



The big debate

Should cereal be poured before milk?

It's a classic breakfast, but not everyone agrees on how to get it into the bowl.

What you need to know

- Cereal with milk dates back to at least 1863, when a nutritionist in New York created a crunchy breakfast food so hard that it had to be soaked in milk overnight.
- In the US, people eat about 2.7 billion boxes of cereal each year. Americans drink about 15 gallons of milk per person every year.
- In a recent study, cereal was one of the most commonly eaten breakfast foods. About 50% of Americans have it at least once a week.



Cereal and milk are a classic breakfast combination, and many people believe there's only one way to prepare it—by pouring the cereal into the bowl first, then the milk. In one online poll, about 94% of people said they do it in this order. But other people say the most common way isn't the best or only way. Milk-first people want others to keep an open mind and consider trying something new and, according to them, better. They feel that pouring the milk into the bowl first is the only way to keep the cereal from getting soggy. What do you think? Should cereal be poured before milk?

Yes—it's the only way

Everyone knows cereal goes in before milk. The sound of the cereal hitting the bottom of the bowl is part of a timeless tradition taking place at breakfast tables around the world. Why would you want to change that? Plus, pouring the cereal in first gives you total control over how much you eat. If you dump too much cereal in, you can take some out, but that's not possible if there's already milk in the bowl. It's also much neater to put the cereal in first. If you pour crunchy cereal onto milk, the liquid totally splashes everywhere. No one has time to clean up puddles of milk in the morning.

No—be adventurous

It's time for a bold move: Put your milk in first. When you put the cereal in first and pour milk over it, the flakes get completely drenched and lose their crunch. No one wants soggy cereal. But when you add cereal on top of milk, it floats and you can eat it before it soaks up the milk. You also have more control over the cereal-to-milk ratio and waste less cereal. You can start with a handful of it and add more as you go until you've had enough. Finally, there's nothing like fresh, cold milk. When you pour the milk over the cereal, it's absorbed by the cereal and starts to taste like it, losing its delicious dairy flavor.

YES Three reasons cereal should be poured before milk

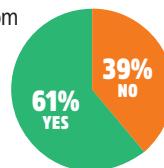
- 1 It's the classic and correct way to prepare your morning meal.
- 2 Putting the cereal in first gives you better control over the quantity. You can't take cereal out if it's been poured into milk.
- 3 If you don't pour the cereal in first, the milk splashes all over the place, and then you have to clean it up.

NO Three reasons cereal should not be poured before milk

- 1 Putting the cereal into the bowl after the milk keeps it from going soggy and makes it stay crunchier longer.
- 2 You have more control over the cereal-to-milk ratio. You can add more cereal as you go and you don't waste any.
- 3 Milk loses its delicious dairy flavor when it soaks into the cereal.

LAST WEEK'S POLL

Last week, we asked if doing nothing is good for you. Most of you voted in favor of taking a real break from being busy: 61% of you said yes, and 39% said no.



What do you think?

Now that you've read a bit more about this issue, visit kids.theweekjunior.com/polls so you can vote in our debate. Vote **YES** if you think cereal should be poured before milk or **NO** if you don't. We'll publish the results next week.

The goal of the big debate is to present two sides of an issue fairly in order to stimulate discussion and allow our readers to make up their minds. The views on this page do not reflect those of *The Week Junior*, and the page is not funded by third parties.