

## WEEK 8 WRITING

Greetings distinguished parents and educators, it is a great honour that I am able to speak to you today, as I will be addressing the life-changing issue of today: Our children's health. I am Maya and today I am inviting you to join the Super Nutritious School Revolution. The Super Nutritious School Revolution or rather, SNSR, is a group of students with a common cause: make school food more nutritious and healthy, for the benefits for everyone. I am strongly encouraging parents and educators to join the cause for a better school.

First of all, healthy food and a balanced diet can boost class performance. When students eat more nutritious food instead of junk food such as bags of chips, this can actually make them more energetic and focused in class. This not only makes it easier for educators to organise the class, but it also helps the student take in more information and ultimately, learn better. If a child mostly eats malnutritious foods, this will make them wear out quickly with minimal mental stamina. This only further exemplifies the importance of consuming Superfood (A nutrient-rich food considered to be especially beneficial for health and well-being)!

In addition, nutritious foods can make students healthier. For example, when children eat healthy food, you can find many important vitamins or nutrients essential for maintaining a healthy body. Protein can be found in many foods, such as meat. This is crucial for building or repairing tissues in the body. Another nutrient, fibre, can help push indigestible food through the digestive system. Lack of vitamins can damage your body because vitamins are vital for normal growth and development. Lack of nutrients can also make your body deteriorate faster. So quickly, eat some nutritious food!

I understand that you are probably thinking, "Kids hate veggies" or "Nah, too expensive", but we have organised flexible solutions to these common issues. The canteen staff are experts in meal planning which will help our meals become more affordable, healthy and of course, delicious.

Need a little help finding nutritious food for your child or student? You can refer to the food pyramid, which organises food into food groups so it will be easier to identify the Superfood and the unwanted ones. Eating healthy food will not only benefit your child now, but it will benefit them in their later lives.

Now, listen to my plea. Students have to stop eating so much unhealthy food, it is damaging their bodies. Their ignorance is growing but it is never too late to join the cause. Now, I will say it one last time: Join the Super Nutritious School Revolution. Aren't children our future? We can't let them make an unhealthy Australia. So join the cause. Passionately advocate for a better future with me. Thank you for your time.

