

ASSIGNMENT

Group presentation: Your group is going to present an argument for or against a statement related to healthy living.

Student presentation script (example)

Useful expressions appear in *blue*.

OUTLINE	SCRIPT
Greet and introduce topic	<p>Student A: <i>Hello everyone, and welcome.</i> Today, our group is going to discuss the topic of eating meat and whether it is good for health. <i>Eating meat has become a hot topic in recent years</i>, with many people pushing for a change from meat and fish-based diets to plant and vegetable-based meals. <i>The reasons for this range from</i> concerns about animal welfare, <i>to</i> the search for a healthy way of living.</p>
State position and give brief overview of arguments	<p>But is eating meat and fish bad for your health? <i>We beg to differ.</i> In fact, eating meat and fish can be good for your health for three great reasons: it provides essential protein, important vitamins and minerals, and amino acid which improves brain health.</p>
Present first argument and respond to possible counterargument	<p>Student B: <i>Firstly, let's have a look at</i> the health benefits of including meat and fish in your diet. The United Kingdom's Government Guide to Healthy Eating recommends eating two portions of fish and three to four portions of meat per week, along with other proteins such as beans, peas, and lentils. This will give us the proteins we need for muscle strength and bone health. <i>Some people may argue</i> that a vegetarian diet with beans, peas, and lentils is enough. <i>However</i>, these things alone don't provide all the nutrients we need.</p>
Present second argument and respond to possible counterargument	<p>Student C: That's because meat and fish are full of vitamins and minerals, like iron, zinc, and vitamin B12, which are important for good health. <i>Studies show that</i> eating fish and seafood provide "healthy fats" called Omega-3s, which help prevent heart problems. Of course, it is possible to take supplements to replace these nutrients. <i>But research shows that</i> our bodies absorb these vitamins and minerals much more effectively and efficiently when we get them from food, not from supplements.</p>
Present third argument and respond to possible counterargument	<p>Student A: <i>The third thing to consider is</i> that eating meat and fish also helps your brain to work better. Amino acid from meat boosts your mood and energy so you can focus better. <i>Some say</i> eating red meat negatively affects our memory, <i>but</i> that doesn't mean we have to completely stop eating meat. We can choose lean meat and fish.</p>

**Summarize arguments
and end with strong
concluding statement**

Student B: **In summary**, when done correctly, **it is clear that** eating meat and fish is actually good for your health. It provides the necessary protein and nutrients we need, avoids the need for dietary supplements, and also has the added bonus of tasting good.

OUTLINE	NOTES
Greet and introduce topic	
State position and give brief overview of arguments	
Explain first argument and respond to possible counterargument	
Explain second argument and respond to possible counterargument	
Explain third argument and respond to possible counterargument	
Summarize arguments and end with a strong concluding statement	

Useful expressions

PURPOSE	EXPRESSIONS
Greet the audience	<p><i>Hello everyone, and welcome.</i></p> <p><i>Good morning/afternoon/evening everybody. It's great to see you all here.</i></p> <p><i>[Topic] has become a hot topic in recent years.</i></p>
State your position	<p><i>We will suggest that ...</i></p> <p><i>We are going to tell you how ...</i></p> <p><i>We are going to argue that ...</i></p> <p><i>We beg to differ.</i></p>
Support your position	<p><i>The reasons for this range from ...to ...</i></p> <p><i>We're going to give you three great reasons why ...</i></p> <p><i>Firstly, let's have a look at ...</i></p> <p><i>The first/second/third thing to consider when + -ing ...</i></p> <p><i>We think that ...</i></p> <p><i>Research shows that ...</i></p> <p><i>Studies show that ...</i></p> <p><i>The evidence suggests that...</i></p> <p><i>Finally, it's clear that...</i></p>
Address counterarguments	<p><i>Some people may argue (that) ...</i></p> <p><i>Some people think/say (that) ...</i></p> <p><i>Some say ...</i></p> <p><i>But ...</i></p> <p><i>However, ...</i></p>
Summarize and end with a strong concluding statement	<p><i>In summary, ...</i></p> <p><i>To conclude, ...</i></p> <p><i>It is clear that ...</i></p> <p><i>Without a doubt, we believe ...</i></p> <p><i>I'm going to leave you with one question/idea/thought: ...</i></p>