

Section 1:

**#1** (Opening paragraph: "I definitely believe meat-free Mondays should not be mandatory at all...")

Strengths: Your opening clearly states your position, making it easy for readers to understand your stance. You also provide a preview of your main arguments, which helps organise your piece.

Weakness: Oversimplified reasoning → Your argument assumes that "meat lovers can't eat anything" without meat, which isn't quite accurate. Many protein sources exist beyond meat, such as eggs, beans, nuts, and dairy products. The phrase "meat lovers don't eat vegetables" creates a black-and-white view that doesn't reflect reality, as most people eat a variety of foods.

Exemplar: *"Whilst some students strongly prefer meat-based meals, implementing meat-free Mondays could limit their food choices and may not provide adequate protein alternatives."*

**#2** (Second paragraph: "To begin with, what are the poor meat lovers gonna eat?...")

Strengths: You use rhetorical questions to engage your reader and create concern for students who prefer meat. Your calculation shows mathematical thinking about the impact over time.

Weakness: Incomplete argument development → You focus heavily on "meat lovers" eating "nothing for 6+ hours" but don't explore realistic alternatives that schools could provide. Your mathematical calculation of "480 DAYS!!!" doesn't consider that students could still receive adequate nutrition from other protein sources during these meals.

Exemplar: *"Students who prefer meat-based meals might struggle to find appealing alternatives, potentially leading to reduced lunch consumption and energy levels throughout school hours."*

**#3** (Third paragraph: "Additionally, the little kids need every amount of protein they can get...")

Strengths: You demonstrate awareness that protein is important for growing children. You attempt to use mathematical calculations to strengthen your argument.

Weakness: Nutritional misconception → Your writing suggests that meat is the only significant source of protein with the phrase "meat is the main source of protein." However, many non-meat foods contain substantial protein, including dairy, eggs, legumes, and nuts. This creates a gap in your argument's foundation.

Exemplar: *"Growing children require consistent protein intake, and whilst meat provides excellent protein, schools would need to ensure meat-free alternatives offer comparable nutritional value."*

■ Your piece demonstrates passion for your topic and shows mathematical thinking when calculating long-term impacts. However, your arguments would benefit from considering alternative viewpoints and acknowledging other protein sources. Your writing tends to present situations as either completely good or completely bad, but most real-world issues have more complexity. Additionally, you could strengthen your arguments by discussing what schools could do instead of focusing mainly on problems. For example, you might explore how schools could provide appealing meat-free options that still meet nutritional needs. Also, consider that many people already eat meat-free meals regularly and remain healthy. Your mathematical calculations show good thinking skills, but they need to account for nutritional alternatives. Finally, your conclusion could be more balanced by acknowledging both challenges and potential solutions rather than dismissing the idea entirely.

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**Score: 40/50**

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Section 2:

#1 I definitely believe meat-free Mondays should not be mandatory at all. The meat lovers can't eat anything, the little kids need every day of protein [.] ~~and~~ [Additionally,] meat provides us with vitamin B. Therefore, meat-free Mondays is a giant NO.

#2 To begin with, what are the poor meat lovers gonna eat? Meat lovers don't eat vegetables, so what do they eat [—] bread? If meat-free Mondays existed, the meat lovers are going to eat nothing for 6+ hours! Do you want some poor, meatloving kids to miss out on 6+ hours of mandatory food, giving them no energy?

Additionally, the little kids need every amount of protein they can get. The shorter ~~kinds~~ [children] need to grow [.] ~~meat~~ [Meat] is the main source of protein [.] ~~and~~ [Additionally,] EVERY DAY THEY CAN GET COUNTS. Missing out ~~one~~ [on one] day isn't a lot, but one year is 40 ~~DAYS~~ [days] GONE [.] ~~with~~ [With] 12 years (their time at school); [.] ~~being~~ [this becomes] 480 ~~DAYS~~ [days]!!!!!! [.] That's more than a year! ~~So~~, [Therefore,] the little kids need to have that "extra" protein.

#3 To ~~end~~ [conclude] with, meat gives vitamin B. Vitamin B helps your brain function [.] ~~and~~ [Additionally,] again, EVERY DAY COUNTS! Over the years, 480 days of vitamin B ~~lackage~~ [deficiency] could make the brain function not as well as ~~those~~ [during the] 480 days ~~eating~~ [when consuming] meat. Due to that, the vitamin B from meat is ~~a must have~~ [essential].

In conclusion, meat-free Mondays should be a giant NO. The food the meat lovers missed out on, the 480 days of barely any protein [and] and the lack of vitamin B ~~makes~~ [make] ~~a~~ meat-free Mondays [Monday] a NO. If meat-free Mondays existed, everyone would be short [and] and their brains wouldn't function as well. Do you want that happening?