

Section 1:

#1: "Dear guests of the District-Wide Nutrition Fair, today I will be informing you all on the importance of healthy cafeteria food served to our peers. Think of a civilisation which was completely healthy, with no junk food, overweight people or even just healthy food. Students would be striving academically, physically and mentally, because of what? Because of healthy food."

a. Strengths:

- You've introduced your topic clearly and set the context for your speech.
- You've used a thought-provoking hypothetical scenario to engage your audience.

b. Weaknesses: Main issue: Clarity and coherence Your opening paragraph contains some contradictory and confusing statements. You mention "a civilisation which was completely healthy, with no junk food, overweight people or even just healthy food". This creates confusion as it's unclear how a healthy civilisation would have no healthy food. Additionally, the transition from this hypothetical scenario to your main point about healthy food in schools is abrupt.

c. Exemplar: "Imagine a world where every student thrives academically, physically, and mentally. What's the secret to this success? It's simple: nutritious, balanced meals in our school cafeterias."

#2: "Firstly, imagine walking into your school, dreading what will come when its 1 o'clock. Say you take your mind off the hideous lunchtime that you will have. Now you are in class, the class right before lunch, as you here the bell ring, you are dismissed to go to lunch. When you finally get your lunch, you look down at your soggy, unmentionable lunch, the revolting smell choking you as you sit down. You were WAY too familiar with this."

a. Strengths:

- You've used vivid imagery to paint a picture of an unappetising school lunch.
- Your use of sensory details helps to engage the audience emotionally.

b. Weaknesses: Main issue: Overuse of emotional language While emotive language can be effective, your description veers into hyperbole, which may reduce its impact. Phrases like "hideous lunchtime", "revolting smell choking you", and "WAY too familiar" could be toned down for a more balanced argument.

c. Exemplar: "Picture this: it's lunchtime, and you're queuing for your meal. As you receive your tray, you're met with a disappointing sight: limp vegetables, overcooked meat, and a distinct lack of fresh options. This scenario is all too common in many school cafeterias."

#3: "Even though children love to eat junk food, they often get tired of eating one thing, and their moods lower, which means they have a high chance of disliking academic studies. If we give students a balanced diet with nutrition, made up of: Protein, carbohydrates, hydration and organic healthy fruits, we can quite nearly assure that students academic achievements too another high. Fresh food can also enlighten moods of children, which makes it easier for teachers to teach."

a. Strengths:

- You've made a connection between diet and academic performance.
- You've listed some components of a balanced diet.

b. Weaknesses: Main issue: Lack of evidence and logical flow Your arguments in this section lack supporting evidence. You state that children "have a high chance of disliking academic studies" due to poor diet, but you don't provide any backing for this claim. Additionally, the leap from "balanced diet" to assured academic achievement is too simplistic and unsupported.

c. Exemplar: "Research has shown that a balanced diet, rich in proteins, complex carbohydrates, and fresh fruits and vegetables, can positively impact students' cognitive functions and energy levels. This, in turn, can lead to improved concentration and potentially better academic performance."

Actionable task: Rewrite your opening paragraph, focusing on creating a clear and logical introduction to your topic. Ensure you present a coherent argument for why healthy cafeteria food is important, avoiding contradictory statements.

Overall score: 41/50

Section 2: Revision Guidelines

Dear guests of the District-Wide Nutrition Fair, today I will be informing you all on the importance of healthy cafeteria food served to our peers. #1 Think of a civilisation which was completely healthy, with no junk food, overweight people or even just healthy food. Students would be striving academically, physically and mentally, because of what? Because of healthy food. Instead of one topic, I'll touch on multiple, such as problems with childhood obesity, health issues for kids and benefits of [for] the whole world. It's

essential for us to give our peers a balanced diet of combined nutrients such as: ~~Whole~~ [whole] food, vitamins, important minerals and more.

#2 ~~Firstly, imagine~~ [Imagine] walking into your school, dreading what will come when ~~its~~ [it's] 1 o'clock. Say you take your mind off the hideous lunchtime that you will have. Now you are in class, the class right before lunch, as you ~~here~~ [hear] the bell ring, you are dismissed to go to lunch. When you finally get your lunch, you look down at your soggy, unmentionable lunch, the revolting smell choking you as you sit down. You were WAY too familiar with this. You look down and see: soggy fries drowned in oil and salt, a flattened burger, only filled with ~~with~~ beef that's burnt to the core, a sickly carton of expired milk and a mountain of sugary sweets. Imagine eating that every SINGLE day!

Health issues for kids. Because kids like us eat that kind of food every day, there are effects on us. Some effects come early, some late, but these effects are bad either way. All of these effects include: Diabetes, obesity, high sugar levels, high blood pressure, osteoporosis, cardiovascular disease, cholesterol and other ~~cancer's~~ [cancers]. These can occur when you are 30-50 years old. Even ~~study~~ [a study] published in the British Medical Journal finds people who consume high amounts of these foods have an increased risk of anxiety, depression, obesity, metabolic syndrome, certain cancers including colorectal cancer and premature death.

#3 Even though children love to eat junk food, they often get tired of eating one thing, and their moods lower, which means they have a high chance of disliking academic studies. If we give students a balanced diet with nutrition, made up of: Protein, carbohydrates, hydration and organic healthy fruits, we can quite nearly assure that ~~students~~ [students'] academic achievements ~~toe~~ [take] another ~~height~~ [height]. Fresh food can also enlighten moods of children, which makes it easier for teachers to teach.

In the end, it's not only an "okay" decision, it's a [an] essential decision that should be accepted by every school. So join US in making schools and the world brighter. Thank you.