

## Section 1:

### #1 (Introduction and thesis statement): a. Strengths:

- You've introduced yourself and the topic clearly.
- You've presented a clear thesis statement about replacing junk food with healthy options in school canteens.

b. Weaknesses: Lack of engagement Your opening lacks a hook to capture the audience's attention. You've jumped straight into the topic without creating interest or setting the context. For instance, "I'm Maya and I'm here today to discuss an issue, one about healthy eating" doesn't create much intrigue or urgency.

c. Exemplar: "Imagine a school where every child thrives, free from the burden of obesity and the cruelty of bullying. Today, I stand before you to propose a solution that could make this vision a reality: transforming our school canteens into havens of healthy eating."

### #2 (Implementation strategy): a. Strengths:

- You've provided a practical approach to implementing the change.
- You've suggested making healthy food appealing with examples like frozen fruits.

b. Weaknesses: Lack of detail Your implementation strategy lacks specific details and timeframes. You've used vague terms like "set amount of time" and "swap each item one by one" without providing concrete examples or a clear timeline. This makes your proposal seem less feasible and well-thought-out.

c. Exemplar: "We can implement this change over a 12-week period, replacing one unhealthy item with a nutritious alternative every week. For instance, in week one, we could swap crisps for air-popped popcorn, and in week two, replace sugary fizzy drinks with flavoured sparkling water."

### #3 (Health implications): a. Strengths:

- You've highlighted the long-term impact of childhood eating habits.
- You've touched on the psychological effects of bullying related to obesity.

b. Weaknesses: Overreliance on stereotypes Your discussion of health implications relies heavily on stereotypes and generalisations. For example, "a healthy person in his childhood is a lot more likely to do sports and be a lot more often and be keen to do it,

while an unhealthy person is more likely to sit at home, eat and watch TV instead of going outdoors." This oversimplifies complex issues and may alienate your audience.

c. Exemplar: "Research shows that children who develop healthy eating habits are more likely to maintain an active lifestyle throughout their lives. This isn't just about playing sports; it's about having the energy and confidence to engage fully in all aspects of life, from academic pursuits to social interactions."

Actionable task: Rewrite your introduction paragraph, focusing on creating a strong hook that engages your audience emotionally or intellectually. Consider using a striking statistic about childhood obesity or a brief anecdote that illustrates the problem you're addressing.

Overall score: 43/50

## Section 2: Revision Guidelines

Ladies and gentlemen, esteemed educators and dedicated guests. I'm Maya and I'm here today to discuss an issue, one about healthy eating.

Many children are walking around being made fun of because of their weight. These kids are punching bags for bullies and the bullies would be ~~trulent~~ [reluctant] to do it. We can lower the amount of Children this happens to by reducing obesity rates. Many children will become healthier and are more likely to exercise, rather than sitting around and eating. Children's future eating habits could be much better without having much junk food in their diet. All of this could be solved by having healthy food instead of junk food.

#1 The problem is implementing this, but this has a straightforward solution. We can implement this in stages by removing the unhealthiest and replacing it with healthy food. You can repeat this in a set amount of time but swap each item one by one. You can also make the healthy food yummy by introducing things such as frozen fruits or five-star food rated ice blocks.

After this is implemented, obesity levels will go down. Many obese children will be encouraged to eat healthier stuff as a lot of these kids love to buy from the canteen. They would be encouraged to eat more healthy food outside as they might think the food from school is yummy. This can lead to them being picked on less as they become more fit. Imagine how these poor children feel, being picked on day after day like a woodpecker pecking away at your mental health. This can also improve their health by a long shot.

#2 Health. Let's talk about health. Children's health has a vital role in a childhood being part of the foundation of their actions. For example: a healthy person in his childhood is a lot more likely to do sports and be a lot more often and be keen to do it, while an unhealthy person is more likely to sit at home, eat and watch TV instead of going outdoors. I know this is stereotypical so please don't get angry at me. Health plays a major factor in a child's future habits and life.

#3 A child's future habits are deeply influenced by his [their] health, if he ~~was~~ [they were] bullied and many other factors. If their main food was snacks while they were a child what would they likely eat in the future? You guessed it, Snacks! What would they eat if they grew up eating healthy food? You guessed it again, Healthy stuff! If we can influence a child's future habits we can decrease obesity levels along with health problems. Fruits would shine and junk food could go extinct, reducing the amount of pollution.

Imagine the amount of children with health ~~or~~ [issues or who] are dealing with obesity. We can save these children from their embarrassment or health issues. Think of the amount of people that could be saved. This is why I, Maya, think that canteens must switch to healthy food instead of junk food.