

Section 1:

#1 "Young children and infants need meat to support healthy growth. It provides key nutrients like protein, iron, and vitamin B12, which are difficult to replace without careful planning."

Strengths: Your writing shows good knowledge of important nutrients like iron and vitamin B12. You also explain clearly why these nutrients matter for growing children.

Weakness: Limited evidence support → Your argument would be stronger if you explained exactly how these nutrients help children grow. You mention they are "difficult to replace without careful planning" but don't explain what this planning involves or why it's challenging for families.

Exemplar: *"Meat provides iron that helps carry oxygen in the blood, and vitamin B12 that supports brain development - nutrients that require careful meal planning to obtain from plant sources alone."*

#2 "Many athletes and individuals with specific health conditions depend on animal protein to maintain their strength and recover properly. Animal proteins contain all essential amino acids that help build muscle and repair tissue more efficiently than some plant-based sources."

Strengths: You clearly connect animal protein to athletic performance and muscle building. Your point about essential amino acids shows good understanding of nutrition science.

Weakness: Vague generalisation → You mention "specific health conditions" and "some plant-based sources" without giving concrete examples. This makes your argument less convincing because readers don't know exactly which conditions or which plant proteins you're referring to.

Exemplar: *"Athletes recovering from intense training need complete proteins found in meat, whilst individuals with anaemia may struggle to absorb iron from plant sources as effectively as from red meat."*

#3 "Not all communities have easy access to fresh, vegetarian ingredients, which makes maintaining a healthy plant-based diet challenging. In many urban food deserts or rural areas, grocery stores with fresh produce are scarce."

Strengths: You bring up an important social issue about food access that many people might not consider. Your use of "food deserts" shows awareness of real community problems.

Weakness: Incomplete solution analysis → You identify the problem well but don't explore whether there might be ways to address these access issues within a meat-free program. Your argument assumes the problem cannot be solved rather than suggesting modifications.

Exemplar: *"Whilst some communities lack access to fresh vegetables, a flexible meat-free program could provide additional resources or alternative options for these areas."*

■ Your piece tackles an interesting topic with clear organisation and shows good understanding of nutrition basics. However, your arguments need more specific examples and deeper analysis to be truly convincing. Additionally, you could strengthen your writing by considering counterarguments and potential solutions rather than simply listing problems. Your introduction asks a rhetorical question but doesn't fully engage with it throughout your essay. Also, your conclusion repeats your introduction without adding new insights or summarising your strongest points. Try developing each paragraph with more detailed explanations and real-world examples that your readers can easily understand and relate to.

Score: 43/50

Section 2:

Does everyone need to have their daily ~~nutritions~~ [nutrition] everyday? I personally believe that meat-free Mondays must not be mandatory as younger children and infants must have meat in order to grow stronger, athletes or individuals with certain health conditions may rely on animal protein, and not all communities have easy access to fresh, vegetarian ingredients.

#1 Young children and infants need meat to support healthy growth. It provides key nutrients like protein, iron, and vitamin B12, which are difficult to replace without careful planning. For many families, especially those with limited resources, meat is the most accessible source of these nutrients. ~~Creating a meat-free Monday could unintentionally harm children's development by limiting their nutrition.~~ [Implementing a mandatory meat-free Monday could unintentionally harm children's development by restricting their access to essential nutrients.]

#2 Many athletes and individuals with specific health conditions depend on animal protein to maintain their strength and recover properly. Animal proteins contain all essential amino acids that help build muscle and repair tissue more efficiently than some plant-based sources. For these people,

reducing or eliminating meat—even one day a week—could negatively affect their performance or health. If we ignore these important needs, can we really say that a mandatory Meat-Free Monday is fair or effective?

#3 Not all communities have easy access to fresh, vegetarian ingredients, which makes maintaining a healthy plant-based diet challenging. In many urban food deserts or rural areas, grocery stores with fresh produce are scarce, forcing residents to rely on processed or packaged foods. This lack of availability limits people's choices and can lead to nutritional deficiencies, making vegetarianism less practical for those without nearby access to fresh fruits, vegetables, and other plant-based staples.

In conclusion, Meat-Free Mondays must not be ~~permitted~~ [implemented] due to the fact that young people need protein to grow stronger, athletes or individuals with certain health conditions may rely on animal protein, and not all communities have easy access to fresh, vegetarian ingredients. ~~So should we have a Meat-Free Monday?~~ [Therefore, mandatory Meat-Free Monday policies fail to consider these crucial factors that affect different groups in our community.]