

I think kids shouldn't eat cake for breakfast because if you eat too much you might get sick. You also might go a bit crazy. If you eat cake every morning, you could spew all over the carpet and your books. You could also get a stomach ache and have to go to the toilet lots. Kids probably think they can have cake every morning, but if I was you, I wouldn't do it. Kids should not have cake every morning.

By Lilah Roffey

Kids shouldn't eat cake for breakfast because it can make you addicted to eating sugar in the morning. It is also bad for your blood, teeth, and brain. A lot of people also already have enough sugar with their coffee in the morning. Cake is a sometimes food not good enough for breakfast. I used to have sugar every morning and I got a bit fat, but now I eat healthy, exercise and don't have sugar every morning. I still maintain a healthy breakfast; I eat eggs or Weetbix with a little bit of sugar. Some kids love to eat cake every morning and the parents let them. That is why I want to do something about it. Kids should eat a normal breakfast and only have a treat once in a while. Kids should not eat cake for breakfast.

By Sebastian Crozier

I think kids shouldn't eat cake for breakfast because you can get sick with too much cake. I also think you could get really sick and not be able to concentrate at school. If you have cake every morning you can spew all over your work and books. Then you will have to miss out on a couple of days and will get angry because now you have to catch up all of the work that you missed. I really don't think you should eat cake for breakfast because it is very unhealthy and can make you very sick.

By Annie Smith

Kids shouldn't eat cake for breakfast as children should eat fruit or cereal. Fruit and cereal give you more energy and it will last longer throughout the day. Cake has a different type of sugar that burns quicker and gives you less energy to use in the day. Cake can be yummy but I wouldn't be good for your body if you were eating it every day in the morning. It can make you gain more weight and also make you sick. For breakfast you can be having way more different food flavours every day and be healthier in the end. That is some of the reasons why having proper food for breakfast is better than cake.

By Amelia Duffy

I think kids shouldn't eat cake for breakfast because if you keep giving your kids cake for breakfast they will be crying for more until you give it to them. If you keep giving your kids cake, they would be fat and unhealthy. Parents might think it is ok to give your kids cake for breakfast, but it is not. Kids could just eat a normal breakfast like cereal, toast, or pancakes, so there is no need to eat cake for breakfast. It also wastes money because you can buy a whole box of cereal for like \$5 and it will last for over a week. Kids shouldn't eat cake for breakfast.

By Skyla Penrose