

A Breakfast Predicament

by Mrs. B

INTRODUCTION

Hook sentences
Thesis question

Left to their own choosing, most children would prefer a bowl of Fruit Loops over oatmeal. They would not ask for scrambled eggs if chocolate ice cream was available. **Undoubtedly**, adults would argue that the only reason they opt for oatmeal for breakfast instead of a Frappuccino is because of their own guilt. Truly, adults have been trained that breakfast is the most important meal of the day, but is it? Is chocolate ice cream an acceptable first meal for kids, or should parents insist on a healthy protein/high fiber combo, such as eggs and oatmeal?

BODY PARAGRAPH 1

Opponent Claim
Pivot
Your Claim #1

Some say ~~that chocolate ice cream contains too much sugar for anyone's breakfast, let alone children's. Ice cream is a sugary treat and should be saved for after dinner. Studies have shown that adults who ate sugary foods when they were children are 76% more likely to develop diabetes.~~ **However**, dieticians argue that saving sugar until after dinnertime is possibly worse than eating it for breakfast. Early in the day, kids have time to burn those carbs, but saving them for later may interfere with sleep. Of course, eating a low-carb brand of chocolate ice cream would solve the sugar problem.

BODY PARAGRAPH 2

Your Claim #2

Chocolate ice cream is an excellent source of calcium. **For this reason**, kids need sufficient calcium in their diets for good health. **As** a readily available source of calcium, milk is the main ingredient in ice cream. **Indeed**, as ice cream is traditionally made from cow's milk, and cow's milk contains a large percentage of natural calcium, eating chocolate ice cream any time of the day is a good idea. **Without a doubt**, eating chocolate ice cream for breakfast provides a calcium boost for students heading out to soccer practice or even to swim in the nearby lake. Although other foods do contain calcium, the amount found in pancakes and sausage is less than in a bowl of ice cream.

BODY PARAGRAPH 3

Your Claim #3

In addition to calcium, chocolate contains antioxidants. **Because** antioxidants are a component of a healthy diet, it is difficult to make sure children are eating enough of them. Scientists say that a lack of antioxidants contributes to many diseases, such as beriberi and swollen lymph nodes. **While** it is true that beriberi is almost nonexistent in this country, antioxidants are needed to keep a body healthy. Imagine how sickly a group of third graders would look without their daily dose of chocolate! **With this in mind**, the easiest way to include antioxidants in any diet is to eat them early – for breakfast.

CONCLUSION

Answer thesis
question

Summarize your
reasons

Call to action

All in all, chocolate ice cream for breakfast is a good idea for kids, especially for some children who would rather not eat in the morning. Tired, listless, picky kids need an energy boost to do well in school. **Furthermore**, calorie deficits surely contribute to low grades. **Since** students need to be at their cognitive best, skipping breakfast is bad for attention spans. Ice cream provides a good source of calcium, and it contains needed antioxidants. **For this reason**, tired children are more likely to eat a bowl of chocolate ice cream than they are to consume eggs and sausage. **After all**, no breakfast often equals no energy, and kids cannot succeed without energy!