S5 – Create **slides** for presentation



**Healthy food speech**

**A speaker is asking you to design slides for his speech!!**

# SESSION **OBJECTIVES**

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| Objective 1 | Be able to **create slides:**   * + Following a well-defined speech structure   + Following the **8** **rules explained** during the course |

# SESSION **STEPS**

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| 30 min | * **Read** carefully all the **speech structure** (see below) |
| 30 min | * **Think** (on paper) about the slides that support this speech   + How many slides?   + How many colors, font?   + What do you show on each slide?   + What will be your layout? |
| 02 hours | When you are clear with your design, work on power point and create the slides  WARNING 1: Don’t put all the text but only the **key points** for your audience!!  WARNING 2: Your slides must apply the 8 rules |

# 1 – SPEECH **STRATEGY**

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| What is the topic of the presentation? | Healthy food |
| My audience… | Students from PNC |
| Speech duration | 2 min |
| I want to… | [ ] Inform  **[ X ] Convince**  [ ] Entertain  **Convince** students to adopt a healthy food habit in their daily life. |
| My key message… | Enjoy the **benefits** of a healthy food, such as **physical** well-being, a good **mental health** and more **productivity** in your studies |

# 2- SPEECH **STRUCTURE**

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| **Hook**  **Type = Close your eye and dream….** | Hello kon papa!!  Waking up each morning feeling energized, with a spring in your step and a clear mind, ready to start the day.  That's the power of healthy and well-balanced food!!  Who wants to learn more?  *(Raise your hand)* |
| Introduction | Today, I’m Ronan from PNC, and I stand before you to convince about the remarkable benefits of **adopting a healthy food lifestyle.**  In a world where fast food and processed meals have become the norm, it's crucial to recognize the advantages that healthy eating can bring to our lives.  So, let me prove you today that healthy food is about **good health**, **good mental** and give you **more productivity** in your studies |

KEY POINT 1

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| Key point 1 | Do you know where the essential nutriment come from?  Most of the nutriments required by your body comes from:   * Fruit and vegetable * Whole grains * Proteins   So, a balanced diet packed with **fruits**, **vegetables**, whole **grains**, and lean **proteins** provides us with essential nutrients, vitamins, and minerals.  These nutrients help strengthen our immune system, reducing the risk of illness and ensuring our bodies function optimally. |
| **Transition** | Let s prove it with science! |
| Supporting fact 1 | A recent study has proved that a healthy diet can lower the risk of chronic diseases like:   * heart disease * diabetes * certain types of cancer   As you can see on this graph, the people with a balanced have 10 time less cancer than people eating fast food every day |
| **Transition** | Now that we understand the impact on physical health, let's explore how healthy food can positively affect our mental well-being. |

KEY POINT 2

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| Key point 2 | Research suggests that certain nutrients found in healthy foods, such as omega-3 fatty acids and antioxidants, play a vital role in supporting **brain health** and reducing the risk of **cognitive decline.** |
| Supporting fact 1 | Studies have shown that individuals who consume a nutritious diet are less likely to experience mental health disorders such as depression and anxiety.  This demonstrates the profound connection between what we eat and how we feel. |
| **Transition** | Now that we've explored the physical and **mental benefits**, let's examine how healthy food impacts our productivity and overall quality of life. |

KEY POINT 3

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| Key point 1 | You need gas to drive a car, right?  As a car, healthy eating fuels our bodies and minds, enhancing our energy levels and productivity.    When we provide our bodies with the right nutrients, we experience increased focus, and improved memory |
| **Transition** | Let s ask science again about this point… |
| Supporting fact 1 | Numerous studies have found a direct correlation between nutrition and **productivity**.  Employees who prioritize healthy eating habits have been shown to have higher job performance, lower absenteeism, and greater overall satisfaction. |
| **Transition** | We've learned that healthy food also supporting our mental health and cognitive function.  Furthermore, it enhances our energy levels and productivity, allowing us to live life to the fullest. |

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| **Closure** | So, I urge each one of you to prioritize your health and make conscious choices when it comes to the food you consume!  Remember, a healthy diet isn't just a trend: it all about **good health**, **good mental** and **more productivity** in your studies |