

Student/Teacher Piece
Opinion Writing Unit
Kids Need Morning Snacks

“Grrr” is the sound of hungry stomachs every morning at school. All students can think about is how hungry they are. This is why students absolutely must be allowed to have a morning snack. All students need a snack because four hours is too long to go without food, snacks fuel our brain for learning, and they can be healthy and quick.

First of all, kids need a morning snack because 8:00 am to 12:00 pm is too painfully long to go without food. Many kids don’t eat breakfast. I remember one time I woke up late and didn’t have time to eat my breakfast. By 9:30 I was starving, my stomach roared like a lion. Then at 10, I felt like I had needles stabbing my stomach. When it was 10:30, I got to the point where I feel dizzy and faint. If I had a morning snack, I could have had a pain free morning. According to kidshealth.org, “If the right foods are offered at the right times, snacks can play an important role in managing kids' hunger and boosting nutrition.” Students should be focused on learning, not their hunger pains.

Secondly, we need a morning snack because it is fuel for the brain. One time during writing I was so hungry I couldn’t think. I just sat there holding my pencil staring at a blank page in my notebook. I was totally zoned out. My brain was as blank as the page in front of me. According to the website www.livingstrong.com, “A snack at the right time between meals prevents major hunger pangs and gives your child an energy boost to keep them studying hard at school.” Many teachers in our building allow morning snacks. First grade teacher Mrs. Woodrow said, “I allow snacks each morning. I just don’t think their brains are at their best when they are hungry all morning.” If teachers cared about their student’s achievement then they must allow their students to have a morning snack.

I know what you might be thinking, kids bring unhealthy snacks and it takes too much time away from learning. After surveying the teachers at our school, we found that if the students and the teacher make a healthy snack list together then the kids do bring healthier brain food. Also, snacks are not going to interrupt the learning: it’s going to help it! Mrs. Woodrow has the students get their snacks during a break time when they are transitioning between subjects. She said that this does not disrupt the learning time. A morning snack can be quick and healthy.

In conclusion, we should have a morning snack because we are starving and our brains shut down. A healthy mid-morning snack will help us focus on learning, and not our growling stomachs! Start making that healthy snack list today!