

Section 1

#1 - Opening paragraph: "Imagine the aroma of fresh, vibrant vegetables... schools can make an extraordinary difference."

Strengths: Your opening uses sensory imagery well with "aroma of fresh, vibrant vegetables" and "sizzling sound of a beef burger," which draws readers in effectively. Your thesis statement is clear and presents three main arguments that will structure your essay.

Weakness: Incomplete reasoning development → Your connection between the sensory details and the main argument feels rushed. The phrase "rescue kilometres of the rainforest" jumps straight to environmental benefits without explaining how Meat-Free Mondays actually achieve this connection. You need to build a stronger bridge between your engaging opening and your thesis.

Exemplar: *After describing the sensory details, you could add: "This simple change in our weekly menu connects directly to global environmental protection because livestock farming requires vast amounts of land and resources."*

#2 - Second body paragraph: "Secondly, Meat-Free Mondays encourage healthier eating habits... worth one simple change each week?"

Strengths: Your health benefits are well-explained with specific examples like "lower the risk of obesity, diabetes, and heart disease." The concrete meal suggestions ("colourful salads, hearty pastas, or warming soups") help readers visualise the alternatives.

Weakness: Limited depth in health discussion → While you mention that children "gain more fibre, vitamins, and natural energy," you don't explain why these nutrients are particularly important for growing students. Your rhetorical question at the end feels disconnected from the detailed health information you've just provided.

Exemplar: *Instead of the rhetorical question, you could write: "These essential nutrients support brain development and physical growth, helping students perform better both academically and in sports activities."*

#3 - Conclusion: "In conclusion, Meat-Free Mondays are crucial... brighter, greener tomorrow."

Strengths: Your conclusion effectively summarises your three main points and ends with a strong call to action using "one day, one meal, one united effort."

Weakness: Awkward sentence construction → The phrase "Meat-Free Mondays are crucial to be in all schools" contains grammatical errors that weaken your final impression. Additionally, your conclusion repeats points without adding new insight or emphasising the most compelling argument.

Exemplar: *"Meat-Free Mondays should be implemented in all schools because this initiative represents our commitment to environmental responsibility and student wellbeing."*

■ Your piece demonstrates solid understanding of persuasive writing structure with clear introduction, body paragraphs, and conclusion. However, your arguments would benefit from deeper development in several areas. Your environmental paragraph provides good statistics, but you could strengthen it by explaining more clearly how school actions connect to global impact. Additionally, your health section mentions important benefits but doesn't fully explore why these nutrients matter specifically for students. Also, your community leadership argument feels the weakest because it relies mainly on examples from other places rather than explaining the mechanism of how change spreads. To improve your writing, focus on developing each point more thoroughly before moving to the next argument. Consider adding more explanation about cause-and-effect relationships in your environmental section and connecting your health benefits more directly to student performance.

Overall Score: 44/50

Section 2

#1 Imagine the aroma of fresh, vibrant vegetables wafting through our canteen. What if every Monday's lunch could rescue kilometres of the rainforest and reduce our carbon footprint? The sizzling sound of a beef burger often hides a startling truth. Livestock farming is one of the largest contributors to climate change. By introducing one simple change, Meat-Free Mondays, schools can make an extraordinary difference. Meat-Free Mondays should be mandatory in all schools because they reduce environmental harm, promote healthier lifestyles, and encourage our community to take responsibility for a sustainable future.

#2 Firstly, eating less meat is one of the most effective ways to protect our planet. According to the Food and Agriculture Organisation, livestock farming is responsible for 14.5% of global greenhouse gas emissions. That is more than all the world's planes, trains, and cars combined. By skipping meat just one day each week, a school community can slash thousands of kilograms of emissions, conserve water, and help preserve forests that are cleared for grazing cattle. A single lunch choice might seem small, but together, schools across the country can create real environmental impact.

#3 Secondly, Meat-Free Mondays encourage healthier eating habits. Diets rich in fruits, vegetables, beans, and grains are proven to lower the risk of obesity, diabetes, and heart disease. Children who enjoy meat-free meals gain more fibre, vitamins, and natural energy to help them concentrate in class and succeed in sport. Instead of processed meats, students can enjoy colourful salads, hearty pastas, or warming soups—meals that nourish both the body and the mind. ~~Isn't the health of our students worth one simple change each week?~~ [When students receive proper nutrition through plant-based meals, they develop stronger foundations for academic and physical success.]

Finally, schools have the unique power to lead by example. Around the world, from New York to Sydney, schools are already running Meat-Free Monday programs. When children learn that their food choices matter, they bring those lessons home, inspiring families and communities to think more sustainably. A weekly tradition of going meat-free is more than just a meal—it is a powerful reminder that small actions create lasting change.

In conclusion, ~~Meat-Free Mondays are crucial to be in all schools.~~ [Meat-Free Mondays should be implemented in all schools.] This initiative helps reduce environmental damage, improves student health, and teaches responsibility for our shared future. The choice is simple: one day, one meal, one united effort. Let us act now. Make Meat-Free Mondays a permanent part of every school canteen, and allow our plates to shape a brighter, greener tomorrow.