As a high school student, would you personally have been able to concentrate and work at the level you did on a five-day week for a longer amount of time at school?

If you had had one extra free day, do you feel like you would have worked better as a student?

What types of things would you have done with an extra day?

What aspects of the four days of the week would have been hindered by your longer day at school?

Are there any other drawbacks or benefits you want to share that I didn’t cover?

When the discussion was over, Courtney concluded her speech.

Thanks for sharing your ideas and opinions. I think that really helped shed some more light on the situation and how students really feel about the issue.

We’ve heard today some of the views in favor and some against changing the current five-day high school week to a four-day week with longer days. For students, perhaps a shorter week would allow for more time outside school, but it could also cut into sports practice time and extracurricular activities. For parents, finding day care could be an issue, but for the schools, it could be a way to save money.

On the whole, though, I think there are multiple perspectives to consider, and I’ve enjoyed being able to talk about some of them with you.

No More Sugar!

*Persuasive Speech by Hans Erian*

**General purpose:** To persuade

**Specific purpose:** To persuade my audience that overconsumption of sugar is contributing to obesity and related diseases, and that something can be done about it.

*Used with permission.*
**Thesis statement:** Too much sugar can lead to obesity and Type II diabetes, but national awareness, plus personal commitment to good health, can help.

**Introduction**

I. Fifteen-year-old Arnold Scott weighed 300 pounds; he developed symptoms that led to a diagnosis of Type II diabetes.
   
   A. Type II diabetes, usually associated with adults, is increasing among children and leaving them vulnerable to blindness, heart and kidney disease, and stroke at ages as young as 30 (*Newsday*).
   
   B. Dr. Barbara Lindner of the National Institute of Diabetes, Digestive Diseases, and Kidney Diseases linked the rise in diabetes to a rise in obesity, and obesity is on the rise because of sugar.
   
   1. *The Nationwide News* of August 21, 2001, reported that, of the ten most-bought foods bought at the supermarket, most are sugar-filled junk foods.
   
   2. A Georgetown University study showed that 25 percent of adult calories come from sugar; for kids, it’s closer to 50 percent.

II. The average person in this room consumes about 125–150 pounds of sugar per year.

   A. *Consumer Reports on Health* of August 2001 says that increases in blood sugar levels lead to increases in disease and death.

   B. Americans are consuming too much unhealthy sugar without realizing it.

III. Today we will explore two major causes of sugar over-consumption, then we’ll examine negative effects, and finally we’ll look at ways to nationally and personally deal with the problem.

**Body**

I. The two main reasons for increased consumption of sugar are ignorance and increased consumption of soda pop.

   A. The FDA and the sugar association have been fighting a linguistic tug-of-war since about 1970 over the definition of sugar.
Part 7: Sample Speeches

Though Hans has a lively and expressive style of delivery and generally makes good use of gestures, some may seem a little forced. Pantomiming “tug of war” seems less spontaneous, perhaps creating an impression of having practiced the speech so many times that he found ways to insert gestures with almost every phrase.

Observe that definitions are crucial not just with technical or unusual terms but with common everyday terms like sugar. Hans sets a clear foundation for us to understand the rest of his speech.

1. Fructose is the good sugar, the kind found naturally in fruit.
2. Bad sugar, the kind in most foods, comes under names like sucrose, dextrose, and high-fructose corn syrup, which may be confusing because of the word “fructose” in it.
3. Common items in local stores can lead to confusion.
   a. Here’s a cranberry-tangerine juice drink that we’d expect to be healthy, but the second ingredient is high-fructose corn syrup.
   b. Wheaties™ ingredients include whole wheat, sugar—and also corn sugar and brown sugar, other bad sugars; can this be the “Breakfast of Champions”?

B. The second reason is the increased consumption of soda.
1. Coca-Cola contains sucrose and has about 10 teaspoons of sugar per pint.
2. The consumption of soda increased by 43 percent to 85 gallons per year since 1987; that’s 555 cans annually for every American (San Jose Mercury News).

