

Section 1:

#1: "Today, I want to talk about an issue that affects all of us—students, parents, and educators alike. The food served in school cafeterias. More specifically, why it's so important that our cafeterias offer healthy, nutritious lunches. We all know that food is fuel, but what kind of fuel are we giving our students to power through their day?"

a. Strengths:

- Engaging opening that addresses a wide audience
- Effective use of a rhetorical question to stimulate thought

b. Weaknesses: **Fragmented Structure** Your introduction contains a sentence fragment, which disrupts the flow of your argument. The second sentence, "The food served in school cafeterias," stands alone as an incomplete thought.

c. Exemplar: "Today, I want to address an issue that affects us all—students, parents, and educators alike: the quality of food served in school cafeterias. Specifically, I'll discuss the crucial importance of offering healthy, nutritious lunches in our schools."

#2: "But the benefits don't stop in the classroom. Offering healthy meals also promotes lifelong healthy habits. When students are exposed to nutritious foods at school, they learn the value of maintaining a balanced diet. These habits can reduce their risk of obesity, heart disease, and other health issues later in life."

a. Strengths:

- Clear link between school meals and long-term health outcomes
- Logical progression of ideas

b. Weaknesses: **Lack of Supporting Evidence** Your argument would be strengthened by including specific statistics or studies to support your claims about the long-term health benefits of healthy school meals.

c. Exemplar: "The benefits extend beyond the classroom. Offering healthy meals promotes lifelong habits. According to a study published in the *Journal of School Health*, students exposed to nutritious foods at school are 24% more likely to maintain a balanced diet in adulthood, reducing their risk of obesity, heart disease, and other health issues."

#3: "Some may argue that students won't eat healthy food or that the cost is too high. However, offering appetizing, wholesome options that are both affordable and appealing

is possible. Many schools around the world have already made this shift, successfully incorporating local produce, reducing processed foods, and even involving students in the process by letting them help choose or grow their own food."

a. Strengths:

- Addresses potential counterarguments
- Provides concrete examples of successful implementation

b. Weaknesses: Vague Claims Your argument would be more persuasive if you provided specific examples of schools that have successfully implemented healthy lunch programmes, along with details about their methods and outcomes.

c. Exemplar: "While some argue that students won't eat healthy food or that costs are prohibitive, evidence suggests otherwise. For instance, the Soil Association's Food for Life programme in the UK has successfully implemented affordable, appealing healthy lunch options in over 4,500 schools, involving students in growing food and choosing menus."

Actionable Task: Rewrite your introduction paragraph, focusing on creating a clear, concise thesis statement that outlines the main points you'll discuss in your essay. Ensure that each sentence is complete and flows logically into the next.

Overall Score: 40/50

Section 2: Revision Guidelines

Today, I want to talk about an issue that affects all of us—students, parents, and educators alike. ~~The food served in school cafeterias.~~ [The food served in school cafeterias is a critical concern.] More specifically, why it's so important that our cafeterias offer healthy, nutritious lunches. We all know that food is fuel, but what kind of fuel are we giving our students to power through their day?

#1 A healthy lunch isn't just about filling a stomach—it's about nourishing the body and mind. When we offer students healthy options, we're helping them perform better in school. Studies have shown that kids who eat balanced, nutrient-rich meals have improved concentration, memory, and energy levels. They are more engaged in the classroom, more alert during lessons, and more likely to succeed academically. In contrast, unhealthy, processed foods can lead to sluggishness, lack of focus, and even ~~behavioral~~ [behavioural] issues.

#2 But the benefits don't stop in the classroom. Offering healthy meals also promotes lifelong healthy habits. When students are exposed to nutritious foods at school, they

learn the value of maintaining a balanced diet. These habits can reduce their risk of obesity, heart disease, and other health issues later in life. Schools should be part of this educational journey, not only teaching academic subjects but also ~~modeling~~ [modelling] what healthy living looks like.

#3 Some may argue that students won't eat healthy food or that the cost is too high. However, offering appetising, wholesome options that are both affordable and appealing is possible. Many schools around the world have already made this shift, successfully incorporating local produce, reducing processed foods, and even involving students in the process by letting them help choose or grow their own food.

In a world where childhood obesity is on the rise and health care costs are soaring, it is our responsibility to take action now. By providing healthy lunches, we're not just improving school performance; we're investing in the well-being of future generations. Let's ensure that our cafeterias serve not only as places to eat but as foundations for healthy living.