

Profound mentors, and esteemed parents,

I immensely thank you for your time at this hall for my revolutionary speech of 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 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 that made up all the invigorating vegetables, and fresh fruits gone? I pecked the soggy lump with a fork, as a pungent stench 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 chunk squirmed across the plate, as I thought "How could we students be expected to get all our energy for the day with this?!"

Junk foods are often very processed and full of only carbohydrates, which removes the nutrients of 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.

A healthy, balanced diet, with all essential vitamins and minerals are 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 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.

These steps towards healthy lives are vital in schools, and help create well-rounded students, by not just changing 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.