**Preparation Outline Guide**

**Filipino Food and its culture**

The following is a guide to use as you develop preparation outlines for your speeches. For purposes of illustration, this guide has three main points in the body of the speech. In your speeches, the number and organization of main points, subpoints, and sub-subpoints will vary depending on the topic and purpose of your speech. However, the elements needed in the outline – title, specific purpose statement, central idea, introduction, body, conclusion, transitions, references – will remain the same. For more information, check the guidelines for preparation outlines and the sample preparation outline with commentary on pages 198-205 of the textbook. If you use this guide as a template, be sure to delete the instructional text placed in brackets.

Title

[If your outline requires a title, consult the discussion of speech titles on pages 201–202.]

*Specific Purpose Statement*: [Refer to criteria for specific purpose statements on pages 80–86.]

*Central Idea/Thesis Statement*: [Refer to criteria for central ideas on pages 86–91 of textbook.]

Introduction

[Label the introduction as a distinct section of the speech and make sure it fulfills all four major objectives of an introduction explained on pages 178–186 of the textbook, and label them accordingly:]

1. Raise your hands if you know anything about Filipino food. Raise your hands if you know anything about Jollibee. If you know anything about Jollibee, you’ve likely heard about their great fried chicken. But that’s the least Filipino food item on the menu. There are about only 2 items on the menu that are truly Filipino.
2. I’m Filipino and after doing some research I’ve realized that Filipino food culture is so diverse that a lot of it is derived from other cultures. So, I’d like to inform you all about the diversity of Filipino foods
3. Eating lots of filipino food and being surrounded by many Filipinos who liked to cook and having parents who love to cook and eat filipino food has shown me to the wide varieties of Filipino that’s being made. I’ve been to the philipppines so much at this point that there was a time where I went there almost every year.
4. I hope to inform you all about Filipino food so you can learn about the food of another culture. Filipino food is so diverse due to the cultures that have influenced it, what types of food were created from these cultural influences and how these influences have affected society.

(*Connective*: To look at why Filipino food is diverse we must first look at what cultures/countries have influenced them.)

Body

1. Cultures that have influenced the philippines
   1. What countries have influenced them?
      1. Countries like, Spain, the U.S, and several Asian countries have influenced the Philippines due to factors like rule and support due to factors.
      2. the nation’s decidedly syncretic food traditions that extend back to Spanish colonization (matejowsky, 2020)
   2. How did these countries influence them?
      1. Spaniard rule happened from 1521-1898 and helped bring many foods and items over (lechon, caldareta, Spanish words as well) American Rule came after Spanish rule but the most influences come after world war 2 when the US was supporting many Asian countries. Imports like Spam have become popular food items in the Philippines.

(*Connective*: after learning what countries have influenced the Philippines and its culture lets see what types of food were created from these influences.

1. Filipino food culture has become very diverse.
   1. Foods that have influence
      1. Foods with influence include a dish called pancit (which is like a lo mein, chow mein type dish that is very similar due to Chinese immigrants), Lechon which has been made for many years in the Philippines but gets its name from the Spanish language. While not entirely a filipino food, SPAM became very popular after WW2 and was one of the most imported items in the Philippines as boxes were “replete with all variety of consumables including SPAM, Marlboro reds, Toblorone chocolates…” (matejowsky, 2020) I can really attest to this as whenever my parents have sent stuff back to family in the Philippines, SPAM is the number one thing to send, Toblorones as well but we never did Marlboro reds.
   2. What types of food are seen
      1. The amount of food seen in the Philippines is massive. The variety is as colorful as a rainbow. As said before there’s foods like pancit, and Lechon that have come from other cultures but that isn’t the end of it. Foods like fried chicken, pancakes, and spaghetti have become staple foods in daily life. Filipinos put a spin on spaghetti which I think is very weird. Its sweeter than most spaghettis and has bits of Vienna sausages in it.

(*Connective*: Seeing as how the food culture has been very diverse its time to see how these influences are seen

1. How these influences have affected society
   1. How these influences are seen in daily life.
      * 1. In the Philippines there is a thing called merienda. It was brought over from by the Spaniards where they “helped institute the popular late time snack time known as merieneda as an integral aspect of workday life” (matejowsky, 2017) “ not unlike British teatime, merienda is basically a time to socialize with friends, coworkers, or classmates with coffee…” (matejowsky, 2017) As of recently, places like popeyes, and shake shack have come and is seen as a place of status in a way. Where if you eat there its like buying the latest new iphone. One example is bubble tea which has been so popular over there that places are selling it for a dollar just to make money
   2. The effects on culture.
      1. As of late Western fast food chains have been the biggest thing to boom in the Philippines. Starting from the 90s till now, Fast food is seen as a part of daily life. Chains like Mcdonalds, Pizza hut, Dominoes, and many others have all come to the Philippines to capitalize on the market there. The filipinos have made their own competitors to combat western chains with places like Jollibee, Chowking, and more being born out of competition.   
         (*Connective*: After talking about the influences and outcomes of other cultures on Filipino food its time to start concluding things )

Conclusion

[Label the conclusion as a distinct section of the speech and make sure it fulfills both major objectives of a conclusion explained on pages 188–193 of the textbook, and label them accordingly:]

1. In conclusion, Filipino food is so diverse due to the cultures that have influenced it, foods being born out of these influences, and because of the effects other cultures have in society.
2. Reinforce the audience’s understanding of, or commitment to, the central idea. Make your final concluding statement memorable to your audience. Filipino food is diverse and the cultures that influence it can be seen throughout some staple foods. Hopefully you’ve gotten an interest in trying some places and if you want to try some places theres a filipino restaurant called mama rosa in white marsh. Thank you for listening.

**References**

Matejowsky, T. (2018). *Fast food globalization in the provincial Philippines*. Lexington Books.

Matejowsky, T. (2020). PHOTO ESSAY: Contemporary Filipino Foodways: Views from the Street, Household, and Local Dining, “How Filipino Food is Becoming the Next Great American Cuisine.” *Asia Pacific Perspectives*, *16*(2), 67–77.

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