

Research Sheet

Speech Title: _____

Part 2: Research

Research your topic in order to develop your ideas. Researching your topic could extend or test your opinions or feelings and give you material that will be appropriate for the purpose of your presentation. Material could include:

- statistics
- quotations
- primary sources (your own research) for example, survey, interviews, personal experience
- secondary sources (research done by others) for example, reference books, Internet, newspapers, magazines.

Speech Topic:			
Purpose:			
Point/ Topic sentence/ Statement (You need to have three points)	Explanation	Evidence 1-	Evidence 2 –
<p style="text-align: center;"><u>Example</u></p> <p>Speech topic: Why eating refined sugars and processed foods can have a long term effect on your health</p> <p>Purpose: to educate audience about health and nutrition (probably don't need to convince the majority of people</p>	<p><i>Gut bacteria is important because our immune system is in our gut, and our immune system is in charge of fighting off infections and protecting our cells. Our immune system is in our gut because essentially everything we eat is a foreign substance that our immune system must react to. If your gut bacteria inhibits your immune system's ability to carry out this</i></p>	<p>Evidence type: secondary source</p> <p>Link: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8011970/</p> <p>Fact, quote, statistic or information you are using from link:</p> <p>A study from the National Library of Medicine in America used rats to</p>	

<p>that sugar/processed foods are bad) thus this is an informational speech oppose to a persuasive speech</p> <p>Point 1:</p> <p><i>The old saying “you are what you eat” has some truth to it. What we eat changes our gut bacteria, and if we eat unhealthy it will change our gut bacteria in a negative way.</i></p>	<p><i>responsibility, then you will be at a higher risk for certain diseases and illnesses.</i></p> <p><i>This is also important to note because many think that weight gain is the only risk of unhealthy eating, and may use the fact that they have not gained any weight as a reason to not evaluate their food choices.</i></p>	<p>study the negative effects of poor diet on the immune system, the study found highly processed, salty and fatty foods hyper-activated key components of the immune system, resulting in inflammation and injury to the kidney.</p>	
<p>Point 1:</p>		<p>Evidence type:</p> <p>Link:</p> <p>Fact, quote, statistic or information you are using from link:</p>	<p>Evidence type:</p> <p>Link:</p> <p>Fact, quote, statistic or information you are using from link:</p>
<p>Point 2:</p>		<p>Evidence type:</p> <p>Link:</p> <p>Fact, quote, statistic or information you are using from link:</p>	<p>Evidence type:</p> <p>Link:</p> <p>Fact, quote, statistic or information you are using from link:</p>

Point 3:		Evidence type: Link: Fact, quote, statistic or information you are using from link:	Evidence type: Link: Fact, quote, statistic or information you are using from link:
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