

## Reflective Essay

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I began this project by initially lining up what I wanted my topic to be. We had focused on food and the food industry within the semester, so I began there. I wanted to have every form of data I could in order to distinguish the importance of this topic through statistical evidence, analytical analysis, and also hitting the heart strings through real life stories. I also knew the information needed to stay relevant so I made sure to never be earlier than the year 2000, but I also wanted to balance information from the last decade with information from two decades ago.

My first bit of information that I used for my paper were the books we read in class. These remained extremely relevant to the topic and also allowed me to allow the debate within the pieces. Since the novels were on opposing sides of the argument that I was looking to justify. It allowed me to play devil's advocate in some places while also shutting down some arguments that the authors attempted. Since they were published novels with properly cited information for their research I believe they were rather credible.

My next sources of information were movies. The movies I found were labeled as documentaries, so I knew they had to be truthful with the facts and statistics displayed, but I also knew some cases would be dramatized to be made interesting. This is why I shifted away from quoting opinionated comments and remained focused on statistics or evidence seen. The *A Place at the Table* documentary was based on real life stories and experiences which made the quotations a little harder. However, there I mainly focused on their economic ability affecting the food they were eating. I found all these movies through my professor's pre-approved list of movies that she knew were relevant and rather recent. She also made sure they were by accredited producers and actors so they were proper documentaries.

The rest of my research came from journal articles or scholarly articles. For these I went to the library reserves. I specifically searched keywords that followed my research, especially in areas where I felt I needed further evidence or specifically studies with statistical evidence. Then I would only pick articles or journals that were peer reviewed. Once I got into one of these links I would then look at the date it was published and the citations made for their personal research. Once I validated that the general article or journal would work for my research I would skim the paper. This way I could look into the relevancy before annotating the article to pull my evidence or quotations.

Once I had all my quotes and research laid out I was able to begin the actual paper. This was when I was able to start adding in my voice. With my voice I wanted to remain focused on the topic, but also pull the reader into the story. So I remained balanced on ethos, pathos, and logos. This way the paper hit the credibility through my research, the emotions through others stories as well as mine, and then I remained logical through my explanations. For every quote I would state the story behind it so they understood what was happening and then I would explain why it was important to what I am trying to prove.