TITLE: HOW TO COMMUNICATE: DELIVERING A SPEECH

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**: (personable and making eye contact with her audience members) 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 may not. Have you ever looked at a fast food menu and thought: “Should I go for the deluxe burger with fries and a shake? Or should I choose something healthy, like chicken?” You might think that chicken is a healthy choice--even better if it’s grilled instead of fried, right?

00:38 [KATE switches her notecards and references 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.]

00:38 **KATE**: But according to one popular fast food restaurant’s website, a grilled chicken sandwich (gestures to slide) 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!

00:54 [KATE smoothly switches notecards and next slide appears--a graphic of 9 in 10 superimposed on a diagram of US map.]

00:54 **KATE**: In a 2010 article posted on WebMD.com, medical writer, Daniel DeNoon claims that 9 out of 10 Americans consume too much salt daily. Salt is found in everything from soft drinks to baked goods. But why should we be concerned about eating too much salt? For this simple reason: High sodium intake is a contributing factor to hypertension or high blood pressure.

01:21 [The projection screen goes blank and KATE continues speaking.]

01:21 **KATE**: (turns fully to audience for more conversational section of speech) This concerns me because hypertension runs in my family. I’m lucky so far…my blood pressure is normal. But according to the Center for Disease Control, 1 in 3 Americans have high blood pressure. That means about 9 of us in this class will have high blood pressure at some point in our lifetime.

01:39 [A new slide appears - a graphic photo of a patient in a physician's exam room]

01:39 **KATE**: (gestures to slide) Once you get hypertension you are at high risk for heart disease, stroke, and kidney disease. Also, too much salt in your diet can cause dehydration and digestive problems.

Another dietary problem of fast foods is the high sugar content. High fructose corn syrup is commonly found in…”

01:55 **MIRIRAI**: (holds up a hand, interrupting KATE who pauses his presentation) Hold it a sec.

01:56 **KATE**: Something wrong?

01:57 **MIRIRAI**: No. In fact, you're doing great! I just wondered if you could add a slide to mark the next section about high sugar content.

02:04 **KATE**: Oh! That’s a great idea. Ok, back to it.