Informative Speech Outline

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1. Introduction
   1. French Fry guessing Game
   2. Linking fast food and health/why we care
      1. Convenience, nostalgia, flavor, fast
2. Thesis statement
   1. Eating fast food can have detrimental long term effects to your health because of poor nutrition, its links to disease, and the toxicity of its packaging.
3. Main Points
   1. Fast food has poor nutrition
      1. Little fiber, lots of carbs, carbs = sugar
      2. Excess sugar
      3. Trans fats
      4. Sodium
   2. Fast food consumption is linked to disease
      1. Obesity - weight gain from excessive consumption.
      2. Can lead to asthma, breathing issues, joint pain
      3. Heart disease
      4. Depression
      5. Diabetes
      6. Acne and also deterioration of tooth enamel
   3. Fast food packaging is toxic
      1. Chemicals can migrate to food from packaging
      2. Contaminants found in almost every national chain
      3. Most common in food contact paper
      4. Dangerous to health
4. Conclusions and Solutions
   1. Summarize three concerns for fast food and health
   2. Importance
   3. Solutions & alternatives

Informative Speech Bibliography

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