

WRITE A RESEARCH PAPER

Write a research paper on some aspect of health, fitness, and staying well. You may choose your own topic or select one of the topics shown below. Your teacher may give you a list of Internet addresses, which might be a starting point for your research.

1. Some countries have a national health plan, which means that citizens can visit doctors and be treated whenever they are sick. Most medical costs are paid by taxes. Should the United States have such a plan?
2. How healthy is a vegetarian diet?
3. Each year many people, especially children, die because they used a product that was poorly made. Should manufacturers be responsible for their products and pay the medical bills of those who are injured because of their products? Should manufacturers also need to pay victims an additional amount for “pain and suffering”?
4. Occasionally, the police set up a road block and stop cars in order to see if the car’s lights, turn signals, horns, and other parts are working safely. The police call these road blocks “safety checks.” What the police sometimes find is the driver has been drinking alcohol, and the police may arrest him. Some people are happy to have impaired drivers off the road, but others say the Constitution of the United States prohibits the police from stopping a car if the driver is not obviously breaking any law. What do you think?
5. Fasting, or not eating for a certain period of time, is a controversial topic. Some say fasting is a healthy thing to do, while others disagree. What do you think?
6. Health care is one of a family’s biggest expenses. Devise a plan that would help a family spend its health-care money wisely.
7. A person has atherosclerosis. What options are available to him or her? Which is best?
8. Some people feel that if a person who dies is frozen in liquid nitrogen immediately after death, scientists will be able to revive the patient in the future and then treat the illness that killed him or her. This branch of research is called cryogenics. Explain this research, and give your opinion.
9. What is alcoholism? What are its causes and treatments?
10. Explain the dangers of riding a bicycle. Outline a bicycle safety program.
11. Investigate several fast-food restaurants. How healthy is the food? Are there healthy food choices at these restaurants?
12. Study a major disease such as polio, smallpox, or tuberculosis. Explain the disease, how the disease used to be treated, and how it is treated now.
13. Write about sleep. What is sleep? How important is it? How does one go about getting a good night’s sleep?