns."		Distinct ingredients in chocolate put you in a happier mood with improved brain patterns.	
"These components is likely tryptophan, which is an amino acid found in chocolate that helps the brain make serotonin, a neurotransmitter that makes us feel happy and satisfied."		A certain amino acid helps the brain produce "serotonin, a neurotransmitter" that improves moods.	
"Other components of chocolate that may contribute to a burst of happiness are phenylethylalanine and theobromine."		There are many chemicals in chocolate that make you feel happy.	