Argumentative Essay Topics:

**Obesity, Dieting and Food**

1. Why are Americans rapidly becoming more obese?
2. What can be done to help children maintain a healthy weight?
3. How can people lose weight and keep it off?
4. Is weight gain caused by genetics, environment, or some other factor?
5. How do naturally thin people stay that way?
6. What is the relationship between food, exercise, and weight?
7. Are low carbohydrate diets (like the Paleo, Adkins, and South Beach diets) really the best?
8. Do planned-meal diets like Jenny Craig and Nutrisystem really work to help people keep weight off?
9. Why are Weight Watchers and other calorie-counting diets often considered the best by doctors?
10. Is controlling weight really a matter of "calories in, calories out?"
11. What is the best diet for a young adult?
12. Can vegetarian diets be healthy?
13. Why are so many people now choosing to go on gluten-free diets?
14. Is sugar really bad for you?
15. Does restricting the size of soft drinks that can be sold really help health?
16. Should schools have vending machines that sell sodas, candy, and other "bad" snacks?
17. What can schools do to promote better health in students?
18. Does intermittent fasting really help you to be more fit?
19. How can morbidly obese people lose weight safely?
20. Is the T.V. show *The Biggest Loser* helpful in motivating people to be healthy? Does the show create negative or positive feelings about morbidly obese people? Does it exploit the contestants?
21. What causes anorexia? How can it be prevented? How can you help an anorexic friend? Why are more young men becoming anorexic?
22. What is morbid obesity? How does morbid obesity affect a person's health?
23. What should we do about the cost of healthcare for overweight people? Should there be a greater insurance premium for people who are obese?
24. Is surgery a good method for people to lose weight?
25. Are sugar substitutes helpful for dieting?
26. Is fat really bad for you? Is a low fat diet the best?

**Recycling and the Environment**

1. What can we do to help people around the world have clean water to drink?
2. Is hunting good or bad for the environment?
3. Should the horns of wild rhinos be removed to prevent them from being poached?
4. Can we protect wild areas and animals by promoting eco-tourism?
5. Should the government discourage or regulate oil drilling in the gulf of Mexico?
6. What are the dangers of fracking?
7. Does recycling really make a difference?
8. Should all states adopt a deposit on soft drink bottles and cans in order to promote recycling?
9. Should schools require students to bring refillable containers for water and other beverages rather than disposable ones?
10. Should supermarkets charge for plastic bags in order to encourage the use of reusable bags?
11. Should your city (or campus) do more to encourage recycling?
12. What causes people to litter? What could motivate people to clean up after themselves?
13. What causes earthquakes? What can we do to reduce death or damage from earthquakes? Or how can we better predict them?
14. Does being a vegetarian or vegan help the environment?
15. Can using LED lights make a difference?
16. How can composting help save the environment?
17. What is hazardous household waste and why is it important not to throw it in the regular trash?
18. What is deforestation? How does it happen? Can it be stopped?
19. What is fracking? Is fracking worth the risks? Does fracking hurt drinking water?
20. What is a carbon footprint? How can we change our carbon footprint?
21. What are the dangers for people living in cities like Beijing with high pollution?
22. Is nuclear energy really safe?
23. What should be done with nuclear waste?
24. What is the best way to handle our trash? Are landfills a good idea?
25. Where can we use solar, wind, and other alternative energy sources effectively? What is the best way to encourage alternative energy use? (Government regulations? Incentives? Helping companies that produce these products? Advertising?)

Families and Relationships
1. Should mothers stay home with their children?
2. Do long distance relationships work?
3. How can divorce be prevented?
4. Is divorce something that kids can recover from?
5. Are teenage marriages a good idea?
6. Should teenagers that get pregnant keep their children?
7. How can you get out of "the friend zone"?
8. How can you know you are in an abusive relationship? Why do people stay in abusive relationships?
9. What are the effects of domestic violence on children?
10. Who should do the chores in a family?
11. What are helicopter parents and how do they help or harm their children?
12. Is it good to be an only child?
13. Is doing sports together a good thing for families?
14. How have video games impacted family life?
15. Why do some people treat their pets as family members? Is this a good or bad thing?
16. How important are grandparents to children today?
17. How does interracial adoption affect a family?
18. Are large families better for children?
19. How does birth order affect children?
20. Do older people make better parents?
21. Have cell phones and social media made families closer or not?
22. How should (or shouldn't) you use social media in a dating relationship?
23. How long should people date before they become engaged?
24. What makes people have a happy, long-lasting marriage?
25. Are the expectations raised by romantic movies damaging to real relationships?

**Technology and People**

1. What is nanotechnology and how has it already changed our lives?
2. How will nanotechnology affect dentistry or medicine?
3. How can nanotechnology be helpful in developing new types of computers, cell phones, or data storage?
4. Does using cell phones make people more or less connected?
5. Do cell phones cause a cancer risk?
6. What should the laws be concerning the use of cell phones while driving?
7. Have social media and texting hurt or improved the lives of teenagers?
8. Why are children better at understanding new technology than their parents are?
9. Do violent video games cause people to act out violently?
10. Should schools use video games as a teaching tool?
11. Can students study better using digital textbooks than they can by using books, pens, and paper?
12. Will paper and books become obsolete?
13. What is the difference between reading on a screen and reading a book?
14. Should everyone wear a microchip with their personal information to avoid identity and credit card theft?
15. Should parents be able to choose the genetics of their children?
16. Are smart watches going to replace cell phones?
17. What is the next big leap in technology?
18. Which is better, the PC or the Mac?
19. If we can help people live longer through technology, should we? Is there a balance between quantity and quality of life?
20. How can 3-D printers be used effectively?