TITLE: HOW TO COMMUNICATE: DELIVERING A SPEECH, WHAT IF #2

00:00 [KATE stands in front of the room preparing to deliver her speech. There is a slide projected on a screen behind her with images of a hamburger and french fries. MIRIRAI and JASON are sitting in chairs facing KATE as her audience.]

00:00 **KATE**: Okay, this is my first slide. Does it look ok?

00:02 [MIRIRAI looks briefly at the projected slide then pulls a watch or phone to keep time.]

00:02 **MIRIRAI**: Yeah. It's fine. So, I'll time you okay? Your section of the presentation should be about five minutes. (to Jason) Right?

00:10 **JASON**: More or less.

00:11 **MIRIRAI**: (looking at watch or stop watch) Okay Kate. Ready when you are.

00:15 **KATE:** (Takes a breath and turns toward the projection screen, where she directs her speech.). Eating fast foods presents three problems in your diet. First, most fast foods have an excessive amount of salt. Even when you think you’re making healthy choices, you might not.

00:28 [KATE turns and addresses MIRIRAI and then turns back to the projected graphic on the screen behind her]

00:29 **KATE:** Have you ever looked at a fast food menu and thought: “Should I go for the deluxe burger with fries and a shake? Or maybe I should go with something healthy, like chicken?” You might think that chicken is a healthy choice--even better if it’s grilled instead of fried, right?

00:45 [KATE continues to look at the screen while she clicks up the next slide--a graphic of a chicken sandwich with 1770 mg marked above it adjacent to a salt shaker with 2400 mg marked above it.]

00:45 **KATE**: But according to one popular fast food restaurant’s website, a grilled chicken sandwich has 1770 mg of salt. That’s over 73% of the daily allowance of sodium for a healthy adult. Adding a large fry to your order bumps your salt intake by another 20%. That’s a lot of salt to put into your body. And it’s just lunch!

01:06 [KATE glances at the audience and then back to the next slide. A graphic of 9 in 10 superimposed on a diagram of US map is projected.]

01:06 **KATE**: In a 2010 article posted on WebMD.com…

01:09 [MIRIRAI holds up a hand, interrupting KATE who pauses her presentation]

01:09 **MIRIRAI**: Hold it a sec.

01:11 **KATE**: Too fast maybe?

01:12 **MIRIRAI**: No. Your speaking rate is good.

01:14 **KATE**: Do you like the slides? I worked pretty hard on them…