

## Section 1:

#1 (Opening paragraph: "Imagine a child seated in a bustling cafeteria...")

**Strengths:** Your opening creates a vivid picture that helps readers imagine the scene. You use engaging questions that make readers think about the topic.

**Weakness: Unclear main argument** → Your introduction jumps between different ideas without clearly stating what you want schools to do. The phrase "Including at least one recipe from a different culture each day is essential" appears suddenly without proper connection to the earlier sentences about "monotonous" meals and "narrow culinary spectrum."

**Exemplar:** *"Schools should include at least one dish from a different culture in their daily menu because this simple change can transform lunchtime into a learning experience."*

#2 (Second paragraph: "First, incorporating multicultural recipes...")

**Strengths:** You provide clear reasons why multicultural food is beneficial. Your examples about children feeling included are relatable and easy to understand.

**Weakness: Vague supporting details** → Your paragraph lacks specific examples of how this would work in real schools. Phrases like "validates the heritage" and "broaden their horizons" are general statements without concrete details about what this looks like in practice.

**Exemplar:** *"For example, when schools serve Vietnamese spring rolls, Vietnamese students feel proud to share their culture, whilst other students learn about fresh herbs and different cooking methods."*

#3 (Fourth paragraph: "Diving into unfamiliar territory...")

**Strengths:** You include research evidence with specific statistics. The connection between trying new foods and creativity is interesting.

**Weakness: Confusing perspective shift** → Your paragraph suddenly changes from talking about children to using "you" and "your life," which doesn't match the rest of your writing about school meals. The phrase "problem-solving at work" doesn't relate to primary school students eating lunch.

**Exemplar:** *"This creative energy helps students become more adventurous learners, inspiring them to try new activities and think differently about solving problems in their schoolwork."*

■ Your piece tackles an important topic that many people can relate to. You've chosen strong reasons for your argument, particularly how food can help students feel included and learn about different cultures. However, your writing would benefit from more specific examples throughout. Additionally, you could strengthen your argument by explaining exactly how schools could make these changes happen. Consider adding details about simple international dishes that schools could easily prepare, or mentioning how other schools have successfully tried this approach. Your conclusion effectively ties together your main points, but the middle sections need more concrete details to convince readers. Also, make sure you maintain the same perspective throughout - stick to writing about students and schools rather than switching to adult experiences.

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**Overall Score: 44/50**

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## Section 2:

Embracing Diversity at the Lunch Table: A Call for Cultural Inclusion in School Meals

**#1** Imagine a child seated in a bustling cafeteria, their tray adorned with a vibrant array of colours and aromas from across the globe. For many young people, lunchtime is more than a break in the day, but is a unique moment for connection, belonging, and discovery. But why should this daily ritual be limited to the familiar, when it could instead be a gateway to the world? Too often, however, the meals served remain monotonous, reflecting a narrow culinary spectrum that fails to spark curiosity or ~~nurture~~ [nurture] empathy. Wouldn't it be far more enriching to offer a taste of diversity at every meal? Including at least one recipe from a different culture each day is essential - not only to nourish the body, but also to expand the mind.

**#2** First, incorporating multicultural recipes into daily lunches fosters global awareness and appreciation for diversity—an educational mission that extends far beyond any classroom. When children are introduced to dishes from different traditions, it validates the heritage of those who come from diverse backgrounds and offers a sense of pride and inclusion. What better way to say, "You belong here," than by honouring the foods from home? At the same time, those unfamiliar with certain cuisines gain the opportunity to broaden their horizons, break down stereotypes, and develop

open-mindedness and respect for others. Isn't it time we let our taste buds lead the way toward understanding?

Furthermore, a varied menu can promote healthier eating habits. Many global cuisines feature fresh vegetables, legumes, and whole grains at their core, encouraging balanced nutrition and introducing children to ingredients they might not encounter otherwise. Who wouldn't want to swap the usual fare for a colourful Japanese bento, or a wholesome Mediterranean dish? By weaving these dishes into daily offerings, children can discover new flavours and develop lifelong healthy eating patterns.

**#3** Diving into unfamiliar territory often sparks your creativity, pushing you to see the world through fresh eyes. As you embrace novel challenges, you're encouraged to think outside the box, adapt to new circumstances, and invent original solutions. Research from the National School Nutrition Association shows that exposure to diverse cuisines increases students' willingness and inspiration to try new foods by 40%.

~~This creative energy can ripple into other aspects of your life, inspiring artistic pursuits, problem-solving at work, or innovative ideas in everyday tasks. By welcoming the unknown, you ignite the imagination's spark and transform ordinary routines into extraordinary adventures.~~ [This creative energy can extend into other aspects of students' lives, inspiring artistic pursuits, creative problem-solving in schoolwork, and innovative thinking in everyday activities. By welcoming unfamiliar foods, children develop curiosity that transforms ordinary experiences into learning opportunities.]

Some may argue that adapting menus to include international recipes could present logistical or financial challenges. But is it so difficult to find creative solutions when the rewards are so great? Many communities have thrived by celebrating culinary diversity, drawing on volunteers or family partnerships to share authentic recipes and ingredients. The social and educational benefits far outweigh any additional effort, especially given the potential for improved health and greater engagement at mealtime.

Ultimately, to overlook cultural variety in lunches is to overlook a vital piece of holistic education. Can we truly claim to prepare our children for a globalised world if we ignore the richness of its tables? Embracing a daily tradition of culinary exploration empowers young people to grow into empathetic, knowledgeable, and adaptable individuals. This practice does more than merely feed hunger - it nourishes the spirit, bridges cultural divides, and encourages understanding that can blossom throughout a lifetime. The lunch table, once seen as a place that separated or excluded, can become a

microcosm of a world where diversity is celebrated and every individual has a seat and a story to share.  
Isn't that the kind of world we want for the next generation?