

## Section 1:

### #1 (First paragraph): a. Strengths:

- Engaging opening that introduces the speaker and topic
- Use of relatable examples to connect with the audience

b. Weaknesses: Lack of coherence Your opening paragraph jumps between several ideas without a clear focus. For instance, you mention "eating healthy can be hard", then switch to your nervousness, and back to healthy eating. This makes it difficult for the audience to follow your main point.

c. Exemplar: "Hello everyone, I'm Maya, and I'm here to talk about something we all struggle with: eating healthily. We often reach for biscuits and crisps instead of celery and broccoli, knowing we should make better choices. Today, I'm challenging you to join our healthy eating revolution."

### #2 (Second paragraph): a. Strengths:

- Introduces a familiar phrase to capture attention
- Attempts to provide scientific information to support the argument

b. Weaknesses: Oversimplification of complex ideas Your explanation of free radicals and vitamin C is overly simplified and lacks precision. For example, you state "vitamin C gives extra protection against free radicals" without explaining how or providing context for this claim.

c. Exemplar: "You've likely heard the phrase 'an apple a day keeps the doctor away'. This saying has some truth to it, as apples are rich in vitamins, particularly vitamin C. This nutrient acts as an antioxidant, helping to neutralise harmful molecules called free radicals, which can damage our cells and contribute to various diseases."

### #3 (Fourth paragraph): a. Strengths:

- Attempts to provide specific, actionable advice
- Highlights potential consequences of excessive sugar consumption

b. Weaknesses: Inaccurate information and abrupt transitions Your advice on sugar intake is not scientifically accurate. You state "never have above 16 teaspoons or else you can end up with diabetes", which is an oversimplification of a complex health issue. Additionally, you abruptly transition to discussing diabetes without properly introducing the topic.

c. Exemplar: "It's important to be mindful of our sugar intake. While sugar isn't inherently harmful, excessive consumption can lead to health issues over time. These may include an increased risk of type 2 diabetes, weight gain, and other health problems. The NHS recommends adults consume no more than 30g of free sugars a day, which is roughly equivalent to 7 sugar cubes."

Actionable task: Rewrite your opening paragraph, focusing on creating a clear, cohesive introduction to your topic. Ensure you introduce yourself, state your purpose, and provide a brief overview of what you'll be discussing without jumping between multiple ideas.

Overall score: 4/50

## Section 2: Revision Guidelines

Hello everyone, my name is Maya, and it is my ~~honour~~ [honour] to present this speech to all of you. You may all know that eating healthy can be hard. You would rather munch on some ~~biscuit~~ [biscuits] and ~~chips~~ [crisps] instead of celery and broccoli. You all know that you should eat healthy. It's not that you can't; it's that you don't want to. ~~So here I am, standing before you all.~~ [So here I am, standing before you all.] Sure I'm nervous but that's not the point. I'm here to tell you to eat healthy and join our healthy eating revolution. #1

I'm sure you all know this phrase : ~~one~~ [an] apple a day keeps the ~~doctors~~ [doctor] away! This is actually true because apples have huge amounts of vitamins and can benefit your physical health. This can also help because vitamin C gives extra protection against free radicals. Free radicals are unstable atoms that can damage your body cells and cause diseases. This means that people can live longer and suffer less from illness and disease. #2

Now to whether something is good to eat or not. There are 19 different types of foods. These are cereals, roots, pulses and nuts, milk, eggs, fish and shellfish, meat, insects, vegetables, fruits, fats and oils, sweets and sugars, spices and condiments, beverages, foods for nutritional uses, food additives, composite dishes and savoury snacks. ~~Each of these~~ [Each of these] categories have an average amount of sugar per kilogram. For example a dish with a lot of products from the sweets and sugars section would have high amounts of sugar ~~as~~ [whereas] a dish with lots of products from the fruits or the vegetables sections will result in less ~~process~~ [processed] sugar and more natural sugars.

Now to sugar. How much should you take in one go? Whenever you are taking ~~dowse~~ [doses] of sugar, never have above 16 teaspoons or else you can end up with diabetes,

stomach aches, higher blood pressure, weight gain and fatty liver diseases. An example of the result ~~having~~ [of having] too much sugar is diabetes. Diabetes is when your blood sugar ~~or~~ [is] too high and can be catastrophic or even fatal! #3

So what is your blood sugar level right now? Are you sure you have been eating healthy? If you want to stop yourself from having all this suffering from just eating food then join our healthy eating revolution! You can sign up any day before the end of ~~march~~ [March] this year and remember, eat healthy!