

Sample Speech Outline

From *The Art of Public Speaking* by Stephen Lucas

TOPIC: Beneficial bacteria

SPECIFIC PURPOSE: To inform my audience how bacteria can be beneficial

INTRODUCTION

- I. Hold up hand—look closely
 - a. Can't see millions of creatures there—bacteria
 - b. Taught to scrub off in sink
 - c. Fine, up to a point.
- II. Most bacteria should not be washed away
- III. Dr. Marin Blaser, *Missing Microbes*: co-exist with bacteria vital to human life and the world
- IV. Learned in biology; did additional research
- V. Today:
 - a. bacteria help bodies
 - b. environment

BODY

- I. Beneficial bacteria in bodies
 - a. We have all lived with bacteria since birth
 - i. Scientific American: Human body is “a complex ecosystem...containing trillions of bacteria.”
 - ii. Each square centimeter---100,000
 - iii. 100 kinds in mouth
 - iv. 10 times more in body than human cells
 - b. One positive function: digest food, maintain weight
 - i. Yogurt
 - ii. Sauerkraut, kefir, kimchi, soft cheeses
 - c. *British Journal of Nutrition*: help other ways
 - i. Strengthen immune systems
 - ii. Promote healthy organs
 - iii. Create energy needed to live
- II. Beneficial bacteria in environment
 - a. Web site for master gardener program at Colorado State: healthy soil “a dynamic living ecosystem”
 - i. Cup of soil—200 million
 - ii. Provide nutrients that allow plants to grow
 - iii. Good garden – good bacteria
 - b. In addition to enriching soil, bacteria can combat pollution
 - i. Reduce contaminants in lakes, rivers, oceans
 - ii. Scientists use to clean up oil spills

1. Remember Deepwater Horizon?
2. U.S. News and World Report: bacteria ate oil
- iii. Can also eat plastic and radioactive waste

CONCLUSION

- I. Some bacteria dangerous, many beneficial
- II. Health of bodies, health of environment depend on them
- III. Science writer Richard Conniff: see bacteria “not as enemies, but as intimate partners” in journey through life.