

SAMPLE OUTLINE

INFORMATIVE SPEECH

INTRODUCTION

Topic: How does sugar influence human body

Audience Analysis: Ages 15-30

General Purpose: To inform

Specific Purpose: To inform the audience on what sugar can do to them.

Attention Getter: according to research higher levels of Sugar high risk diseases.

Thesis Statement: The impact of sugar on the human body is multifaceted, as it provides quick energy but can also contribute to gain weight, and increased risk of chronic Diseases.

Preview of Main Points: -First there's weight gain, second energy boost, and thirdly the high risks of health.

Credibility Statement: When it comes to the influence of sugar on the human body, there is a lot of scientific research on the effects of sugar on people's lives. Most of our foods contain sugar but most of the time we do not know how to control it.

TRANSITION

BODY

Main Point I

Sub Point A .How does sugar influence the human body.

Sub Point B. According to research higher levels of people risks of becoming diabetics In the USA According to the CDC providers. United state has become the number one to impact people with sugar and leading them to a bad diet

Internal Transit How energy is brought into drinks or foods.

Main Point II

Sub Point A. How sugar brings energy to your body, but we do not know how it affects the rest of our bodies, organs, and health. 30% percent of teens on the United States consume energy drinks on the daily basis. And consume foods with a lot of sugar to boost their energy.

Main Point III

Sub Point A. How sugar has impacted people's health chronic diseases into leading diabetes, and heart disease.

Sub Point B To balance and enjoy sugar in moderation.

CONCLUSION

Concluding with this topic of how sugar influences the human body, it is important to be aware of how sugar can impact our bodies. By understanding the potential risks of excessive sugar consumption, such as weight gain, chronic diseases. We can see how sugar influence human body, sugar can provide energy but consuming too much can lead to weight gain, and increased risks of chronic Diseases we might not look at it from that point of view but sugar can have big impact on the environment, because people don't realize how much sugar they consume they just take it, for example with energies drinks people just take is as nothing But later on they see the consequences.

Works Cited

https://www.cdc.gov/healthyweight/healthy_eating/sugar.html#:~:text=Eating and drinking too many added sugars makes it difficult,2 diabetes, and APA style

<https://www.augustahealth.com/answer/energy-drinks-do-they-really-boost-energy/> disease.

Sub Point B

Internal Transition: