

Should Schools Have Longer Lunch Breaks?

Learning objective: To identify the features of a balanced discussion text and understand how to present two sides of an argument.

Read the discussion text below carefully. Look for the formal tone, the use of conjunctions to show contrast, and the clear structure. Then, answer the questions that follow.

There has been much debate recently regarding whether schools should extend their lunch breaks to sixty minutes. Some people argue that longer breaks would allow children to be more active. If pupils have more time to play sports or socialise, they might return to the classroom feeling refreshed and ready to focus. Furthermore, a longer break could provide extra time for children to enjoy a healthy meal without rushing, which is essential for wellbeing. On the other hand, others believe that extending lunch breaks would make the school day finish too late. If the day ends late, children may have less time for after-school clubs or family activities in the evening. Additionally, some suggest that longer breaks could lead to more disagreements on the playground, as there is more unstructured time. In conclusion, while there are clear benefits to having more time to rest and exercise, the impact on the school schedule must also be considered. Finding the right balance is essential for the happiness and success of all students.

Word bank: argument · balanced · conjunctions · formal · perspective · however · furthermore · viewpoint

1. Identify two reasons given in the text in favour of longer lunch breaks. (2 marks)

2. Find and copy one conjunction used in the text to signal a contrasting viewpoint. (1 mark)

3. What is the main purpose of the concluding paragraph in this discussion text? (2 marks)

4. Why do some people worry that extending lunch breaks might affect a child's evening? (2 marks)

5. In your own words, explain why the author uses formal language rather than informal language in this piece. (2 marks)

Draw: Draw a picture of Max the monkey debating with a group of friends. On one side of the table, draw a clock showing a long break, and on the other side, draw a calendar representing the busy school schedule.



Extension challenge: Write one paragraph of your own, starting with the phrase 'Some argue that...' to present a new argument about whether or not children should have homework at the weekend.