

Sample Informative Essay Outline Middle School

Essay Topic: The Negative Effect of Alcohol on the Human Body

I. Introduction:

Hook: Have you known that after drinking alcohol, your visual acuity is noticeably reduced, and you require stronger lighting to distinguish small objects?

Purpose: Everyone should recognize how daily consumption of alcohol damages the human body.

Importance to the audience: the reader should be able to make the right decision as to whether he/she chooses to consume alcohol.

Thesis: Along with a relaxing and "soothing" effect on the nervous system, alcohol causes many different painful manifestations that may prevent a person from having a fulfilling and productive life.

II. Body Paragraphs:

First Main Point: How does alcohol affect the vessels of the human brain?

Sub-point: In a state of intoxication or alcoholic hangovers, quite often (especially in the elderly) such dangerous complications as cerebral strokes develop.

Sub-point: Disturbance of blood supply to the brain caused by prolonged consumption of alcohol manifests itself in general lethargy and an inability to concentrate.

Sub-point: Sleep disturbances occur very often with alcoholic brain damage. The patients have difficulty falling asleep, and experience any number of vivid and violent nightmare.

Second Main Point: A person who drinks alcohol for a long time may become dependent on the substance and immune to criticism.

Sub-point: There is no interest in learning new things.

Sub-point: There is a tendency toward irritability, and aggression, which turn into apathy. In this regard, the need for social contacts disappears as the person loses friends, choosing only to communicate with others for basic needs and transactions.

Third Main Point: Changes in the structure of the brain caused by years of alcohol intoxication are almost irreversible.

Sub-point: In addition to mental disorders, there are also disorders in the peripheral nervous system.

Sub-point: Even with minor changes in the nervous system caused by alcohol intake, it is necessary to contact a doctor as early as possible and begin treatment. Treatment takes a long time and can become quite expensive.

III. Conclusion:

Summary statement: The effects of alcohol on the nervous system include a decrease in vision, hearing, and reaction time in humans. After a time, a man ceases to live and begins to simply exist. It is very important to be aware of the danger of drinking, and to give up this bad habit before it is too late. Alcohol does not solve problems—it only creates them.