Tanner Gibson

Megan Fetters

Public Speaking

26 November 2011

Thesis Statement: Meat is one of nature’s most balanced foods and is filled with vitamins and minerals that our bodies need to build and maintain muscle, gain strength and vitality, and power us through our busy days.

1. Introduction:
2. Intro to why meat is better than vegetables.
3. Background knowledge on why meat is better than vegetables.
4. Thesis statement
5. My Argument:
6. Point #1: Meat is packed with vitamins and minerals.
7. Minerals such as iron, zinc, potassium, and selenium. Vitamins B1, B2, B3, B5, B6, and B12.
8. Proof^^
9. Point #2: Grass fed animals have healthier meat than those raised on a corn and grain diet.
10. Kate Clancy says, the meat and milk from grass fed cattle has higher amounts of proteins and minerals.
11. Proof ^^
12. Point #3: Meat is the best natural source of protein.
13. It provides our bodies with all the essential amino acid building blocks that we require to build and renew all cells in our bodies.
14. Proof ^^
15. Counter Argument:
16. Meat is the cause for over 18% of the global greenhouse gas emissions.
17. Supporting information
18. We will have to use artificial fertilizers which are worse for the environment.
19. Evidence ^^
20. Conclusion:
21. Thesis statement
22. Plan of action