**BUSM 1500 Business Presentation Skills**

* **Prepared Presentation Outline -**

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**Speech Topic: Eating Healthy Food**

**Speech Objective:** *To encourage the audience for adopting healthy eating habits by eating healthy food.*

**Audience:** *My audience are my classmates and I think this topic is appropriate for them because students have the habit of eating unhealthy food.*

**Introduction**

* **Grabber:** *My simple question to all my audience how many times in a week do you eat fast , junk and unhealthy food or how much in a week do you eat healthy food because I think this would be easy to count.*
* **Thesis:** Your diet is a bank account. Good food choices are good investments said by Bethenny Frankel. So, today I am going to persuade you guys regarding eating healthy food.
* **Overview:** *Healthy food items are rich in nutrition and are very beneficial for our overall health. These food items provide us with energy and lowers the risk of various diseases. Also, it keeps our mind healthy and fresh as healthy mind resides in a healthy body.*

**Body**

* **Evidence / Supporting Point #1:** *Healthy food items are rich in nutrition and provide us with all the nutrients that our body needs and always keeps us energetic.*
* **Evidence / Supporting Point #2:** *Unhealthy food causes various kinds of diseases like obesity heart diseases, increases bad LDL cholesterol levels etc.* National Health and Nutrition Examination Survey 2017 showed that from 1999 –2000 through 2017 –March 2020, US obesity prevelance increased from 30.5% to 41.9%.
* **Evidence / Supporting Point #3:** *Eating healthy food is very good for our mind as per the idiom that healthy mind resides in a healthy body. It helps us think clearly and feel more alert and concentrated towards our work.*

**Conclusion**

* **Summary:** *At last, By adopting good and healthy eating habits you can keep your body fully energetic, keep all the diseases away from your body and have a fresh and healthy mind.*
* **Call to Action:***So, making good eating habits can change your life and let’s take a step towards healthy and happy life.*