

## Section 1:

### #1: Opening paragraph

#### a. Strengths:

- Your opening engages the audience with a personal anecdote.
- You effectively create vivid imagery with descriptive language.

b. Weaknesses: Overly dramatic language Your opening paragraph relies heavily on exaggerated language, which may detract from your credibility. Phrases like "revolutionary speech" and "kaleidoscope of colours" come across as hyperbolic. For instance, describing the cafeteria food as "grimy" and a "soggy lump" with a "pungent stench" may be too extreme and potentially alienate your audience.

c. Exemplar: "Esteemed mentors and parents, thank you for attending my presentation on the importance of a balanced diet. Yesterday, as I looked at my school lunch, I realised how far it was from the nutritious meal we students need to thrive."

### #2: Health impacts of processed food

#### a. Strengths:

- You provide specific health consequences of consuming processed foods.
- You reference a credible source (NSW ministry of health).

b. Weaknesses: Lack of coherence Your discussion of processed foods' health impacts lacks a clear structure. You jump from mentioning the NSW ministry of health to listing various health conditions without a smooth transition. This makes it difficult for the reader to follow your argument. For example, you state "Processed food can also lead to issues with malnutrition" without explaining how or providing a connection to your previous points.

c. Exemplar: "According to the NSW ministry of health, processed foods often contain high levels of saturated fat, sugar, and salt. This can lead to various health issues, including obesity, diabetes, and cardiovascular diseases, which significantly impact both quality and length of life."

### #3: Proposed solutions

#### a. Strengths:

- You offer specific, actionable suggestions for improving school meals.

- You anticipate potential objections and address them proactively.

b. Weaknesses: Lack of supporting evidence While your proposed solutions are creative, you don't provide evidence to support their effectiveness. For instance, you claim "Students will definitely want to eat the vegetables if they are involved in choosing and voting for the fruits and vegetables" without offering any data or examples to back this up. This weakens your argument and makes it less convincing.

c. Exemplar: "To address potential concerns, we can implement a student voting system for meal choices. Research has shown that involving students in meal planning increases their likelihood of choosing and consuming healthier options."

Actionable task: Rewrite your opening paragraph, focusing on presenting your main argument clearly and concisely. Ensure you maintain a professional tone while still conveying the importance of your topic.

Overall score: 42/50

## Section 2: Revision Guidelines

Profound mentors, and esteemed parents, I immensely thank you for your time at this hall for my ~~revolutionary~~ [important] speech of [on] the wonders that a balanced diet can provide. This is not just a distant vision~~,~~ that blurs in the distance, it's a reality that can be implemented in days. Yesterday afternoon, I stared at the ~~grimy~~ [unappealing] food scooped on the plate by the lady in the cafeteria, wearing two pairs of gloves~~,~~ and a mask. Where was the ~~kaleidoscope of colours~~ [variety] that made up all the invigorating vegetables~~,~~ and fresh fruits gone? I pecked the soggy lump with a fork, as a ~~pungent stench~~ [strong odour] spewed into my nose, that smelt of stale and expired slop. Each bite I took made my stomach lurch, and made it harder for me to not retch. The ~~colourless~~ [bland] chunk squirmed across the plate, as I thought "How could we students be expected to get all our energy for the day with this?!" #1

Junk foods are often very processed and full of only carbohydrates, which removes the nutrients of [from] the food. Processed foods also contain high levels of saturated fat, sugar, and salt, which leads to the food tasting good but bad health effects. These statements are closely linked to the findings of the experiments of the NSW ministry of health. The NSW ministry of health is also taking steps towards making healthy food and drink normal in our daily life. Processed food can also lead to issues with malnutrition, and can result in cardiovascular diseases. Consuming heavy processed food can lead to several diseases, such as obesity, diabetes, high cholesterol conditions, and high blood pressure conditions. These health conditions majorly impact the quality and quantity of your life. #2

A healthy, balanced diet, with all essential vitamins and minerals ~~are~~ [is] key to unlocking your potential in multiple areas. Masters in all areas have a balanced diet, and some even have their own personal nutritionists. Athletes at the Olympics have their own nutritionists, to help unlock their potential, and to do their best. If every professional requires a healthy diet, don't our students? That is why I have invited you to join the Nutrition for Nourishment campaign. We have substituted ~~demonic~~ processed foods ~~into~~ [with] healthy fruits and vegetables, and made these wholesome snacks still taste delicious. You can implement changes in the menu such as Fish Fridays, and Try a new dish Tuesdays, which can shift a student's diet from unhealthy to healthy. Now some problems can arise like, students not eating the food, food expiring quicker, and that healthy food is more expensive, but like all problems, there is a solution. Students will definitely want to eat the vegetables if they are involved in choosing and voting for the fruits and vegetables. Even though the food expires quickly, you can buy enough fruits and vegetables for a school week, and there won't be much leftovers. Though healthy food is expensive, our specialists can help you find a meal that doesn't cost much and is pleasurable. ~~#3 These steps towards healthy lives are vital in schools, and help create well-rounded students, by not just changing their lunches, but their lifestyles.~~ [These steps towards healthier lives are vital in schools, helping to create well-rounded students by changing not just their lunches, but their lifestyles.] Together, we can make healthy food the next life changer in education. Don't forget, a healthy mind resides in a healthy body.