

**Specific Goal:** To persuade the audience about eating broccoli or asparagus can lead to a healthy lifestyle.

**Proposition:** Improper diet can cause many major health problem, we must change our diet in order to impact our overall daily well being.

### Attention

- I. I do not eat vegetables that look green they seem weird.
- II. I will persuade the audience about eating broccoli or asparagus that can lead to a healthy lifestyle.
- III. Eating vegetables has given me nutrients that my body needs in order to be healthier.
- IV. Improper diet can cause many major health problem, we must change our diet in order to impact our overall daily well being.

**Transition:** Let's find out about the need to eat asparagus or broccoli.

### Need

- I. Improper diet can cause many major health problems.
  - A. We do not take care of ourselves.
    1. According to the article, From Green and Leafy to a Sharper Brain. The New York Times from Gale group 2004, "obesity, high cholesterol and high blood pressure could raise the risk of developing Alzheimer's."(1)
    2. The article According to the article, Cancer protection compound abundant in broccoli sprouts Cancer Weekly Plus Gale group 1997, states, "People would still have to eat unreasonably large quantities of broccoli to get any significant promotion of Phase 2 enzymes." (Ibid, 3)
  - B. There are nutrients we need that can help prevent cancer.
    1. According to the article Live longer by slowing down: and don't forget the broccoli By Mike Roizen & Mehmet Oz, publisher Succeed, 2010 states A compound in it called sulforaphane was given the Golden Walnut Award for helping to protect your organs against blood sugar damage. (3)
    2. The same article states, "< we need broccoli because> It's rich in vitamin C and lutein, and high levels of those can cut your risk of eye damage. (Ibid 4)

**Transitions:** Now I will speak about the solutions of eating asparagus or broccoli

**Satisfaction**

- II. We must change our diet to improve our health.
  - A. Asparagus or broccoli can help protect our health.
    - 1. In the article Nutritious asparagus can put a spring in your step, by Tufts University Health & Nutrition Letter, Gale group, 2010 says, “the minerals and amino acids in asparagus extract alleviate the cellular toxicities associated with drinking too much alcohol”(1)
    - 2. The article Extract of broccoli sprouts may protect against bladder cancer *Townsend Letter* Gale group, 2008 states, “eating cruciferous vegetables like broccoli is associated with reduced risk for bladder cancer.”(1)
  - B. One idea is how it is used in other countries.
    - 1. In the article Chemical constituents of Asparagus *Pharmacognosy Reviews* Gale group by Negi, J, Singh 2010 states, “In India and China, this plant is given as a powerful diuretic in cholera and rheumatism. (1)
    - 2. The same article states, “In India, it is used to promote fertility, reduce menstrual cramping, and increase milk production in nursing mothers.” (Ibid, 1)
    - 3. The same article states, “It helps flush out the kidneys and help in the prevention of the formation of kidney stones” (1)

**Transitions:** I will speak about the negative or positive outcome of eating broccoli or asparagus

**Visualization**

- III. Changing our diet will impact our overall daily well being.
  - A. There are other health concerns.
    - 1. According to the article Nutritious asparagus can put a spring in your step. Tufts University Health & Nutrition Letter, Gale group, 2010 states, “Eating asparagus that's slathered with butter, Hollandaise, sour cream, cheese or other toppings high in saturated fat and sodium will detract from the healthy nutritional benefits of the unadorned vegetable.” (1)
    - 2. The same articles states, “Then there's the rather delicate matter of the smell of a person's urine after eating asparagus.”<Although not all patients suffer this. > (Ibid, 2)
  - B. There are some good outcomes.
    - 1. In the article Live longer by slowing down: and don't forget the broccoli By Mike Roizen & Mehmet Oz, publisher Succeed 2010 states, “It tastes great, is inexpensive, is easy to cook (roast, saute or steam it briefly with your favorite spices and a little canola oil enriched with DHA)” (5)

2. The same article states, “It’s easy to find all year. If you live with people who haven't yet developed a taste for it, hide it in marinara or pesto pasta sauce. (5)

**Show Visual Aid**

**Call to action**

- I. Not eating the right nutrients can increase some health problems and there are nutrients in asparagus or sometimes broccoli that can have health benefits although there are risk factors we must take in eating asparagus.
- II. It is up to us to eat vegetables not in large quantities but in small portions. If we do not get the nutrients it is impossible to have a good health system.
- III. There are three ways to increase our health benefits.
  - A. Go see a nutritionist
  - B. Go to your local supermarket for more information
  - C. Cook foods that include asparagus or broccoli to get used to them.

## References

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