# diets-that-work1

# Round Table Diet Debates

# Speech Sequence

What follows is an actual sequence of speeches in the Round Table Diet Debates. The debates can be understood to be divided into three segments or phases, which can create natural stopping points when the debates are conducted over more than one class period.

**1st Segment – Cases and Cross-Examinations**

Atkins Case 2.5 minutes

Cross-Examination by South Beach 1.5 minutes

South Beach 2.5 minutes

Cross-Examination by Vegetarian 1.5 minutes

Vegetarian 2.5 minutes

Cross-Examination by Weight Watchers 1.5 minutes

Weight Watchers 2.5 minutes

Cross-Examination by Zone 1.5 minutes

Zone 2.5 minutes

Cross-Examination by Atkins 1.5 minutes

**2nd Segment – Rebuttals**

Zone rebuttal of Weight Watchers 2 minutes

Weight Watchers rebuttal of Vegetarian 2 minutes

Vegetarian rebuttal of South Beach 2 minutes

South Beach rebuttal of Atkins 2 minutes

Atkins rebuttal of Zone 2 minutes

**3rd Segment – Closing Statements**

Atkins closing statement 2.5 minutes

South Beach closing statement 2.5 minutes

Vegetarian closing statement 2.5 minutes

Weight Watchers closing statement 2.5 minutes

Zone closing statement 2.5 minutes

There are variations that can be implemented on this speech sequence and structure. One variation is for groups to give rebuttals against a different team than the team that they cross-examine. So, for example, Group 3 might cross-examine Group 1, but give their rebuttal against Group 2, while Group 4 cross-examines Group 2 but gives their rebuttal against Group 3, and so forth.