**PERSUASIVE SPEECH OUTLINE**

**Organization:** P**roblem - Cause - Solution**

**Central Idea:** Fast foods are made with processed ingredients that have been shown to cause health problems.

**Specific Purpose:** To persuade my audience to eat more fruits and vegetables and less fast foods so they can live longer and healthier lives.

1. **INTRODUCTION** 
   1. **Attention getter:** Do you know main causes of death in America? According to the Centers for Disease Control and Prevention, the top leading causes of death in America are:

1. Cancer

2. Heart disease

3. Diabetes

* 1. **Credibility:** Show \*\*VISIAL AID\*\* Centers for Disease Control and Prevention top leading causes of death in America.
  2. **Thesis**: Eating fast food is major variable in the top causes of death within America.
  3. **Preview Statement:** Today I want to share with you, a few surprising facts that may help lengthen your life span. I will be discussing

1. the processed ingredients found in fast foods (problem)

2. the main causes why we eat fast foods (causes)

3. ways how fruits and vegetables provide you health benefits (solution)

By the end of my speech I hope you will be inspired to avoid fast foods and why you should eat more fruits and vegetables.

**Transition:** First, lets examine the health hazards of processed foods.

**BODY**

**II. (Main Point 1) Problem**: Many fast foods have processed ingredients that may cause health problems.

A. What are Processed Foods?

1. According to the article “Processed Food Definition” written by registered nutritionist, Aglaee Jacob, Processed Food are foods that has gone through many complex processing steps, and often contain additives, artificial flavorings and other chemical ingredients that are normally difficult to pronounce.

2. Or as Micheal Pollan, a New York Times best selling author on nutrition, states in his book “In Defense for Food” processed foods are “edible food like substances — no longer the products of nature but of food science.”

B. The Unnatural Ingredients that have been found in fast food.

1. According to Melissa Breyer’s article “ *8 creepy mystery ingredients in fast food”* here are six disturbing food-additives that have been found in your in fast food.

a. L-cysteine - An amino acid derived from human hair

b. Tertiary Butylhydroquinone - petroleum based product used to make

lacquers

c. Ammonium Hydroxide - cleaning agent found in many house hold cleaners

d. Ammonium Sulfate - a material commonly used as fertilizer

e. Silicon Dioxide - a silicon used to make glass and cement

f. Dimethylpolysiloxane - a silicone used to make putty and cosmetics

B. Health Problems

1. Ashley Henshaw’s article, “The Major Health Hazards Of Fast *Food”* shows

the major adverse health conditions that have been linked to eating fast foods:

a. Cardiovascular Disease

b. Cancer: one-third of cancers are related to poor diet.

c. Type 2 Diabetes:

d. Obesity

e. Stokes

Coincidentally, take a look at the top leading causes of deaths in America again.

\*\*POWERPOINT\*\* IMAGE, CHART

**Transition:** So if fast food is so bad for you, why are we buying it?

III. Causes

A. Cost

1.One of the reasons you may find a burger or some fries in your hand is be cause it is cheap.

2.According to Ashley Lukens article, “*Looking beyond convenience”.*

3. She states, people want to get the biggest bang for their buck.

4. However, the reason behind the low cost of these foods are because they are heavily processed.

B. Convenience

1. Another reason you may be eating fast food is because it is highly convenient. 2. Referring back to Shannon Carney’s article “*Fast Food Convenience Out weighs Health Risks*” again, she concludes, even though most people know fast food has little to no health value, they continue to buy it anyway to save time

regardless of the heath effects.

**Transition:** Now that we have examined health hazards of processed foods and the causes you may be eating them, I am going to show why you should eat more fruits and vegetables instead of fast foods.

**IV. Solution**: Show the benefits of fruits and vegetables

A. According to Cathleen Wood’s article “*List of Fruits and Vegetables for Amazing Energy and Health*” many health benefits come from fruits and vegetables. They are:

1. low in fat, calories, and sodium - no risk for obesity and high blood pressure

2. have no cholesterol - no risk for heart disease

3. high in fiber - lowers risk of colon cancer

4. contain powerful Phytochemicals - fights lethal diseases

B. Define of Phytochemicals

1. Phytochemicals are natural chemicals found in fruits and vegetables that

provide the plants color and heath benefits.

C. Cathleen’s article shows the phytochemicals found in **red** and **orange foods**:

**\*\*Visual Aid\*\* RED FOODS**

1. Many red foods contain a large amount of l**ycopene** which has been shown to

a. prevents heart disease,

b. cancer,

c. boost immune system

d. improve memory function

**\*\*Visual Aid\*\* Orange FOODS**

2. Orange foods contain **carotenoids** which help

a. repair DNA

b. prevent cancer

c. heart disease

d. strengthening our vision

**Transition:** In Conclusion

**CONCLUSION**

**V.** Conclusion

A. We have examined

* 1. the hazardous processed ingredients found in many fast foods
  2. some major adverse health effects caused by fast foods
  3. causes why we eat fast foods
  4. and the benefits fruits and vegetables provide you with.

B. So today, I challenge you to incorporate more fruits and vegetables into your diet so you can start replenishing your health that has been diminished by fast foods.

C. Soon, “Im loving it” will have a whole new meaning.

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