

Section 1:

#1 (Health problems paragraph) Strengths: Your opening sentence clearly states the harmful ingredients in junk food. You effectively use statistics from a credible source (WHO) to support your argument.

Weaknesses: Limited personal connection → Your paragraph focuses on global statistics but doesn't connect directly to students' experiences. The transition between sentences about worldwide obesity and childhood obesity needs improvement. You could strengthen your argument by explaining how these health problems specifically affect students at school.

Exemplar: ***Junk food is packed with unhealthy ingredients like sugar, fat, and salt, which directly contribute to diseases affecting many of our classmates, such as obesity, diabetes, and heart problems.***

#2 (Children's learning paragraph) Strengths: You effectively start with a relatable example about feeling sluggish after eating fast food. The connection between nutrition and academic performance is clear.

Weaknesses: Underdeveloped argument → Your paragraph mentions a study but doesn't fully explain how junk food affects concentration throughout the school day. You could strengthen this point by describing specific learning situations where unhealthy food choices impact students' ability to participate in class activities.

Exemplar: ***After eating fast food at lunchtime, many students feel tired and struggle to focus during afternoon lessons, making it difficult to remember important information or participate in class discussions.***

#3 (Junk food can be addictive paragraph) Strengths: You provide specific examples of addictive ingredients (MSG, high-fructose corn syrup). You make a powerful comparison between junk food and other addictive substances.

Weaknesses: Complex terminology → Your paragraph uses scientific terms that might be difficult for readers to understand. The connection between addiction and school environment could be clearer. You could make this more relevant by explaining how addiction to junk food affects students' daily choices at school.

Exemplar: ***Many fast-food companies use special ingredients that make you crave more, similar to how some video games keep you wanting to play "just one more level" - making it really hard for students to choose healthier options when they're available.***

■ Your persuasive piece presents strong arguments about banning junk food from schools. However, you could strengthen your writing by including more personal examples that your

readers can relate to. Also, try to connect each health concern directly to the school environment to make your arguments more relevant to students. Additionally, your conclusion restates your main points but could be more powerful with a call to action - what specific steps should schools take? What can students do to support this change? Your arguments would be more convincing if you addressed possible counterarguments, like students' freedom to choose their own food or concerns about implementing such changes. Try using more persuasive language techniques like rhetorical questions to engage your readers. For example, "How can we expect students to make healthy choices when unhealthy options surround them?" Your writing has good structure but adding some personal stories or examples would make your arguments more memorable and persuasive.

Score: 42/50

Section 2:

Junk Food should be banned from Schools

Imagine walking into your school canteen and being surrounded by chips, sugary drinks, and candy bars ~~foods~~ [foods -] that are not only unhealthy but also have long-lasting effects on your health. Junk food is widely available in schools, tempting students with its convenience and taste. However, it's time to ban junk food in school canteens. Not only would this promote healthier eating habits, but it would also reduce the risk of obesity, diabetes, and other health issues. By removing junk food, we can ensure that students receive the energy and nutrients they need to thrive academically and physically.

#1 Health problems

Junk food is often packed with unhealthy nutrients like sugar, fat, and salt, which contribute to diseases such as obesity, diabetes, and heart problems. According to the World Health Organization (WHO), more than 2 billion people worldwide are considered overweight or obese. Junk food plays a key role in these statistics. Childhood obesity has tripled in the last 30 years, and junk food is one of the main causes. A typical packet of chips contains more salt than a child should eat in an entire day. With increasing rates of obesity, it's crucial to keep junk food away from children to protect their health.

Children's learning

Consider this: after eating fast food, you feel sluggish and find it hard to focus. A 2018 study in the *Journal of Nutrition* found that children who ~~devour~~ [eat] unhealthy foods like fast food or sugary snacks performed worse on memory and attention tasks compared to those with balanced diets. Junk food also leads to low energy, making it harder for students to focus and learn. With more nutritious food, children can concentrate better, which will benefit their

academic performance. Schools should prioritize nourishing students for better learning outcomes.

Schools should promote healthy choices

Schools are responsible for shaping the habits and future well-being of students. If junk food is available in school canteens, students are less likely to make healthy food choices. A 2023 study by the Healthy Eating Foundation revealed that when junk food was removed from canteens, students were 25% more likely to choose healthier snacks like fruits and nuts. Providing only healthy options encourages better dietary habits, not just in school, but outside as well. The presence of junk food in schools sends mixed messages --- while health lessons advocate for nutritious food, the canteen offers unhealthy alternatives. Schools should promote healthy eating for the long-term benefit of their students.

#3 Junk food can be addictive

Junk food can be surprisingly addictive, much like other substances. Many fast-food companies use chemicals and artificial ingredients that trigger cravings, making it hard for individuals to stop eating. These ingredients, such as monosodium glutamate (MSG), high-fructose corn syrup, and excess salt, stimulate the brain's reward system, encouraging overeating. Studies show that children who consume junk food regularly develop a heightened tolerance to sugary and salty flavours, leading to stronger cravings. In fact, consuming junk food activates the same areas of the brain as drugs or alcohol, leading to dependency-like behaviour. This is especially concerning in schools, where children may develop habits that are hard to break, causing long-term health issues.

~~#2 The negative effects of junk food on students' health and well-being cannot be ignored. From promoting unhealthy habits that lead to long term health problems to hindering concentration in class, junk food in schools does more harm than good. [Junk food's negative effects on your health and concentration cannot be ignored - from causing long-term health problems to making it difficult to focus in class, these foods do more harm than good.] Schools have a responsibility to guide students towards healthier choices. By removing junk food from canteens, we can help break the cycle of addiction and promote healthier, more focused students. It is time for schools to prioritize the future health of their students and offer only nutritious options that support their physical and mental growth. Only then can we ensure that students are given the tools to lead healthier, more successful lives.~~