

Section 1:

#1 (Introduction): a. Strengths:

- Engaging opening that captures attention
- Clear statement of the problem and its importance

b. Weakness: Lack of Coherence Your introduction jumps abruptly from introducing yourself to discussing the cafeteria issue. The transition is jarring and doesn't effectively set up your argument. For instance, you state, "My name is Maya. We live in a time where most cafeterias..." without establishing a clear connection between these ideas.

c. Exemplar: "Good afternoon. I'm Maya, a student deeply concerned about the state of our school cafeterias. Today, I'd like to discuss a pressing issue that affects the health and well-being of students across the country."

#2 (Imagery Paragraph): a. Strengths:

- Vivid descriptive language that paints a clear picture
- Effective use of sensory details to evoke emotion

b. Weakness: Overly Dramatic Tone While your imagery is powerful, it verges on hyperbole, potentially undermining your credibility. Phrases like "The doors are pushed open, and you take your place in the lunch line to get your daily serve, dread and unease gnawing at your stomach" may be seen as exaggerated and could alienate your audience.

c. Exemplar: "As you enter the cafeteria, you're greeted by the sight of unappealing, processed foods. The vegetables, if present, are limp and overcooked, while the main dishes often consist of high-fat, low-nutrient options."

#3 (Solution Paragraph): a. Strengths:

- Provides concrete examples of positive changes
- Demonstrates proactive problem-solving

b. Weakness: Lack of Specificity While you mention several initiatives, you don't provide enough detail about how they work or their impact. For example, you state, "Our cafeteria staff have become experts at thinking up nutritious food mixes that are affordable and healthy," but you don't explain what these mixes are or how they were developed.

c. Exemplar: "At my school, we've introduced 'Spectrum Splash', a programme that encourages students to include a variety of colourful fruits and vegetables in their meals. This initiative has led to a 30% increase in fruit and vegetable consumption among our students."

Actionable Task: Rewrite your introduction, focusing on creating a smoother transition between your personal introduction and the presentation of the cafeteria issue. Ensure that you clearly state your thesis and provide a brief overview of the main points you'll be discussing in your speech.

Overall Score: 42/50

Section 2: Revision Guidelines

Ladies and gentlemen, esteemed guests,

I deeply appreciate the opportunity to speak with you today. My name is Maya. We live in a time where most cafeterias at our children's schools are infested with all sorts of junk food and frozen products. From the moment your child first steps into their brand-new school to the moment they step out, they're being fed unhealthy products by the school cafeteria. Should we really allow the practice of feeding children this to continue to the extent where it becomes too late to stop?

Children, like all of us, deserve to be fed healthy, nutritious foods. After all, they are growing. Along with a healthy amount of exercise, study and play, they also need to form the correct feeding habits and make sure they're eating good, fresh food.

#1 But to start, I would like you to first imagine you're in your child's shoes. You're walking out of your maths class and slowly head in the direction of the cafeteria. A strong smell of old, expired foods and glop wafts past your nose, making your stomach slosh in discomfort. The doors are pushed open, and you take your place in the lunch line to get your daily serve, dread and unease gnawing at your stomach. What's for lunch today? As soon as it's your turn to receive your lunch, the lady at the counter smiles crookedly, her hands grubby and stained with grease and dirt. She digs into the white bread tray with her filthy hands and produces a stained piece, before ladling an unhealthy amount of baked beans onto the bread. She beckons you off and you hurry to your table, trying not to gag. Where are the ~~colours~~ [colours] of fresh fruit, of sliced veggies? Your baked beans oozing on your plate are pale and ~~colorless~~ [colourless], their gravy more like water! The bread is soiled, stained blackish in some places! Now ponder upon this: This isn't a dystopian scenario that I am simply creating, sadly, it's the reality of many children like me today.

Secondly, let's discuss the importance of forming healthy eating habits and forming a strong immune system with good food. Children are growing up in a rapidly changing world, where obesity rates and many cafeterias are supplying more unhealthy food. Forming good and healthy eating habits isn't important, it's vital. When you form healthy eating habits, not only do you benefit by having a stronger immune system, but it also helps kids to form a sense of discipline when it comes to eating healthy and safe. Unhealthy food and junk may seem appealing to the eye, with a kaleidoscope of colors [colours] and sugar-coated treats, but inside it's not any good. The bad food doesn't contain nutrients or vitamins- some of the most important things children need to grow and thrive. All it contains is fats and unhealthy sugars. To make matters worse, while their body is still recovering from the intake of these foods, children's immune systems will become weaker, as it's harder to fight two battles at once, opening up a stream of problems like the flu, colds and diseases.

Third, let's touch base on the topic of rising obesity rates and the ugly truth. Obesity is excessive body fat. And where else does that bad fat come from than junk? Donuts [Doughnuts], pastries, lollies, ice-cream, fast food like pizza and burgers, I could go on. The thing is, most cafeterias only have those options in their menus, making the healthy choices increasingly slim. And a very pressing issue is that children have gotten used to consuming this type of food, having already formed unhealthy eating habits. This is exceptionally horrible to do to our kids. When we let this continue to happen, we're letting them be in danger of a weaker immune system, bad eating habits, and even being obese, which leads to a significant risk of cardiovascular diseases and diabetes.

#3 At my school, we've improved our situation dramatically. Learning about superfoods, introducing 'Spectrum Splash' which encourages everyone to keep their lunch plates stacked high with multicoloured foods and have even made Healthy Mind and Healthy Body Day, which is all about learning where certain veggies and fruits come from and even planting gardens! There are certain challenges to installing this change, like, 'Healthy food is very expensive!' or 'Kids like what they're eating and don't want veggies.' We've found plugs to all those drains! Our cafeteria staff have become experts at thinking up nutritious food mixes that are affordable and healthy, with a school nutrition committee at their side. Every day, kids have a rotating schedule to help prepare and make meals, and we've found this makes kids much more likely to eat them!

So, here's my challenge to all of you: Start introducing small changes in your child's school lunches, like a 'Wholesome Wednesday' or 'Tofu Tuesday'. Get your kids active and excited about this program by turning it into a fun experience! Every healthy choice is a step towards a better future. By improving our school meals, we're not changing

lunches – we're changing lives. Let's make healthy eating the next big thing in education!

Thank you.