

Junk food is healthy

In this exposition, low modality words have been used to create an atmosphere in which the reader or listener feels free to engage in discussion on the topic.

High modality words would be used when the writer or speaker wishes to use persuasive language to put forward a more convincing argument that leaves no room for discussion.

JUNK FOOD IS HEALTHY

Junk food is becoming a major part of the Australian diet. This **could** be considered a pleasing situation when people think about the positive nutritional value of junk food.

The variety of junk food available, means that food selections **may** be made that encompass all five food groups.

This **might** be seen when purchasing a scrumptious cheese burger meal. Bread and potatoes are both cereals, lettuce, tomato and onion **could** all be classed as fruit and vegetables, the beef belong to the meat group, the cheese covers the dairy group and the fats **may** be found in the oil used to cook the fries.

Secondly, important vitamins such as E, A and D **may** also be found within the fat contained in the junk food. The cheese found of the pizza **can** also be a good source of calcium.

Finally, as they say, "A healthy mind means a healthy body". Without the stress of spending hours in a supermarket, deciding what to cook, cooking the dinner and then cleaning up the mess, people **should** be more relaxed. Also, purchasing junk food is **probably** easier and more convenient than regular shopping leaving more time for more enjoyable activities. All these aspects **can** lead to a happier, and therefore healthier person.

When considering the nutritional value and the mental advantages of eating junk food, perhaps it is **possible** to convince people that junk food is healthy.

low modality	high modality
may	must
can	will
could	should
might	must
allowed	required
willing	determined
possible	certain
possibly	certainly
sometimes	always
possibility	certainty

(Source: *Choosing literacy strategies that work*: Stage 2, 1997 page 247)