The Laws of Health

WORK SHEET

First of all, in the space below, decide what subject in the area of health you would like to talk about. (e.g. Food, Family health issues, Salt/sugar, Exercise, Vegetarianism verses meat eating etc.)

Next, read a good book, magazine or online article on the subject. Make notes of interesting facts you would like to share.

After this make an outline for your talk with:

Introduction

Main body including:

Point 1

Point 2

Point 3

(As well as factual information, try to include personal experience of the subject).

Conclusion: Summarise, and then practice your presentation.