

Section 1:

#1 (Introduction): a. Strengths:

- Engaging opening that establishes the speaker's credibility
- Clear statement of purpose and vision

b. Weakness: Lack of specificity Your introduction, while compelling, could benefit from more concrete details. You mention "a healthy eating revolution" without providing specific examples of what this might entail. This vagueness may leave your audience wondering about the practical implications of your vision.

c. Exemplar: "Imagine a school where every child is energised, focused, and excited to learn, where cafeterias serve colourful, nutrient-rich meals and vending machines offer fresh fruits instead of sugary snacks."

#2 (Importance of healthy eating): a. Strengths:

- Well-structured arguments
- Covers multiple aspects of student well-being

b. Weakness: Over-reliance on generalisation While you cover important points, your arguments often rely on broad statements without supporting evidence. For instance, you mention "Numerous studies have shown..." without citing specific research. This lack of concrete evidence may weaken the persuasiveness of your arguments.

c. Exemplar: "A 2019 study published in the Journal of School Health found that students who consumed a balanced diet rich in fruits, vegetables, and whole grains scored 13% higher on standardised tests compared to their peers with poor dietary habits."

#3 (Call to action): a. Strengths:

- Provides actionable steps
- Encourages community involvement

b. Weakness: Lack of measurable goals Your call to action presents good ideas but lacks specific, measurable objectives. Without clear targets, it may be difficult for your audience to gauge progress or success in implementing these changes.

c. Exemplar: "Let's commit to increasing the variety of fresh fruits and vegetables in our school lunches by 50% within the next academic year, and aim to have at least 75% of our students participating in a nutrition education programme by the end of the term."

Actionable task: Revise your introduction paragraph, focusing on providing specific, vivid examples of what your "healthy eating revolution" looks like in practice. Ensure to identify at least three concrete changes that would be visible in a school embracing this revolution.

Overall score: 44/50

Section 2: Revision Guidelines

Ladies and Gentlemen, esteemed educators, and dedicated parents,

Good afternoon. My name is Maya, and I am honoured to be here today at the District-Wide Nutrition Fair. I stand before you not just as a student, but as a passionate advocate for a cause that affects us all: the future of our children's health. Today, I want to share with you the vision of a healthy eating revolution—one that we can all join to transform the lives of our students, our families, and our community.

#1 Imagine a school where every child is energised, focused, and excited to learn. Picture our students thriving academically, emotionally, and physically because they are fuelled by nutritious, delicious food. 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.

We are at a pivotal moment where we can make a significant impact. The rising rates of childhood obesity, diabetes, and other diet-related health issues call for urgent action. But the change we need is not about cutting corners or restricting choices. Instead, it's about empowering our students with the knowledge and the resources to make better food choices—choices that can set them up for a lifetime of health and well-being.

#2 Here's why joining this healthy eating revolution is crucial:

Improved Academic Performance: Numerous studies have shown that a well-nourished student is a more successful student. Nutrient-rich foods enhance cognitive function, improve concentration, and boost overall academic performance. By prioritising healthy meals, we're not just feeding our students; we're ~~fueling~~ [fuelling] their potential.

Better Physical Health: Healthy eating helps in maintaining a healthy weight, strengthening the immune system, and preventing chronic diseases. When our students are healthy, they are less likely to miss school due to illness and more likely to participate actively in physical education and extracurricular activities.

Enhanced Emotional Well-being: There is a strong connection between diet and mental health. Nutrient-dense foods can improve mood, reduce anxiety, and increase resilience. By providing students with balanced meals, we're supporting their emotional

and psychological well-being, making them more equipped to handle the challenges they face.

Long-term Life Skills: By teaching students about healthy eating, we are equipping them with valuable life skills. They will learn how to make informed food choices, understand nutrition labels, and develop healthy cooking habits. These skills are crucial for their future independence and well-being.

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

Collaborate and Share Best Practices: We should form a network of schools committed to healthy eating. By sharing resources, successful strategies, and innovative ideas, we can create a robust support system that benefits everyone involved.

Engage the Whole Community: Parents, teachers, and local businesses all play a role in this revolution. Host workshops, cooking classes, and nutrition seminars to involve the entire community in the mission of healthy eating.

Incorporate Nutrition Education: Integrate nutrition education into the curriculum. Teach students about the importance of a balanced diet, the impact of food on their bodies, and how to make smart food choices.

Revamp School Menus: Work with nutritionists to create appealing and nutritious menus that cater to diverse tastes and dietary needs. Ensure that healthy options are not just available but are also enticing and enjoyable.

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 for your time, and let's embark on this exciting journey towards a healthier future for our children.