

### Section 1:

#1 "From a nutritional standpoint, the benefits are substantial. Research from the National School Nutrition Association shows that exposure to diverse cuisines increases students' willingness to try new foods by 40%, a crucial step in combating picky eating habits."

**Strengths:** Your writing uses specific evidence with the 40% statistic, which makes your argument more convincing. You also connect nutrition directly to solving a real problem that schools face.

**Weakness: Insufficient Development** → Your paragraph jumps quickly from the statistic to general benefits without fully exploring what this means for students. The phrase "combating picky eating habits" needs more explanation about why this matters and how it works in practice.

**Exemplar:** *Research from the National School Nutrition Association shows that exposure to diverse cuisines increases students' willingness to try new foods by 40%. This change happens because when students see their classmates enjoying unfamiliar foods, they become more curious and willing to taste them too.*

#2 "Beyond the plate, cultural food offerings create invaluable learning opportunities. As Headteacher Dr. Patel explains, 'Food is a gateway to cultural understanding that textbooks simply cannot provide.'"

**Strengths:** Your transition "Beyond the plate" effectively moves to a new benefit. The quote from Dr. Patel adds authority to your argument.

**Weakness: Vague Connection** → You mention that food creates "invaluable learning opportunities" but don't clearly explain how this actually happens in classrooms. The phrase "gateway to cultural understanding" sounds nice but lacks specific details about what students would learn.

**Exemplar:** *Cultural food offerings create valuable learning opportunities by connecting students directly to other countries. When students eat Japanese ramen, they can learn about Japan's geography, climate, and daily life in ways that reading alone cannot provide.*

#3 "Some critics might argue that implementing diverse menus would be too costly or complex, but simple, authentic recipes can be both economical and nutritious."

**Strengths:** You address potential objections, which shows you understand different viewpoints. Your counter-argument about affordable ingredients is practical.

**Weakness: Shallow Counter-argument** → Your response to critics is quite brief and doesn't fully address their concerns. The phrase "simple, authentic recipes" doesn't explain how schools would actually manage the complexity of preparing different cultural dishes.

**Exemplar:** *Critics might argue that diverse menus would be costly, but many traditional dishes use affordable ingredients like rice, beans, and vegetables. Schools could start with one simple dish per week and train kitchen staff gradually, making the change manageable and budget-friendly.*

■ Your piece presents a compelling case for multicultural school lunches with strong organisation and clear benefits. You effectively structure your argument by covering nutrition, education, and social aspects, which gives readers a complete picture. However, your writing would benefit from deeper analysis in several areas. Additionally, you could strengthen your points by explaining the "how" behind your claims more thoroughly. For instance, when you mention that food sparks curiosity, describe exactly what this looks like in practice. Also, your conclusion feels rushed and could better address the practical challenges schools might face. Furthermore, consider adding more specific examples of how other schools have successfully implemented these changes. Your evidence is good, but expanding on what the statistics actually mean for students would make your argument more powerful.

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**Overall Score: 45/50**

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## **Section 2:**

**#1** The simple act of revamping a school's lunch menu to include one daily recipe from a different culture would fundamentally transform the educational environment. This seemingly small change extends far beyond the cafeteria, acting as a powerful tool for promoting nutritional health, enriching academic learning, and fostering a deeply inclusive community. By serving dishes that reflect the world's diverse culinary traditions, schools can prepare students to be more open-minded, healthier, and globally aware citizens.

**#2** From a nutritional standpoint, the benefits are substantial. Research from the National School Nutrition Association shows that exposure to diverse cuisines increases students' willingness to try new foods by 40%, a crucial step in combating picky eating habits. Nutritionists confirm that a varied diet

provides a wider range of essential nutrients—from the iron in lentils used in Indian ~~dal~~ [dal] to the vitamins in fresh vegetables found in a Thai stir-fry. This comprehensive intake supports not only better physical development but also enhanced cognitive function and sustained energy levels throughout the school day, directly supporting academic performance.

[Beyond the plate, cultural food offerings create invaluable learning opportunities. As Headteacher Dr. Patel explains, "Food is a gateway to cultural understanding that textbooks simply cannot provide." A meal becomes a tangible history lesson, connecting students directly to the geography, ingredients, and traditions of another country. When students at Westfeld Academy introduced multicultural lunches last term, they reported feeling more connected to their global history and geography lessons. The curiosity sparked by a new flavour or texture encourages them to ask questions and seek out the stories behind the dish, turning lunchtime into a truly interactive and meaningful part of the day.