Transition: Now that we’ve seen the increased use of sugar because of ignorance and soda pop, we will see the negative effects this is having on our health.

II. This amount of sugar is having a negative impact on our health.
A. There is convincing new evidence between weight gain in children and the consumption of soda pop (New York Times).
   1. Obesity is directly linked to soda pop consumption, regardless of the amount of food you eat or lack of exercise.
   2. Perhaps this is because the body has trouble adapting to intense concentrations of sugar taken in liquid form.
B. Obesity is linked to many diseases, including high blood pressure, high cholesterol, and heart disease, as well as cancer and diabetes.

While watching the video of this speech, notice how clearly Hans’ transitions, though brief, lead us along through this rapid-fire speech.
1. Obesity is now considered the number-two killer in the United States because it causes cancer and other problems.
   a. Obese people are 70 percent more likely to get pancreatic cancer, which has a 95 percent mortality rate (New York Times).
   b. The U.S. Department of Health links it to postmenopausal breast cancer and colon cancer.
2. Obesity is linked to diabetes.
   a. Since 1991, adult obesity has increased by 60 percent and the percentage of overweight kids has doubled (Hartford Courant).
   b. Children and adolescents are developing Type II diabetes, a disease associated with people over 45 years of age.
   c. Dr. Gerald Bernstein predicts that, if left unchecked, there will be 500 million diabetics worldwide in 25 years, leading to a tidal wave of suffering and an avalanche of health-care bills.

**Transition:** Now that we see that Americans are consuming too much sugar and it’s destroying our health, we need to decrease our sugar intake.

III. We can do something on a national and a personal level.
   A. On a national level, we need to increase our awareness and decrease soda pop consumption.
      1. Kelly Brownwell, director of Yale University’s Eating and Weight Disorders, recommends regulation of ads aimed at children to provide equal time for nutritional and pro-exercise messages.
      2. She also suggests changing the price of foods to make healthier foods less expensive than sugar-laden ones.
      3. Schools could disable the school vending machines during class time, strip them of sweets, or put a new tax on them, which may discourage students from buying sweets (New York Times).
      4. We might also impose a tax on soft drinks in general.
Transition: These are just a few ways to provide incentives for people to get healthy and eat less sugar.

B. We would like to have someone else help us get healthy, but what is really needed is a personal commitment to health.
   1. Start off slow and follow Dr. Robert Owen’s advice; he wrote *Optimum Wellness*, and he suggests you have dessert a few times a week or a can of pop a couple of times a week.
   2. In fact, the World Health Organization suggested that up to 10 percent of calories can come from sugar, but try to stick to healthy sugars.
   3. In addition, be a label reader.

Conclusion
I. Now that we have looked at the misconceptions regarding sugar and what they lead to, you can decrease your sugar intake.
II. This will prevent more people from ending up like Arnold Scott, who must take insulin injections just to stay alive.

Works Cited
Notice how Kayla uses the description of malaria’s side effects to draw her audience in prior to revealing her speech topic.

General purpose: To persuade
Specific purpose: To persuade my audience to get involved in the fight to end malaria.
Thesis statement: Malaria, a disease that stunts economic growth, education, health care productivity, and takes thousands of lives every day, can be stopped and reversed within our lifetime.

I. Introduction
Attention: It’s just a mosquito, right? To us it is, but to half the world it is also fever, vomiting, aches, jaundice, anemia. It is seizures, comas, lung inflammation, cardiovascular collapse, kidney failure, paralysis. It is speech impediments. It is still-births and maternal deaths and low birth-weight babies. It is blindness. It is deafness. It is malaria.
Reveal topic: The disease is caused by a little parasite from the genus Plasmodium that is carried from human to human via mosquitoes. It invades and ruptures red blood cells, reproducing rapidly, and every day this process takes thousands of lives and stunts economic growth, child development, and health care productivity.

*Used with permission.*