

# Persuasive speech outline (example)

[Nutrition](#), [Healthy Food](#)



Persuasive speech outline (example) Topic: | Food and Health | Title: | Unhealthy food should not sell in school canteen. | General purpose: | To persuade | Specific purpose: | To persuade my audience that unhealthy food should not be sold in school canteen. | Central idea: | A speech about the factors students taken unhealthy food, how eating unhealthy food affects health and government should come up with strict rules and regulation selling of unhealthy food at the school canteen. | Organizational pattern: | Problem-Problem-Solution | I. INTRODUCTION | | A. Attention getter: | Do you have bought unhealthy food when you are in primary school? If have, how does it taste? How long it will take to queue for buy healthy food? Of course, the food is delicious and can be bought within a short time rather than to queue up for buying healthy food. | i. Tie to the audience / reason to listen | Have you ever eaten at school canteen and got stomached or got bad food? How many days you suffer from it? It is relevant if government allow the canteen tender sold those kinds of food. | ii. Preview of main points / central idea | Today, here I stand to persuade and explain to my audience about the factor students taken unhealthy food, how eating unhealthy food affects health and the solutions for this phenomenon. | Transition to body of speech: | I will start with the factors that causes students take unhealthy food. | II. BODY | | A. Main point 1: | Easily being influence by others or the things that attract which is can give them satisfaction even though it gives a long term effects is actually a nature of human. This is the major factor students take unhealthy food which now it is the phenomenon occurs around us. | i. Supporting details 1: | Unhealthy food advertisement on television, radio, and internet strongly influence children eating habits because there are too

much advertisement on television that attracts children or school students to get it. Sometimes the way of the advertisement in the order to promote their product and students can be influenced. | ii. Supporting details 2: | In addition, encourage from parent which is busy parents did not have time to prepared well for the healthy food at their home. So as a short time to serve the food, parents usually buy the fast food to cover up their menu at home. Parents should show their credibility as guiders to guide the children, so that children will not taking the unhealthy food frequently. | Transitions to main point 2: | Limits on watching television can be reduced the influence on unhealthy food and parents should be guiders to the children, so that the desire of children to buy the food can be control. | B. Main point 2: | Nowadays, taken unhealthy food in a large scale is normal phenomenon because they did not know how eating unhealthy food affects health system. Lack of information about this affects make them continuously buying and eating the unhealthy food whether at home or school. | i. Supporting details 1: | According to article on June 22, 2011 of Sara Ipatenco at LiveStrong.com, one of the affects to the health is trans fats which are the most dangerous for our health, but they are prevalent in many fast foods. The oils used to prepare fried foods, such as chicken nuggets and french fries which are full of unhealthy trans fat. Furthermore, this trans fats can causes growing cell in human body slow down because vitamin and energy do not enough. | ii. Supporting details 2: | In addition, over consumption of high-fat, high-salt and high calorie foods from unhealthy food can have long-term health consequences beyond weight gain and high blood pressure. Carrying around too much weight can contribute to an increased risk of heart disease,

stroke, and diabetes. | Transition to main point 3: | Take it in a minimum scale of unhealthy food is one of the way to avoid those entire illness symptom affected in our life. | C. Main point 3: | Government should come up with strict rules and regulations of selling unhealthy food at school canteen before this phenomenon becoming more serious. | i. Supporting details 1: | Government should provide monthly planning food service for the tender. Through this way, it can be first step or guidelines for students to make sure them approaching with healthy food. | ii. Supporting details 2 : | Government staff should make a regular inspection at the school canteen. | Transition to conclusion: | Government staff should work hard in order to come up with strict rules and regulations and make a regular inspection at the school canteen. | III. CONCLUSION | | A. Summary of main points: | As a conclusion, unhealthy food to be almost additive for teenagers especially school's student, so that parents plays an important role to avoid students approach with unhealthy food and also can prevent affects of unhealthy food. | B. Close with impact: | Effects of unhealthy food on health are pretty bad and scary. Whenever you think of eating unhealthy foods, think twice. | \*actually bnda ni pnjag lagi, but because my hands already freezing, so kami cut2 ja la ayat dalam kotak tu... kita sume kan dh ada tajuk masing2 eventhough tajuk aku masih terumbang ambing...so have fun doing this outline for COM165 assignment... \*Love ya!