

During my research, I consulted three sources - a multimodal video, a news article, and a blog - and reached an intriguing conclusion about the critical issue of obesity and its various contributing factors. Through my readings, I learned that obesity is associated with several health risks, such as high cholesterol and type 2 diabetes. I aimed to raise awareness among parents and children about the importance of preventing obesity by leading a healthy lifestyle. I discovered that a person's physical environment and nutritional status can significantly affect their weight, leading to obesity. However, I also found out that leading a healthy lifestyle can prevent and combat obesity. Parents must be aware of the risks of obesity, especially since evidence suggests that many American children become obese as early as the age of 2 and are more likely to become obese adults. Constructing a research question was challenging for me because I wanted to address all the issues I wanted to cover in my paper while keeping the question concise and focused. I found the provided video on creating a research question helpful in narrowing down my research question. I believe researching using a research question that I constructed on my own is effective for writing a research paper, and in the future, I can refer to my annotated bibliographies to help me get different viewpoints on the topic I am addressing.