Pecha Kucha help with adding sound to PowerPoint.

This might be exactly what you need. https://support.office.com/en-nz/article/Record-audio-232d5fec-fc90-4abb-9332-c469d336d947.

I'm on Windows, but this is what I do. If you're trying to record audio over the whole presentation, you should be able to go to the SlideShow tab and click "Record Slide Show". That option should record any audio you input into a mic.

To just record a single audio file that goes right into the slide, go to the Insert tab and click Media->Audio->Record Audio. That should work.

If Mac is too different and none of these instructions work, you might just want to try this: http://www.mactip.net/how-to-record-sound-on-a-mac/ and insert the individual audio files into the presentation.