**#3** The emotional and social benefits are equally significant and perhaps the most profound. Imagine the pride of a student seeing their family's traditional dish—be it Mexican mole, Ethiopian injera, or Japanese ramen—served to the entire school. This public validation of cultural identity builds confidence and fosters a powerful sense of belonging, making students feel seen and ~~celebrated~~ [recognised] for who they are. Furthermore, sharing meals creates natural opportunities for conversation and connection between students from different backgrounds, breaking down social barriers and building a more cohesive school community where everyone is valued.

Some critics might argue that implementing diverse menus would be too costly or complex, but simple, authentic recipes can be both economical and nutritious. Many traditional dishes rely on affordable staples like grains, legumes, and fresh vegetables. By embracing multicultural lunches, we prepare students for a global future while making lunchtime an educational, nutritious, and genuinely enjoyable experience.

## Section 1:

### #1 - Opening introduction and musical interests

**Strengths:** Your opening clearly establishes who you are and immediately showcases your musical talents. The comparison between piano and violin demonstrates thoughtful reflection on why you enjoy each instrument.

**Weakness:** Limited elaboration → Your musical section could benefit from more specific details. When you mention "wide range of hobbies," you could provide a clearer roadmap of what's coming next. The phrase about piano creating "a full, rich sound, like a whole orchestra" needs more personal connection to make it truly compelling.

**Exemplar:** *"Music has been part of my life for six years, and I particularly love how the piano allows me to play both melody and harmony simultaneously, creating complex pieces that tell complete stories."*

### #2 - Swimming description

**Strengths:** Your description of swimming as "moving meditation" shows mature vocabulary and creates a vivid picture. The sensory details about feeling "weightless" effectively convey your personal connection to the activity.

**Weakness:** Vague reasoning → Whilst you mention swimming makes you feel in your "own quiet world," you don't explain why this matters to you or how it connects to your broader interests. The description remains quite general without specific examples or deeper meaning.

**Exemplar:** *"Swimming gives me a chance to process my thoughts after busy school days, and the rhythm of my strokes helps me prepare mentally for challenging activities like debates or music performances."*

### #3 - Values section

**Strengths:** You've chosen strong, mature values that show good character development. Each value includes a clear definition showing you understand their importance.

**Weakness:** Surface-level treatment → Your values section reads like definitions rather than personal beliefs. You don't provide specific examples of how these values guide your actual behaviour or

decision-making. Phrases like "ensures my actions are always honest" sound rehearsed rather than authentic.

**Exemplar:** *"Care is important to me because when my friend was struggling with maths, I spent my lunch breaks helping her understand fractions, which showed me how supporting others creates stronger friendships."*

■ Your response demonstrates good structure and vocabulary for a primary school student. You've organised your thoughts clearly and covered multiple areas of your life effectively. However, your piece would benefit from more personal storytelling and specific examples. Rather than stating general facts about your hobbies, try sharing particular moments or experiences that made you love these activities. For instance, instead of saying debating makes you confident, you could mention a specific debate topic that challenged you. Additionally, your values section needs more authentic examples from your own life. Consider describing actual situations where you've demonstrated care, integrity, or respect. Also, try connecting your different interests together - perhaps explain how your musical training helps with the discipline needed for swimming, or how debating skills assist with understanding different musical interpretations. Your writing shows promise, but adding these personal touches will make your response much more memorable and genuine.

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**Score: 43/50**

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Section 2:

Hi, my name's Sophia, and I'm an Opportunity Class student at Beecroft Public School with a wide range of hobbies.

#1 I love music and play both the piano and the violin. I like the piano because a single person can create a full, rich sound, like a whole orchestra, and its logical layout makes music theory easy to understand. In contrast, I also love the violin for the deep physical connection I feel from its vibrations and the unique thrill of being part of a unified sound in an orchestra.

#2 Another interest is swimming. I like it because the water makes me feel completely weightless, and it's one of the few times I feel like I'm in my own quiet world. The repetitive motion of each stroke becomes a form of moving meditation, allowing me to clear my head and just focus on the rhythm.

#3 I also like debating because it's a mental sport that forces me to think on my feet. I find it thrilling to ~~analyze~~ [analyse] arguments and respond in real-time. It's taught me to listen more and understand different perspectives, which has made me much more confident in expressing my own thoughts.

My core values are Care, Integrity, and Respect. Care is important because it guides my actions with empathy, while integrity is crucial as it ensures my actions are always honest and build a foundation of trust. Respect is vital for acknowledging the worth of every individual, ensuring my interactions are always fair and unbiased.