

R7. WALT summarise main ideas (drawn from more than one paragraph), identifying key details (that support the main ideas) and using quotations for illustration.

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### Should children eat chocolate for breakfast?

Some people would say that the notion of eating chocolate for breakfast is ludicrous. One of the main reasons for this is due to how unhealthy it is. Chocolate, although it is delicious, is full of artificial sugars, colours and preservatives. As well as this, chocolate is high in saturated fats too - a food group of which the intake should be limited. If children are eating this high calorie, sugar-filled treat to start their day, they are not filling their bodies with the good nutrients they require.

To add to this, dentists would also agree that beginning the day with such a sugary delight can cause tooth decay. This could lead to multiple trips to the dentist and money having to be spent from the NHS budget - money which could be spent elsewhere.

People of this opinion would also argue that starting the day with a high sugar snack means that children might struggle to concentrate at school. Sugar and E numbers (chemicals added to some food to make them taste better) can cause hyperactivity and therefore concentration becomes harder to sustain. Being able to focus and work hard at school - particularly in the mornings when most children are studying maths and English - is vital. Chocolate for breakfast could hinder this all-important focus and have a knock-on effect on children's educations.

*Q: Does the writer think that children should eat chocolate for breakfast? Summarise their points to back up your answer.*

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