

hey everyone
:)

The Lunchbox

Makeover:

Nutrition Made Easy with Our Food
Delivery Service.





Writing Prompt

Imagine you are Maya presenting at the District-Wide Nutrition Fair. Write a persuasive **speech** encouraging other schools to join your **healthy eating revolution**. Use at least 8 vocabulary words from the list in your writing.

↓
catchy name





Introduction

After learning about the importance of nutrition in their science class, 10-year-old Maya becomes concerned about the unhealthy food choices available in her school cafeteria. Along with her friend Liam, they embark on a mission to improve the nutritional quality of school meals. They must use persuasive techniques to convince various stakeholders about the importance of offering healthier food options and educating students about nutrition. They face challenges that test their ability to craft compelling arguments using both health facts and practical solutions to navigate the complexities of changing long-standing meal plans and student eating habits.

challenges:

- price

- kids complaining

- rules clear

feasible
minimum

- phase out

- plan



Persuasive Outline

1. The Cafeteria Revelation
2. Convincing the School Nurse
3. The Student Body Challenge
4. Persuading the Cafeteria Staff
5. The District-Wide Nutrition Fair



The Cafeteria Revelation

Setting the Scene:

- Maya's realisation of the poor nutritional value in typical school lunches
- Discussion with the cafeteria manager about current meal planning
- Decision to start a healthy eating initiative in the school
- Initial research on balanced nutrition and its impact on learning
- Brainstorming session with Liam to plan their campaign





Exemplars:

CONTRAST

1. "As I stared at my lunch tray, I couldn't believe what I was seeing. Where were the vibrant colours of fresh fruits and vegetables? I turned to my friend Liam and said, 'Look at this! How can we expect to learn and grow with food like this? We need to make a change.'"
2. "When we spoke to Mrs. Garcia, our cafeteria manager, I was shocked to learn about the challenges of school meal planning. But I knew we couldn't let obstacles stop us. I argued, 'Mrs. Garcia, I understand it's complicated, but our health and our future are at stake. There must be a way to balance nutrition, cost, and appeal.'"
3. "That evening at the library, I spread out my nutrition research and declared to Liam, 'This is our chance to make a real difference. If we can improve our school lunches, we can improve everyone's health and learning. Let's start a revolution - one healthy meal at a time!'"



eg. soggy

Sensory imagery

Start - experience

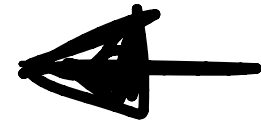
- walking in to cafeteria
- lining up, dreading, horror story (worst case)
- served food
- visual
- smell
- taste / texture
- EPIPHANY

authority

- principal

- SRC

figure



agrees with you

CREDIBILITY

pathos



emotion

[into]

ethos



Credibility

logos



logic

NOW

2

- HABITS!
- DEVELOPMENT!
- GOOD EXAMPLE!
- OBESITY (health concern)

HOW

③

- clear + concise plan
- address rebuttals (challenges from before)

CONCLUDE

400-500

Techniques

- sensory imagery
 - visual
 - olfactory
 - gustatory / tactile

- repetition (anaphora, epiphora, ...)

- metaphors / similes

- varying sentence length

↓
[auditory]
audio

[kinaesthetic]

I have a
dream by
Dr MLK Jr



Convincing the School Nurse

- Preparation of a presentation for the school nurse
- Gathering data on the link between nutrition and student health/performance
- Creating a proposal for implementing healthier meal options
- Meeting with the nurse to present their case
- Addressing concerns about cost and student preferences





Exemplars:

1. "As we stood outside Nurse Johnson's office, I reminded Liam, 'Remember, we're not just asking for better food. We're fighting for our health, our education, and our future. We need to make Nurse Johnson see how crucial this is.'"
2. "I looked Nurse Johnson in the eye and asked, 'Did you know that students who eat a balanced diet are 20% more likely to perform better in tests? That's not just about grades - it's about unlocking our full potential. Don't we deserve that chance?'"
3. "Liam chimed in with our research, saying, 'We've found healthy alternatives that are both affordable and delicious. Imagine the impact we could have if every student had access to these nutritious options. We could transform our school's health and academic performance!'"



The Student Body Challenge

- Organisation of a school assembly to introduce the healthy eating initiative
- Creation of engaging presentations to educate fellow students about nutrition
- Launch of a "Rainbow Plate Challenge" encouraging students to eat colourful, varied foods
- Implementation of a "Nutrition Superhero" recognition system
- Establishment of a student nutrition committee to sustain the initiative





Exemplars:

1. "As I stepped up to the microphone, I knew this was our moment to inspire change. I asked the crowd, 'Did you know that the food you eat can make you a better learner and athlete? It's like having a superpower - and it's available to every single one of us. Who wants to unlock their full potential?'"
2. "Liam unveiled our colourful display, and I explained, 'This rainbow of fruits and vegetables isn't just beautiful - it's the key to our health and success. Each colour represents different nutrients our bodies and brains need. By eating a rainbow, we're giving ourselves the best chance to succeed in everything we do.'"
3. "I challenged my peers, 'Who wants to be a Nutrition Superhero? It's not about being perfect - it's about making better choices every day. Let's start with our Rainbow Plate Challenge. Imagine the energy and focus we'll have if we all try to eat a rainbow of fruits and veggies every day!'"



