

Resource Speech Wellness Encyclopedia of Food and Nutrition

Attention Getter:

"The wise man should consider that health is the greatest of human blessings. Let food be your medicine.' – said by Hippocrates."

Introduction and Explanation of Source:

I "The wise man should consider that health is the greatest of human blessings. Let food be your medicine.' – said by Hippocrates.

II. I know you are wise enough to know the medicine foods when you go eating.

A . Medicine foods would be, of course, fresh vegetables, fruits and natural ingredients.

B. However, most of the time, it is much easier to grab fast foods to fulfill your hunger and to save time.

C. That's what people living in busy days usually do, including me.

III. My resource book is 'The Wellness Encyclopedia of Food and Nutrition',

A. It teaches me how to buy, store and prepare fresh ingredients providing scientific facts

B. Therefore, I can easily grab fresh foods when I get hungry.

Body

I. Organization of source Source:

'The Wellness Encyclopedia of Food and Nutrition' written by Sheldon

Margen and the editors of UC Berkeley is a guide to more than 500 fresh foods.

Each fresh food introduced in this book was organized in following formats:

A. Nutritional profiles: This allows you to compare nutritional value of foods.

B. Varieties: It shows the listings of different types and kinds of foods.

C. Shopping Tips: The practical information for choosing the freshest foods including where and when they are available.

D. Best storage methods to preserve food's natural taste and nutrients.

E. Cooking and Preparation Tips to enhance a food's nutritional value.

II. Illustration use the banana

A. the book introduces our famous fruit bananas as an ideal food, rich in potassium to regulate heartbeat and blood pressure.

b. The book says there's no quality difference

between large or small, so you can choose the portion size you like.

C store them in room temperature.

D. The book also talks about preparation tip

1. Heating makes bananas sweeter,
2. Baking and grilling will enhance its flavor.

Conclusion

End Speech in Dynamic Way/ Return to Attention Getter

I Here's my last question for you; something a day keeps a doctor away.

A. Yes! That's an apple.

II. If you want to know more about this amazing natural medicine, you can always take a look at my resource book.

III .It will give you a lot of useful information.

IV. Once you know about it, I'm sure it will be much easier to choose fresh foods over fast foods.

Please note labels are to help you identify the parts. It is not needed on your outline.