

Evidence That Matters

Study how a writer builds a practical recommendation from authoritative sources.

11.W.1.A.iii "Write extended pieces that: Develop the topic through sustained use of the most significant and relevant facts, concrete details, quotations, or other information from multiple authoritative sources appropriate to the audience's knowledge."

NAME _____

DATE _____

1 READ AND MARK _____ Read it twice

YOUR JOB The local proposal is a fictional classroom example; named research and health guidance are real. Underline each claim or recommendation. Circle every source name, then number the concrete facts or quotation that each source contributes to the writer's case.

A Better First Bell

- ① At 7:20 a.m., many teenagers are expected to solve equations, discuss novels, and drive to school while their bodies still signal sleep. District leaders should move high school opening bells to 8:30 a.m. or later. The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later. This recommendation matters because the Academy writes policy for children's health, not for a single district's convenience. A later bell would not eliminate every challenge students face, but it would align the school schedule with a well-supported health need.
- ② Federal health guidance explains the need behind that schedule. The Centers for Disease Control and Prevention says that teenagers ages 13 through 17 need 8 to 10 hours of sleep per 24 hours. That precise range gives families and board members a practical measure: a student who must wake at 6:00 a.m. needs to fall asleep between 8:00 and 10:00 p.m. to meet it. The CDC also reports that insufficient sleep is linked to injuries, poor mental health, and poor academic performance. These facts make sleep a school issue, not merely a private habit.

- ③ A 2018 study by Dunster and colleagues, published in *Science Advances*, compared different groups of biology students at two Seattle high schools before and after a 55-minute start-time delay in 2016. Median school-night sleep was 34 minutes longer afterward. Median biology grades were 77.5 percent before and 82 percent afterward, a difference of 4.5 percentage points. The observational study does not prove that extra sleep alone caused the grade difference. For a school board, this limitation prevents an exaggerated promise. Still, the peer-reviewed study adds measured results to CDC and Academy guidance. Together, the sources support a cautious test of a later start.

2 ANSWER WITH EVIDENCE Use the passage

- 1 What is the writer's central recommendation? Name two authoritative sources the writer uses to support it.

- 2 Why is the CDC's 8-to-10-hour sleep range relevant to a school board audience? Use the writer's concrete example in your answer.

- 3 What limitation does the writer state about the Seattle study, and why does including it strengthen the argument?

- 4 How does the *Science Advances* study contribute a different kind of evidence than the CDC and American Academy of Pediatrics provide?

3 YOUR TURN

Your own words

Sources for Your Turn

Use the supplied source summaries to write about a supervised cafeteria share table. You may cite these cards without opening their links. For another permitted topic, obtain the required number of credible sources before writing. Quote only wording labeled as an exact source quotation; paraphrase summaries.

Source A: USDA Agricultural Research Service (n.d.). Innovations for Reducing Food Loss and Waste.

Editorial summary: USDA describes school share tables where children return whole or unopened food and drink they choose not to consume. Other children may take those items during or after meal service.

Scope and limits: This educational summary is not approval for a local program; food-safety rules still apply.

<https://aglab.ars.usda.gov/learn-and-explore/innovations-reducing-food-loss-and-waste>

Source B: EPA (2023). From Field to Bin: Food Waste Management Pathways.

Editorial summary: EPA's research ranks prevention, donation and upcycling among the most environmentally preferable ways to manage wasted food. EPA describes wasted food with the phrase below.

Exact source quotation: "the single most common material landfilled and incinerated in the United States"

Scope and limits: National environmental evidence does not measure this cafeteria's waste or local program costs.

<https://www.epa.gov/land-research/field-bin-environmental-impacts-us-food-waste-management-pathways>

Source C: FDA (2023). New FDA Food Code Reduces Barriers to Food Donations.

Editorial summary: FDA explains that the 2022 Food Code permits donations when proper food-safety practices are followed. Storage, preparation, packaging and labeling must follow applicable provisions. The Food Code is a model, not automatically binding law.

Scope and limits: Check applicable local rules and district food-safety procedures before approving a school share table.

<https://www.fda.gov/food/hfp-constituent-updates/new-fda-food-code-reduces-barriers-food-donations>

Choose a policy that could affect your school community. Write a 140-to-160-word recommendation for a decision-maker that uses at least three authoritative sources, includes one short quotation and two concrete details, and explains one limit or condition on your proposal.

Write your response

Write 140-160 words. Use and explain the required sources, keep their limitations clear, and include every element in the task.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PART 1 • READ AND MARK

The local proposal is a fictional classroom example; named research and health guidance are real. Underline each claim or recommendation. Circle every source name, then number the concrete facts or quotation that each source contributes to the writer's case. Accept any marking that follows this job and points at the right text.

PART 2 • ANSWERS

#	QUESTION	ANSWER
1	What is the writer's central recommendation? Name two authoritative sources the writer uses to support it.	The writer recommends that high schools start at 8:30 a.m. or later. Supporting sources include the American Academy of Pediatrics, the CDC, and the 2018 Science Advances study.
2	Why is the CDC's 8-to-10-hour sleep range relevant to a school board audience? Use the writer's concrete example in your answer.	It gives the board a practical measure of students' sleep needs. A student waking at 6:00 a.m. would need to fall asleep between 8:00 and 10:00 p.m. to get that amount of sleep.
3	What limitation does the writer state about the Seattle study, and why does including it strengthen the argument?	The study does not prove that extra sleep alone caused the grade increase. Including that limit makes the recommendation more careful and credible because it avoids an exaggerated claim.
4	How does the Science Advances study contribute a different kind of evidence than the CDC and American Academy of Pediatrics provide?	The study compares measured outcomes in different groups of biology students at two Seattle high schools: median school-night sleep differed by 34 minutes and median biology grades by 4.5 percentage points. CDC and the Academy provide health guidance and recommendations.

PART 3 · YOUR TURN (SAMPLE ANSWER)

Our school should create a supervised share table and measure cafeteria waste for one semester. USDA describes share tables where children return whole or unopened items for other children to use during or after meal service (USDA, n.d.). This practical idea keeps edible food available instead of treating every unwanted item as trash. EPA calls wasted food “the single most common material landfilled and incinerated in the United States” (EPA, 2023), connecting local prevention to a national environmental concern. Staff should weigh collected food each day and record which items return most often. FDA explains that the 2022 Food Code permits donations when proper safety practices are followed; it is a model rather than automatically binding law (FDA, 2023). Therefore, the nutrition director should approve items and procedures under applicable local rules before the trial begins. These sources support a measurable program, not a guarantee that every leftover item is safe to share.

Accept equivalent answers that accurately identify the recommendation, distinguish health guidance from the Seattle study’s measured results, and explain relevance or limitations using passage evidence. For the writing task, accept varied topics when the response meets the word count and sustains a recommendation with relevant, authoritative, accurately represented sources. CDC age-specific duration: <https://www.cdc.gov/sleep/about/index.html> . The AAP recommendation is paraphrased, not presented as an unchecked quotation. The model’s exact EPA wording appears in Source B. Local proposals are fictional classroom examples; named research and guidance are real. Seattle compared separate cohorts, not individual gains, and does not establish sole causation. Its Results explicitly labels the grade medians 77.5% and 82%, a 4.5-percentage-point difference. Sources: AAP (2014), <https://pubmed.ncbi.nlm.nih.gov/25156998/> ; Dunster et al. (2018), <https://doi.org/10.1126/sciadv.aau6200> .