

Today, society's idea of food can be variable to whomever one were to ask. One may express the essentialness of food and without it people would not exist. Another, may say food is the reason why they are overweight. There are positives and negatives throughout the concept of food, relating to humans. However, one aspect of food that can be relatable to nearly all humans is the comfort in which it can provide. Raymond Carver effectively portrays the abilities that food can have towards comforting people during several mental states in his short story, *A Small, Good Thing*. Likewise, in Alec Walker's essay "Romaine Calm and Eat Chicken Parm", Walker reflects on the sense of comfort he endures while consuming chicken parmesan. Taryn Leach's essay, "Pop over for Popovers", also embodies the ideology that food can provide one a sense of comfort. However, these are not just the only powers that food can have on humans. As seen in these three literary pieces, food has the ability to also enhance one's performance, redeem oneself during a time of isolation, and play a role in connecting gatherings of people together.

Food can provide people with the abilities that we never deemed to be imaginable. This power of food is nicely reflected in Walker's essay. In the essay, Walker talks about his time in which he ate chicken parmesan before a race to ultimately perform the best he has ever had. He writes, "I didn't even realize what was happening until about two thirds into the race when I looked up from the rocky, tree covered terrain to notice that there was no one in sight ahead of me." Alec reflects on a time in which he had eaten chicken parmesan the night before he had a cross country race. With a sufficient amount of carbohydrates and proteins, this meal seemed suiting for Walker as a nice pre-race meal. Starting the race at a

Comment [1]: This sentence is phrased a bit strangely... maybe try rephrasing to something like "The opinion of food in today's society varies greatly in respect to the individual asked."

Comment [2]: I would agree with De here

Comment [3]: What are these positives and negatives? Maybe make the language of this section so far a little more clear, but I like the broad view you are expressing.

Comment [4]: maybe say different emotional states

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Comment [5]: experiences

Comment [6]: I think you could elaborate on powers or use a different word

Comment [7]: I think the topics you bring up in your thesis statement set the paper up for really good points to discuss, but your statement itself is a bit listy, so maybe expand a little bit for each part.

Comment [8]: Good thesis

Comment [9]: It could be expanded as Taryn said but its a good start

Comment [10]: I don't really understand this topic sentence. What do you mean by abilities? Maybe clarify a bit here.

Comment [11]: \*in which he ultimately performed better than he had before

Comment [12]: You say this sentence right before leading into the quote, which fits better there. Maybe try putting a different sentence here to break down the quote.

rapid pace, Alec thought to himself that he might be out of energy by the end. Looking in all directions around him, including the “usually forbidden peak” behind himself, Alec realized he was ahead of all other competitors, eventually winning the race. Likewise, Taryn Leach reflects on journeys where food is involved during times where she feels the most confident and outgoing. Leach and her father venture up to Acadia National Park in Maine with a fellow family every summer in July. In Acadia, Leach and others bike a 15-mile trail along some of Acadia’s most pristine locations to finally reach a point in the park called Jordan Pond. At Jordan Pond, she is finally able to eat her favorite meal, popovers. The meal is well deserved, as Leach reflects, “the sense of happiness I experience when I am eating this amazing popover and looking out over the lake and mountains is something I will never grow tired of”. However, it is the journey she takes to acquire this meal that seems to mean a lot more to Taryn. Hiking, biking and venturing throughout Acadia National Park is a time in which she greatly values. It is here that Taryn feels the most confident and comfortable with herself stating, “If I can speed through trails and conquer mountains, I can do anything”. Comparably, between the two essays, Walker and Leach both express how food is able to allow them to physically go above and beyond what they perceived as their normal limits and allow them to develop a new level of confidence. Alec eats chicken parmesan before every cross country from now on as he believes it will provide him with an upper hand on opponents. When Taryn ventures to Acadia, she develops a new level of confidence and comfortability with herself as she rides a strenuous 15 miles to obtain her favorite popovers.

Food can also help cope with the feeling of isolation. In Carver’s short story, the baker is presented as being a very unwelcoming, angry man when he first interacts with

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Comment [13]: I don't think you need to summarize what Alec was saying as much. It's more important to connect this with your own thoughts

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Comment [14]: I really like how these points tie together. I think a lot of the length in this paragraph has to do with the fact that you have two quotes, which is great, so I wouldn't worry about that too much. If anything, you could even end the paragraph here, or integrate what's after this point back up during the explanations of the individual quotes.

Comment [15]: I like the ideas you're conveying in this paragraph, however, it's over a page long. Maybe try finding a way to either condense your idea, or split it into two paragraphs. I also think you don't need the last two sentences in this paragraph, as they are only repeating what you've already said!

Ann regarding Scotty's cake. However, what the reader soon learns is that the baker is simply lonely. The neglecting of mentioning children or family is a sign to the reader that the baker does not have either. Working tough, early hours, the baker's job is to prepare goods that are to be sold to hopefully further his livelihood and raise him money. that the cakes and other pastries he makes help cope with his loneliness. The baker takes great care with every pastry he makes and this helps him eliminate his feeling of loneliness. In comparison, Walker presents a similar point comparing applying his favorite meal to the feeling of home. Wherever he is, the smell of chicken parmesan reminds Alec of family memories and personal success. This could be used in several situations, but I believe it would be most beneficial to when he may experience loneliness. The smell will remind him of family, the support network that he can always fall on. Overall, Carver and Walker both express the ability that food has in helping cope with loneliness. For Carver's baker in *A Small, Good Thing*, baking helps him cope with the lonely lifestyle that he endures and goes through every day. For Walker, the smell and reminder of a chicken parmesan dish will allow him to recall times with his family and personal success, something he may need during a time of isolation.

-Replace ending sentence with summary

**Comment [16]:** Great start! I like the ideas you've chosen to focus on, and you have good support to back them. I suggest maybe reducing the amount of time spent on talking about the individual passages, and more time on the two correlating pieces as a whole based on how they relate to your thesis. Also, try and stay away from a list-like thesis... the last sentence of your first paragraph lists our three ideas. They're good ideas, but try and form a sentence with them without making it a list! Otherwise, nice start!

**Comment [17]:** I think you have an excellent start here. You've chosen quotes that fit really well into the points you are trying to get across, and I think your thesis statement so far matches. I also commend you on having two quotes integrated into each paragraph. Obviously, adding another body paragraph and conclusion are needed, and adjusting your thesis statement so it isn't as list-like. Otherwise, this was an interesting paper to read and I like the points you bring up, a lot to think about here.

**Comment [18]:** This is a good start! You have good ideas which are stating to come through your writing. I would summarize less and focus more on your ideas/thoughts more. Its more important to have your analysis and ideas than what has been written by other writers. The thesis can probably be expanded upon, but its great for a first draft!