

Persuasive Speech Outline

Specific Goal: To persuade the audience about eating organic food can lead to a better health

Preposition: Processed food can cause many major health problem, we need to change our diet in order to have a better life quality.

Attention

I. I heard we are what we eat.

II. I will persuade the audience about eating organic food that can lead to a better health.

III. Eating natural food has improved my health restoring my thyroid gland.

IV. Processed food can cause many major health problem, we need to change our diet in order to have a better life quality.

Transition: Let's found out the need to eat organic food.

Need

I. Processed food can cause many major health problem.

A. We are not aware how bad is processed food for us

1. According to the article "What's So Great About Organic Food?" *Time International* written by Jeffrey Kluger in 2010 "our processed food is dense with salt and swimming in high-fructose corn syrup, two flavors we can't resist". (2)

2. The same article says that selling goods at "prices low enough requires a lot of industrial engineering tricks". (IBID, 2)

3. This same source also says that animals are raised in mostly miserable conditions filled with high calorie corn based feed that fattens them up...". (IBID, 3)

4. In an opinion "Manufacturing Epidemics..." *PLOS Medicine* written by David Stuckler in 2012 states "...processed foods that are high in salt, fat and sugar are leading factors ~~to~~ diseases" (1)

for UCD's

B. Pesticide content in conventional food is terrifying.

1. *Environmental Medicine* in an article "Organic Foods Contain Higher Levels of Certain Nutrients..." written by Walter J. Crinnion in 2010 states "data reported that organically raised foods had less chemical residues than conventionally raised foods ". (6)

2. The article "Whats Behind Your Organic Food" *Better Nutrition*, Tod Goldberg 2005 says "despite a culture rich in super size me consumption people are increasingly worried about the dangers inherent in pesticides..."

Transition: Now I will speak about the solution of eating organic food.

Satisfaction

I. We must change our daily diet to improve our health.

A. Organic Food is better than non-organic food

1. The article mentioned before "Organic Foods Contain Higher Levels of Certain Nutrients..." written by Walter J. Crinnion in 2010 proves that organic food contain higher levels of certain nutrients. (4)

2. The same article reported in a study that an average of 82 % of conventional fruits were positive for insecticide residues compared to 23% of organic fruits. (IBID, 8)

3. It also reported in vegetables, 65% of conventionally grown produce tested positive, compared to 23% for organic vegetables. (IBID, 8)

B. Natural food may improve our health because of the higher level of nutrients

1. This same article says "Since quantities of some nutrients seem to be increasing in organic foods, organic foods appear to provide better nutrition". (IBID, ,6)

2. In the article What's So Great About Organic Food explains how farm-raised animals may help reduce the risk of various cancers. (3)

Transition: Finally I will speak about the negative and positive outcomes of eating organic food.

Visualization

III. We need to change our diet in order to have a better life quality.

A. There are concerns about organic food

1. *Successful Meetings* in an article "Food For Thought" written by Andrea Doyle in 2011 says " What we consider specialty items--healthy, organic, hormone-free--are usually 35 to 50 percent higher in cost". (1)

2. The same source says "Most groups just can't afford it." (IBID, 1)

B. There are some good outcomes

1. The article mentioned before "Whats Behind Your Organic Food" *Better Nutrition*, Tod Goldberg 2005 says "as people become more aware of the benefits of organic food, organic products in US look to expand". (2)

2. *Beverage Industry* in an article "Organic And Natural Holding Strong" by Jessica Jacobsen in 2011 says that demand for healthier products is growing as consumers become aware of the relation between food and health. (58)

3. *Massage Magazine* in an article "Kick Chemicals To The Curb: Choose Organic" written by Phylis Hanlon in 2012 says "Not only do consumers benefit from an organic lifestyle, the planet does as well because the earth is free of syntetic fertilizers".

#### Call To Action

- I. Processed food can cause many major health problem, we need to change our diet in order to have a better life quality.
- II. Today I persuaded you about eating organic food can lead to a better health.
- III. There are three ways to have a better healthy lifestyle
  1. Choose organic versions of just a few foods that you eat often, you can increase the percentage of organic food in your diet without big changes to your shopping cart or your spending.
  2. Find your local farmer's market in [www.localharvest.org](http://www.localharvest.org) where you will find fresh and natural food instead of going to the supermarket.
  3. Speak with the nutritionist Alyse Zevine though her website [www.nutritionbite.com](http://www.nutritionbite.com) and she will give you advices to improve your daily diet.
- IV. Remember that you are what you eat!

## References

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