

## Section 1:

### #1: Introduction (First paragraph)

#### a. Strengths:

- Engaging opening that establishes the speaker's purpose and context
- Use of vivid imagery to describe the cafeteria food

b. Weakness: Overuse of Dramatic Language Your introduction relies heavily on dramatic language, which can detract from the seriousness of your message. Phrases like "disease of unhealthy food tolerance" and "drought of nutrients" may come across as exaggerated. While passion is admirable, overly dramatic language can undermine your credibility.

c. Exemplar: "Upon examining our school cafeteria menu, I noticed a concerning lack of nutritious options. The absence of colourful fruits and vegetables was particularly striking, replaced instead by less healthy alternatives like fries and frozen lasagna."

### #2: Main Arguments (Third and fourth paragraphs)

#### a. Strengths:

- Clear structure with distinct points
- Use of scientific evidence to support arguments

b. Weakness: Lack of Specific Evidence While you mention "studies have shown," you don't provide specific examples or statistics to back up your claims. This vagueness weakens your argument. For instance, when discussing the impact of healthy eating on school attendance and focus, you rely on generalizations rather than concrete data.

c. Exemplar: "According to a 2023 study published in the Journal of School Health, students who consumed a balanced diet rich in fruits and vegetables had 30% fewer absences due to illness compared to their peers who regularly consumed processed foods."

### #3: Solutions (Final two paragraphs)

#### a. Strengths:

- Proactive approach to solving the problem
- Creative ideas for encouraging healthy eating

b. Weakness: Underdeveloped Ideas Your solutions, while creative, lack detail and explanation. You mention establishing a vegetable garden and creating a healthy eating timetable, but you don't elaborate on how these initiatives will be implemented or maintained. This leaves your audience with questions about the practicality and effectiveness of your proposals.

c. Exemplar: "I proposed establishing a school vegetable garden, which would be maintained by student volunteers during weekly gardening sessions. The produce from this garden would then be incorporated into our cafeteria meals, providing fresh, locally-grown vegetables and educating students about sustainable food practices."

Actionable Task: Rewrite your final two paragraphs, focusing on developing your proposed solutions in greater detail. For each initiative, explain how it will be implemented, who will be involved, and how its success will be measured.

Overall Score: 35/50

## Section 2: Revision Guidelines

### The Essential Role of Nutrients and Healthy Foods

My esteemed and beloved guests,

My name is Maya, and I first want to thank you all for inviting me to the District-Wide Nutrition Fair. This is a very significant day as I will be addressing the problems of school cafeteria lunch. I was intrigued the month before when I stared down ~~on~~ [at] the menu of my school cafeteria. Unfortunately, I found an exploitable flaw in our food. Where were the vibrant, joyful ~~colours~~ [colours] of vegetables and fruit? All we were served were gloomy fries ~~collaborated~~ [accompanied] with mushy, green soup that seemed to be one day old and a frozen lasagna. Now, with a new-found eureka moment, I thought, if this disease of unhealthy food tolerance is continued, we will live in a drought of nutrients! Why were we eating those damp, soggy but also unhealthy foods? For sicknesses or for delicacy? Why would we take the risk to our health for just eating oily and fatty foods that won't benefit your body?

After I found out all of this nonsense, I ~~went proceeded~~ [proceeded] straight to Mrs Janison, our cafeteria server. ~~In~~ [To] my shock, she responded ~~a deliberate no~~, [with a firm no] and muttered on about the difficulties of preparing cafeteria food and mumbled 'kids these days'. I was infuriated! Kids ~~theses~~ [these] days should be stirred up to change for the good. That's why I am here today after all. To introduce new methods and ~~revolutionise~~ [revolutionise] our world with each new generation. Stirred up, I asked my teacher if I could go to the principal's office. I clearly remember that time where all

my classmates were utterly confused but also laughing at me. But there was no need to be embarrassed. It was the right thing to do. And there I was, at Principal Glock's office ~~criticising~~ [criticising] the many wrong points of our cafeteria food. But why?

Here are my main points:

Firstly, healthy eating is essential for building an impenetrable wall of nutrition which creates a near-perfect immune system that fights off many diseases, germs and sicknesses. Studies have shown that the people who eat more of a mixed diet have shown to have been less affected by many diseases, such as the recent Corona Virus. Many of the peers who I know eat healthy at my school usually have less days of absence ~~of~~ [due to] sickness and are way more focused on every single aspect of school. I truly respect them too, and I believe they are setting ~~great~~ [a great] example for those who are still learning.

Secondly, when you eat junk food, you harm every single aspect of your body, friends and soul. Let me explain. Everyone knows that unhealthy eating habits lead to many sicknesses and pains. But do you know which ones? Regular junk food eaters may experience type 2 diabetes, heart-related complications such as cardiovascular disease, high blood pressure and ~~cholesterol~~ [cholesterol], ~~overweightness~~ [overweight] and obesity, osteoporosis, certain cancers and ultimately depression. Was that a lot? Yes, it was, and that is ONLY the physical difficulties of eating an unhealthy diet. When you are unhealthy, you will also affect your friends, who will be ashamed of you because nobody likes people who aren't healthy. Once you are in a habit of eating unhealthily, other bad habits will follow, such as not doing enough physical exercise, not studying enough and even bullying. And once you are up to the bullying stage, that is a stage where almost no one can stop you. Unless you change your soul. So, it might not be that bad at the moment, but once bad habits just keep stacking up, the result will be that, or even worse.

#3 [Start of specific feedback section]

So then, I established a vegetable garden for my school and a challenge to have the healthiest lunch, even a point score for everyone with prizes for the grab if you maintain your healthy eating ways and a balanced diet.

That was only the first act of my grander plan. Secondly, I established a healthy eating timetable with Principal Glock and Mrs Janison. It consists of daily eating plans with titles such as Take-a-bite Tuesday, where we try new foods, or Multi-coloured Monday, where we all take part every single day. With all ~~theses~~ [these] new and exciting features implemented~~.~~ [,] I found the help of my parents and started a website that will hopefully grow and inspire more people to follow and learn from healthy eating. I

hope you can understand my feelings and go for the great to reach all of our full potentials. ~~Lets~~ [Let's] start a new revolution to get healthy!