A Good Persuasive Essay

Children should be allowed to eat dessert before salad, main course, and vegetables at dinnertime because it improves their overall happiness, it assists in digestive functions, and it allows parents to spend less time washing dishes. Many parents think that healthy foods such as salad or vegetables are more important to a child's well-being, but recent studies have proven that consumption of dessert first is beneficial in more ways than one.

First, contradictory to the belief that a healthy balance of proteins and carbohydrates aids digestion, it is the sticky sugar found in most desserts that coats the belly and allows for improved absorption of nutrients. In his best-selling book Digestive Functions, the well-known digestive scientist Dr. Stomach Acid says, "Basically, the stomach is happy when it eats dessert and therefore more able to digest other, less satisfying foods such as salad and vegetables." Dr. Acid strongly supports the primary position of dessert in the meal and suggests that brownies, ice cream, and cake are the most beneficial desserts to serve on a regular basis.

Furthermore, eating dessert first improves children's overall level of happiness, making them more pleasant to be around, nicer, and more responsive to their parents. Children who eat dessert first have been known to clean their rooms more often and assist their parents with household chores. Sally Smothers, a fourth-grade student at San Francisco Elementary School, notes, "If my parents served dessert first, I would be so excited that I would wash the dishes after every meal and help my brother with his homework. In fact, I might even volunteer to walk the dog and clean my room once a week."

Finally, when salad, main course, and vegetables are served before dessert they often leave a messy residue on the plate, forcing parents to use new, clean plates when they serve dessert and therefore increasing the number of plates they must wash. But when dessert is served as the first course of the meal, there is no residue left on plates because dessert is so delicious. Therefore, the plates can be reused immediately for the other courses of the meal. Only one plate used means fewer dishes to wash. A recent study conducted by the Institute for Parental Relaxation (IPR) found that 9 out of 10 parents prefer doing "almost anything else" to washing dishes. Further, in his essay "Dessert Is Tasty: Researching Dessert and Its Benefits for Parents," Dr. Green Beans agrees and says that "serving dessert first would result in reduction of plate usage by no less than 50%. T is is a clear indicator that serving dessert at the beginning of the meal would benefit parents as much as it would please their children."

In conclusion, the benefits of serving dessert before the main course clearly outweigh the drawbacks. With this one small change to the order of food consumption, parents could help make their children happier and healthier, all the while improving their own lives.

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