Exposition or Persuasive text written collaboratively by P3A

**A yummy healthy breakfast**

It is very important for everyone to have a good breakfast before they leave their homes in the morning.

A good breakfast can give you nutrients, which will give your body energy to stand, run and doing all the things you normally need to do.

Having breakfast will help our brain to think, concentrate and learn and without it you can’t do any of these things.

If you don’t have breakfast you will get very hungry and exhausted, you won’t be able to run, and you will probably find it very challenging to read and write properly.

Without breakfast, when it is break time, you will be too tired to play and have fun with your friends. Sometimes you can feel as if you are going to faint if you haven’t eaten. Not only can people get bad headaches if they don’t eat but they can also feel tummy aches and weak muscles.

If you don’t have breakfast you will get very easily distracted.

All parents and carers should make sure children always have breakfast so that they can feel well and happy.

I think everyone should always have yummy and healthy breakfast so that they can have a good day.