



How do I make a MEAL?



College Ready Writing - MEAL paragraph

M = **Main Idea**

- Do I have a main idea? Also called a 'topic sentence.'
- What am I trying to prove in this paragraph?
- What do I want the reader to remember?
- Does my topic sentence for this MEAL paragraph link directly to my thesis?

E = **Evidence**

- Can be a direct quote from the text.
 - Can be a concise summary of important info. from the text.
 - Can be a piece of data collected using the Scientific Method.
 - Can be field-based evidence collected using Social Science observational tools.
 - Does my evidence support the main idea of this paragraph?
 - Am I using the most important or appropriate evidence?
 - Does my evidence relate to my thesis?
 - Do I use proper MLA citation after a quote or summary? (Author page #).
- *Note: citation methods vary depending on the field of study.

A = **Analysis**

- Do I include analysis of my evidence?
- What does my evidence mean? Especially in relation to my thesis?
- Is my analysis thorough?
- Does my analysis break down and explain the meaning of my evidence?
- Does my analysis show my point of view?

L = **Link**

- Do I set up for my next paragraph?
- How can I introduce the next paragraph logically through hinting, drawing conclusions, showing cause and effect, asking questions or posing new ideas?
- Does the beginning of my next paragraph contain some echo of the previous one?