

Speaking to inform (speech 100 level class)



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Orthorexia: An Unhealthy Obsession with Healthy Eating Your First Your middle initial, Your of here Orthorexia: An Unhealthy Obsession with Healthy Eating The article chosen here is on the topic of Orthorexia. First of all the article was very well written and informative. The article gives a brief definition and explanation of Orthorexia, which is “ someone who is very concerned with eating what they consider the perfect diet...this is someone who takes healthy eating to an extreme and feels good about it” (Haupt, 2010) The first paragraph of the article starts out with a description of the “ disorder”. In the third paragraph the article uses comparisons between Orthorexia and individuals with conditions such as anorexia or bulimia. The article includes a contrast in how the condition or Orthorexia could affect not just an individual’s body but the relationships an individual forms or has formed. The only examples in this article were statistical from a study. The article here on Orthorexia was very well written and easy to understand. In my opinion all points were covered. Not only was the condition defined and explained but the comparison to what we know as severe disorders were compared here. Comparing anorexia and bulimia to Orthorexia shows the seriousness of this condition. In preparing a speech on this topic for class there are only a couple steps I would include change to make sure the article was fully understood. I would begin the article with the definition instead of a description. The name of the condition itself would probably cause complexity; I would want to clarify right away. Next I would put in the comparison so that individuals would understand the severity of the condition. By doing this I would get their minds on a more serious aspect in understanding and wanting to know how to prevent this seemingly innocent condition from occurring. Finally I would find more than a statistic for an

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example. Individuals tend to be drawn to real life stories. I would include a real individual who has gone through the condition. References Haupt, Angela (2010, December 14). Orthorexia: An Unhealthy Obsession with Eating Healthy. U. S. News & World Report. Retrieved from [http://health.usnews.](http://health.usnews.com/health-news/diet-fitness/brain-and-behavior/articles/2010/12/14/orthorexia-an-unhealthy-obsession-with-healthy-eating? PageNr= 1)

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