

Good essay on food additives and unhealthiness

[Health & Medicine](#), [Body](#)



The institutional affiliation

Introduction

Attention: Today I am going to deliver a speech about Food Additives and Unhealthiness and speak about how food additives can influence our life.

Credibility: All food is made up of nutrients which our body uses. Different food contains different nutrients (Eat, 2015).

Preview: The biggest problem comes when unknown additives and other ingredients are hidden in the food we eat and enjoy.

Body of the Speech

[Describe the need or problem here]

Describe the effects of the problem (create cognitive dissonance)

Statistics or quotation

Examples that relate to the audience

For the beginning let us define the term food additives. According to the medical dictionary, additives are chemicals that keep food fresh or enhance its color, flavor or texture (TheFreeDictionary. com, 2015). They may be artificial or natural. Natural food additives have been used by a man for centuries. Herbs, spices, vinegar and salt were added to preserve food and make it more palatable. In the course of time with the development of chemical industry people learned how to save all kinds of food with artificial additives for a long period. As a result, our food became a murderer for us!

Explain the probable cause(s) and/or relevant history of the problem

Statistics or quotations (with proper citation)

Examples that relate to the audience (with citations)

The U. S. Food and Drug Administration (FDA) approved the safe list of food additives (Stuart I. Henochowicz, 2015). These substances are put on the “generally recognized as safe (GRAS)” list, which contains about 700 items.

Connect to the audience

How does this affect them

Amplify the need (from maslow’s hierarchy of needs)

Transition: (What did you just discuss and what are you about to discuss?)

At the same time very sensitive consumers have to know about such body reactions as digestive and nervous disorders, respiratory problems, and skin problems. For example, a 2006 study found that people who regularly eat cured meats have a 71 percent greater chance of contracting lung disease than those who never eat cured meats (Foundation, 2015).

The requirement in food is one of the basic among the physiological needs in Maslow's hierarchy of needs (BBC News, 2015). Thus, the food we eat should be meant for nutrition and not for killing our body.

(Satisfaction or Solution Step here, describe the solution in detail, make sure it fits the problem adequately)

Describe your solution or plan in detail (make sure it fits with their attitudes, beliefs and values)

Describe how the solution will be implemented

Explain what actions must be taken now or later to solve the problem

Describe the cost, time, and effort needed for the solution

Statistics or quotations (with citations)

Examples that relate to the audience (with citations)

Probably, nobody of you would like to try in its pure form, for example, Monosodium Glutamate (MSG/ E621) which you can find in many snacks, chips, cookies, seasonings, or frozen dinners. Why do you want your bodies being treated as a platform for biotechnological experiments? How can we change that? First, you need to be educated about this problem. Just become a savvy shopper indeed! Second, always read the labels on the products you buy anywhere. For example, one of the surveys shows that among 2, 600 consumers, 95% said they always read a food label, but 55% admitted they don't recognize most ingredients on the label (Naturallysavvy. com, 2015)! Third, choose products that are locally grown and in season. Fourth, avoid food with artificial ingredients, such as food coloring, preservatives and artificial sweeteners. Eat organic food! Fifth, cook yourself! It is really an interesting and creative process!

Of course it will take some time to change our habits and start to take care of our body, but it is worth it! It is worth it, because it is your life; it is worth it, because it is your health; and it is worth it, because if not you, than who can change everything?!

Explain why your plan will work

Explain how your solution fits the problem addressed earlier

List ways it addresses the problem, not just the symptoms

Explain how it addresses the cause

Show evidence to support your plan

Statistics or quotations (with citations)

Examples that relate to the audience (with citations)

Describe an analogy of how a similar plan has worked in another place(s)

Transition: (What did you just discuss and what are you about to discuss?)

So, as you see any problem has a solution. Your health and life are not just only food additives, but a lot of nice, healthy habits. There are enough real examples in our life of people who take care about themselves and live long and happy life. A lot of people follow the ideas mentioned above and are glad to share them with others.

Conclusion

Signpost/Summary: If you start today, this very moment, food without additives will make you feel better, give more energy, improve your outlook, and stabilize your mood.

Call To action: This is your life and you only have one shot at life. You're responsible for how it goes and no one else.

Review Importance: It does not matter how old you are, it is only too late when you flatline. Take it into account and restate the importance of the problem!

Memorable Ending: So, start now! Free your life from food additives!

Promote your desire to live a healthy and natural life!

References

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