

Section 1:

#1 (Introduction): a. Strengths:

- Engaging opening with a memorable phrase: "Put it in the waste -- not on your waist."
- Clear thesis statement introducing the main argument.

b. Weaknesses: Lack of Focus Your introduction begins with a catchy phrase but quickly loses focus. The paragraph jumps from discussing junk food to introducing your argument, then shifts to a vivid description of fast food corporations. This rapid change in ideas can be confusing for the reader. For instance, the sentence "Imagine a place where greedy, anonymous corporations bully you" seems disconnected from the rest of the introduction.

c. Exemplar: "Junk food: put it in the waste, not on your waist. In this essay, I will argue why you should join my healthy eating revolution, exploring how nutritious foods can improve your sleep, boost your performance, and strengthen your immune system."

#2 (Second Body Paragraph): a. Strengths:

- Uses a concrete example (athletes) to illustrate the point.
- Explains how healthy eating benefits both athletes and everyday people.

b. Weaknesses: Lack of Specific Evidence While you mention that healthy food improves performance, your writing lacks specific examples or scientific evidence to support this claim. For instance, you state that healthy food boosts "vitamin and mineral needs" without specifying which vitamins or minerals are particularly beneficial for performance.

c. Exemplar: "Athletes, for example, rely on nutrient-rich foods to fuel their performance. A diet high in complex carbohydrates and lean proteins can provide sustained energy and aid in muscle recovery, leading to improved athletic performance."

#3 (Conclusion): a. Strengths:

- Summarises the main points of the essay.
- Ends with a call to action for the reader.

b. Weaknesses: Overuse of Rhetorical Questions Your conclusion relies heavily on rhetorical questions, which can come across as confrontational rather than persuasive.

The phrase "Are you people blind from the real elixir of life?" might alienate readers instead of encouraging them to consider your arguments.

c. Exemplar: "In conclusion, joining the healthy eating revolution offers numerous benefits: better sleep, improved performance, and a stronger immune system. By making informed choices about our diet, we can unlock the potential for healthier, more fulfilling lives."

Actionable Task: Rewrite your introduction paragraph, focusing on clearly stating your main argument and briefly outlining the three key benefits of healthy eating that you'll discuss in the essay. Ensure each sentence logically flows into the next to create a cohesive opening.

Overall Score: 42/50

Section 2: Revision Guidelines

[Why we must join the my healthy eating revolution]

Put it in the waste -- not on your waist. If you're thinking about junk food, that's right. In the following sentences, I'm going to argue why you should join my healthy eating revolution~~,~~ [.] I hope you consider my arguments~~.~~[:]

#1 Imagine a place where greedy, anonymous corporations bully you, lining up plump fast food after fast food, overwhelming you with toxic waste, and using glimmering facades to captivate unsuspecting diners. Illusions of scrumptious food await for it to be devoured, and your insides will be devoured, daggered by the 'innocent' fast foods. Eating healthy foods will benefit you in better ways such as better sleeping habits, improved performances, and strengthening your inner self.

We should incorporate a healthy eating revolution because it gives us better sleeping habits. Sleeping is one of the most essential routines in our daily lives. Without sleep, our moods will change greatly, it will be harder to recover from illnesses, and we will suffer from difficult reaction times. Eating healthy food such as vegetables or fruit has been scientifically proven to help you sleep longer, therefore guiding you to recover from illnesses, ~~lightened~~ [improved] moods, and faster reaction times. Can't you see that eating healthy foods is better?

#2 We must incorporate a healthy eating revolution because it improves our performance. Take, for example, an athlete. Pretty much all ~~of the~~ athletes have healthy food to improve themselves by boosting their vitamin and mineral needs and providing enough protein to promote muscle growth and self-repair. Without healthy food, athletes would have reduced performance. And not only are healthy foods beneficial to athletes,

but they are also helpful to everyone with their daily skills. Clearly [Clearly] joining the healthy eating revolution is going to be the best decision for us.

It is imperative to implement a healthy eating revolution because it greatly strengthens our immune system. "Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: 'Thank you!'" Karen Salmansohn stated. Also, it is scientifically proven by Harvard University that 'certain helpful microbes break down fibres into short-chain fatty acids, which have been shown to stimulate immune cell activity.' This is why we must join my healthy eating revolution.

#3 In a nutshell, it is crucial to consider joining the healthy eating revolution because it promotes better sleeping habits, improves performance, and strengthens your inner self. Are you people blind from the real elixir of life? If you want to live longer, I assure you that eating healthy foods will promote yourself. I hope you consider my arguments.

Thank you.