

## Section 1:

### #1 (Introduction): a. Strengths:

- Strong opening that establishes your role and purpose
- Effective use of imagery to engage the audience

b. Weakness: Lack of Specificity Your introduction, while engaging, lacks specific details about what you'll cover. For instance, you mention "the importance of eating healthy" but don't provide a clear roadmap for your speech. This vagueness might leave your audience unsure of what to expect.

c. Exemplar: "Today, I'll share three key benefits of healthy eating: improved academic performance, enhanced emotional well-being, and lifelong health skills."

### #2 (Academic Performance): a. Strengths:

- Use of scientific evidence to support your argument
- Clear connection between nutrition and academic success

b. Weakness: Overreliance on a Single Study You've based your entire argument on a single study from UNSW Sydney. While this study is relevant, relying solely on one source limits the breadth and credibility of your argument. For example, you state, "Students who ate a healthy breakfast the morning of the study were more motivated and achieved better test scores," without providing additional supporting evidence.

c. Exemplar: "Multiple studies, including research from UNSW Sydney and a meta-analysis published in the Journal of School Health, consistently show that students who eat nutritious breakfasts perform better academically."

### #3 (Emotional Enhancement): a. Strengths:

- Connects nutrition to mental health
- Uses multiple sources to support claims

b. Weakness: Lack of Coherence Your paragraph on emotional enhancement jumps between different ideas without clear transitions. For instance, you move from memory and concentration to optimism and depression, then back to focus, without clearly linking these concepts. This makes it difficult for your audience to follow your argument.

c. Exemplar: "Research from Better Health Channel and other studies demonstrate that a nutrient-rich diet not only improves cognitive functions like memory and concentration

but also enhances emotional well-being by reducing mood swings and symptoms of depression and anxiety."

Actionable Task: Rewrite your introduction, focusing on providing a clear outline of the three main points you'll discuss in your speech. Ensure each point is briefly mentioned to give your audience a roadmap of what to expect.

Overall Score: 42/50

## Section 2: Revision Guidelines

Good morning/afternoon ladies, gentlemen, esteemed educators, and dedicated parents,

#1 My name is Maya and I am ~~honored~~ [honoured] to stand before you at the District-wide Nutrition Fair to talk about the importance of eating healthy. I stand before you as not only a student but a lively advocate in the ever-going battle of nutritious foods. Today, I wish to share with you how colossal the importance of eating healthy is and I wish you will heed my call to action.

Imagine a school where every child is focused and ~~energized~~ [energised], fueled by the nutritious foods they have eaten, ready to learn. A world where students thrive not only academically but mentally, a world we can achieve. This vision is not a distant dream; it is an achievable reality if we come together and embrace a new approach to nutrition in our schools.

#2 Firstly, eating healthy can improve your overall well being as well as academic performance. Eating the right foods can fuel our brains, enhance cognitive function, and, ultimately, make our study sessions more productive. A study at UNSW Sydney said that their findings highlight that eating a healthy breakfast each and every morning improves student motivation and academic achievement. Students who ate a healthy breakfast the morning of the study were more motivated and achieved better test scores.

#3 Secondly, eating healthy also makes you more emotionally enhanced. According to Better Health Channel, a varied, healthy diet improves your memory, concentration and can even increase your level of optimism and protect you from depression. Also, studies show that when you stick to a diet of nutrient-rich foods, you're setting yourself up for fewer mood swings and an improved ability to focus. More studies show that clean diets consisting of mainly whole, unprocessed foods, can help with symptoms of depression and anxiety.

So, how can we make this revolution a reality in our schools?

Well, we can collaborate and share practises where schools can begin teaching the importance of eating healthy. By doing this, we are creating a robust network to make sure students are all prepared.

Also, eating healthy is also a life-long skill to learn. When children grow up, they can make informed and healthy ~~conditions~~ [decisions] about what to eat a lot and what to avoid sometimes.

Ladies and Gentlemen, the healthy eating revolution starts with us. Together, we can make a commitment to transforming the nutritional landscape of our schools. Let's join forces to create an environment where our students can thrive, excel, and lead healthier lives. Your support is not just appreciated—it is essential.

Thank You