The Essential Role of Nutrients and Healthy Foods

My esteemed and beloved guests,

My name is Maya, and I first want to thank you all for inviting me to the District-Wide Nutrition Fair. This is a very significant day as I will be addressing the problems of school cafeteria lunch. I was intrigued the month before when I stared down on the menu of my school cafeteria. Unfortunately, I found an exploitable flaw in our food. Where were the vibrant, joyful colours of vegetables and fruit? All we were served were gloomy fries collaborated with mushy, green soup that seemed to be one day old and a frozen lasagna. Now, with a new-found eureka moment, I thought, if this disease of unhealthy food tolerance is continued, we will live in a drought of nutrients! Why were we eating those damp, soggy but also unhealthy foods? For sicknesses or for delicacy? Why would we take the risk to our health for just eating oily and fatty foods that won’t benefit your body?

After I found out all of this nonsense, I went proceeded straight to Mrs Janison, our cafeteria server. In my shock, she responded a deliberate no, and muttered on about the difficulties of preparing cafeteria food and mumbled ‘kids these days’. I was infuriated! Kids theses days should be stirred up to change for the good. That’s why I am here today after all. To introduce new methods and revolutionise our world with each new generation. Stirred up, I asked my teacher if I could go to the principal’s office. I clearly remember that time where all my classmates were utterly confused but also laughing at me. But there was no need to be embarrassed. It was the right thing to do. And there I was, at Principal Glock’s office criticising the many wrong points of our cafeteria food. But why?

Here are my main points:

Firstly, healthy eating is essential for building an impenetrable wall of nutrition which creates a near-perfect immune system that fights off many diseases, germs and sicknesses. Studies have shown that the people who eat more of a mixed diet have shown to have been less affected by many diseases, such as the recent Corona Virus. Many of the peers who I know eat healthy at my school usually have less days of absence of sickness and are way more focused on every single aspect of school. I truly respect them too, and I believe they are setting great example for those who are still learning.

Secondly, when you eat junk food, you harm every single aspect of your body, friends and soul. Let me explain. Everyone knows that unhealthy eating habits lead to many sicknesses and pains. But do you know which ones? Regular junk food eaters may experience type 2 diabetes, heart-related complications such as cardiovascular disease, high blood pressure and cholerestol, overweightness and obesity, osteoporosis, certain cancers and ultimately depression. Was that a lot? Yes, it was, and that is ONLY the physical difficulties of eating an unhealthy diet. When you are unhealthy, you will also affect your friends, who will be ashamed of you because nobody likes people who aren’t healthy. Once you are in a habit of eating unhealthily, other bad habits will follow, such as not doing enough physical exercise, not studying enough and even bullying. And once you are up to the bullying stage, that is a stage where almost no one can stop you. Unless you change your soul. So, it might not be that bad at the moment, but once bad habits just keep stacking up, the result will be that, or even worse.

So then, I established a vegetable garden for my school and a challenge to have the healthiest lunch, even a point score for everyone with prizes for the grab if you maintain your healthy eating ways and a balanced diet.

That was only the first act of my grander plan. Secondly, I established a healthy eating timetable with Principal Glock and Mrs Janison. It consists of daily eating plans with titles such as Take-a-bite Tuesday, where we try new foods, or Multi-coloured Monday, where we all take part every single day. With all theses new and exciting features implemented. I found the help of my parents and started a website that will hopefully grow and inspire more people to follow and learn from healthy eating. I hope you can understand my feelings and go for the great to reach all of our full potentials. Lets start a new revolution to get healthy!