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Extracto

Extracto Text

“Processed, packaged foods have almost completely taken over the diet of Americans. Unfortunately, most processed foods are laden with sweeteners, salts, artificial flavors, factory-created fats, colorings, chemicals that alter texture, and preservatives. But the trouble is not just what’s been added, but what’s been taken away. Processed foods are often stripped of nutrients designed by nature to protect your heart, such as soluble fiber, antioxidants, and ‘good’ fats. Combine that with additives, and you have a recipe for disaster” (Free from Broke, 2012).

Extract

If processed foods incorporate factory created fats, then they are not healthy.

Processed foods incorporate factory created fats.

Therefore, processed foods are not healthy.

Explain

**Premise 1**

**Technical Terms:** There are no technical terms to define in this premise.

**Rationale:** Factory created fats are incorporated in processed foods which means they are altered by man. When man alters natural food in a factory, it is not as healthy as it would be if left in its original state. In fact, factory created fats are shown to have negative health benefits such as cardiovascular disease and weight gain. (Mayo Clinic, 2019).

**Premise 2**

**Technical Terms:** There are no technical terms to define in this premise.

**Rationale:** This rationale is clear from the text. Melissa says that processed foods have factory created fats within it.

Evaluate

The argument is valid because the conclusion follows from the first and second premise. It is in the form Modus Ponens. This argument is sound because it is valid and both of the premises are true. The second premise is likely to be rejected by someone who doesn’t think the argument is sound. They could claim that not all processed foods contain factory created fats. For example, fruit and vegetables come in cans, but some are made without unhealthy sugars and syrups. So, it is false to say that all processed foods incorporate factory created fats.

Mayo Clinic Staff. “Nutrition and Healthy Eating.” *Mayo Clinic*, www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550.

Melissa. “The Argument for Healthy, Simple Eating.” *Free from Broke, Personal Finance Made Easy*, freefrombroke.com/the-argument-for-healthy-simple-eating/.