

**AVID Article Summary Format  
Part I: Individual Assignment**

Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

Article Title: \_\_\_\_\_

Author/Source: \_\_\_\_\_

*While reading the article, highlight words or phrases that require definitions or clarifications*

**What are the AUTHOR's major ideas, concepts or key points?**

**A: List the major ideas, concepts or key points- point by point**

*Example:*

- *Excessive fat consumption is a severe problem for many Americans*
- *Fat is high in calories and carbohydrates, so humans have evolved to like and store it*
- *Fat melts in one's mouth and has a distinct taste, so it is difficult to mimic it*
- *Digestion involves caloric intake, but eating something that cannot be digested causes intestinal cramping*
- *Fat can be modified at the molecular level by replacing certain parts with certain sugars*
- *Fat typically has a glycerol backbone and three fatty acids*
- *Olestra tastes like fat and has less calories, but it can cause intestinal discomfort*
- *Many people have developed lower-calorie fat substitute, but they have not applied for Food and Drug Administration approval*

**B: Summarize the AUTHOR's main point or idea- at LEAST 1-2 paragraphs**

*Example:*

**Summary of Author's Main Points:**

- *Fat has more calories and carbohydrates per given volume than nearly any other food. For this reason, humans have evolved to like the taste of fat and to store fat in their bodies. However, many Americans have excessively high cholesterol levels and insufficient blood flow to the heart as a result of excessive fat consumption. If one replaces certain parts of fat with certain sugars, he or she can cause the fat not to be digested. A product that makes use of this technology is Olestra, made by Proctor & Gamble. However, Olestra causes intestinal cramping and loose stools. Many other organizations have developed lower-calorie fat-substitutes, but none have applied for Food and Drug Administration approval.*

**C: Write a reaction paragraph to the article stating your own thoughts on the topic, using specific citations from the article to support your views**

**Example:**

**My Own Thoughts on the Topic**

- *The fact that fat is such a nutritionally useful food means that it was advantageous for the majority of human evolution. This gives people a craving to consume large quantities of fat. However, this is not an excuse for excessive blood cholesterol levels and insufficient blood flow to the heart as a result of excessive fat consumption. The difficulty involved in mimicking fat (it has a specific taste and texture, and it melts in one's mouth) explains why it cannot be done well. I believe that it is possible to overcome the problems with current fat substitutes to create a practical lower-calorie fat substitute. Since an effective fat substitute would earn a tremendous amount of money for its inventor, I believe that the first organization to invent a practical fat substitute will immediately apply to the Food and Drug Administration for approval.*

So What?	Says Who?

**What if..?**

**What Does This Remind Me Of?**