Persuading the Cafeteria Staff

- Attendance at a cafeteria staff meeting to present the healthy eating initiative
- Addressing staff concerns about preparation time and food waste
- Demonstration of quick, easy-to-prepare healthy recipes
- Proposal for a student-staff collaboration on menu planning
- Organisation of a "Healthy Cooking Workshop" for cafeteria staff





Exemplars:

1. "Standing before the cafeteria staff, I knew we had to address their concerns head-on. I began, 'We understand that change can be challenging. But together, we have the power to transform not just meals, but lives. Healthier options can be just as easy to prepare, and even more satisfying for everyone.'"
2. "Liam demonstrated a simple, healthy recipe, and I added, 'See how quick and easy that was? And the best part is, when food looks this good and tastes this great, there's less waste. Students will be excited to eat their vegetables!'"
3. "I painted a vision for the staff: 'Imagine a cafeteria where students rush in, eager to see what healthy options are on the menu. Where trying new foods is an exciting adventure. We can create this together, and in doing so, we'll be helping to shape a healthier, happier generation.'"



The District-Wide Nutrition Fair

- Planning and organisation of a nutrition fair for local schools
- Preparation of displays showcasing their school's healthy eating journey
- Creation of workshops to teach other students about balanced nutrition
- Presentation of their results and strategies to other schools
- Proposal for an inter-school healthy recipe contest





Exemplars:

1. "As we welcomed visitors to our nutrition fair, I felt a surge of pride. 'Welcome to the future of school nutrition!' I said. 'Every booth you see represents a step towards healthier, happier students. And the best part? Your school can do this too!'"
2. "While showing our nutrition tracker to visitors, I emphasised the tangible results: 'We've seen a 30% increase in fruit and vegetable consumption since starting our initiative. That's not just numbers – that's real improvement in student health and potential. Imagine what we could achieve if every school did this!'"
3. "In my closing speech, I threw down the gauntlet: 'Today, we've shown you what's possible. But this is just the beginning. We challenge every school here to join our healthy eating revolution. Together, we can change not just our schools, but the health of our entire community. Who's with us?'"



Vocabulary List

1. **Nutrition:** The process of providing or obtaining the food necessary for health and growth
2. **Balanced diet:** Eating the right types of food in the right amounts to maintain a healthy body
3. **Nutrients:** Substances that provide nourishment essential for growth and the maintenance of life
4. **Whole foods:** Foods that are unprocessed and unrefined, or processed and refined as little as possible
5. **Portion control:** The practice of regulating the amount of food eaten in one sitting
6. **Food groups:** Categories of foods that are similar in nutritional properties
7. **Metabolism:** The chemical processes that occur within a living organism to maintain life
8. **Vitamins:** Organic compounds essential for normal growth and nutrition
9. **Minerals:** Inorganic substances occurring in nature which are essential for the body's metabolism
10. **Hydration:** The process of providing an adequate amount of water to body tissues



Vocabulary List

11. Protein: A nutrient essential for building and repairing tissues in the body
12. Carbohydrates: The sugars, starches, and fibres found in fruits, grains, vegetables, and milk products
13. Antioxidants: Substances that can prevent or slow damage to cells caused by free radicals
14. Fibre: The indigestible portion of plant foods that pushes food through the digestive system
15. Energy balance: The relationship between energy intake (food consumption) and energy output (physical activity)
16. Meal planning: The act of deciding what to eat for meals in advance
17. Food pyramid: A diagram representing the optimal number of servings to be eaten each day from each of the basic food groups
18. Malnutrition: Lack of proper nutrition, caused by not having enough to eat or not eating enough of the right things
19. Organic: Produced or involving production without the use of chemical fertilisers, pesticides, or other artificial agents
20. Superfood: A nutrient-rich food considered to be especially beneficial for health and well-being



Exemplar Response

Hello everyone! I'm Maya from Oakridge Elementary, and I'm here to invite you to join our Healthy Eating Revolution!

Imagine a school where students are energetic, focused, and excited about learning. Where lunchtime is an adventure in nutrition and delicious flavours. This isn't just a dream – it's what we've created at Oakridge, and you can do it too!

Since starting our healthy eating initiative, we've seen amazing changes. Test scores are up, sick days are down, and our sports teams are performing better than ever. Why? Because we've discovered the superpower of good nutrition!

We've learned that a balanced diet isn't just about avoiding junk food. It's about embracing whole foods that fuel our bodies and minds. We've replaced processed snacks with colourful fruits and vegetables packed with vitamins, minerals, and antioxidants. Our cafeteria now serves meals with the right balance of proteins, carbohydrates, and healthy fats, giving us the energy we need to thrive.



Exemplar Response

But here's the really exciting part: healthy eating isn't boring! We've turned nutrition into an adventure. Our "Rainbow Plate Challenge" encourages everyone to eat a variety of colourful foods each day. We've learned about superfoods from around the world and even started a school garden to grow our own vegetables.

We've also tackled the challenge of portion control, learning that it's not just what we eat, but how much that matters. Our "Healthy Snack Hack" program has taught us to listen to our bodies and understand the difference between hunger and boredom.

Now, I know what you might be thinking. "Healthy food is expensive," or "Kids won't eat vegetables." But we've found creative solutions! Our cafeteria staff has become experts in meal planning, creating nutritious meals that are both affordable and delicious. And guess what? When kids are involved in choosing and preparing healthy foods, they're much more likely to eat them!



Exemplar Response

So, here's my challenge to you: Join our Healthy Eating Revolution! Start small – maybe with a "Meatless Monday" or a "Try a New Fruit Friday." Get your students excited about nutrition by turning it into a fun learning experience. Create a student nutrition committee to come up with ideas.

Remember, every healthy choice is a step towards a better future. By improving our school meals, we're not just changing lunch – we're changing lives. We're giving every student the fuel they need to reach their full potential.

Who's ready to revolutionise school nutrition? Together, we can create schools where healthy eating is the norm, where students are empowered to make good food choices, and where every lunch tray is an opportunity for better health and learning. Let's make healthy eating the next big thing in education!