

McDunn

Persuasive speech outline

Eating Fast Food

Introduction

Relevance: You all have probably experienced fast food sometime throughout your life.

Credibility: The first thing that comes to mind when mentioning fast food is greasy, oily, unhealthy garb, yet most of us consume junk food on a daily basis anyway. There are over 300,000 different fast food restaurants in the US. People frequent them because of convenience (quick and usually cheap). In such a fast-paced society, people are eating more fast food than ever before (*Stefanov, Sebastien*).

Purpose: To persuade people not to eat fast food.

Preview: I am now going to inform you about what fast food is, what a typical meal contains, why fast food is unhealthy.

Body

I. A. What is fast food?

1. Fast food is any food that is quick, convenient, and usually inexpensive (*Fast Food Facts*).

a. Fast food is the term given to food that can be prepared and served very quickly. The term "fast food" refers to precooked foods such as fries or pizza that typically must be used within a few hours, or they become dried out and unpalatable (*Ali, Sam*).

b. Fast food places like McDonalds, Burger King, Jack-in-the-box, Wendy's, Whataburger, etc., are all considered fast food restaurants.

II. A. A typical meal and some facts

1. According to the "Nutritional Facts" that are posted on *McDonald's web site*, one Big Mac contains 540 calories and 29 grams of fat, which is 45 percent of the national recommended daily value based on a 2,000-calorie diet, according to McDonald's. One large order of fries contains 500 calories and 25 grams of fat, which is 38 percent of the recommended daily value. The 32-ounce Coca-Cola Classic adds another 310 calories (*Ali, Sam*).

a. Harvested potatoes contain about 80 percent water. What makes them into fries is when most of this water is removed and replaced with fat. Americans, on average, eat 30 pounds of these fat-enriched potatoes per year (*Ali, Sam*).

b. The new KFC Double Down sandwich, which debuted in April, features two fried chicken filets in place of bread, two pieces of bacon, two melted slices of Monterey Jack and pepper jack cheese and Colonel's Sauce. The Double Down

Fast Food Persuasive Outline

Joacim Rocklöv



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