

Match the sentences so that each set has:

**Thesis Statement → Topic Sentence → Supporting Details**

**Set 1**

- Reading regularly improves students' vocabulary, strengthens critical thinking, and enhances creativity.
- Books expose students to new words and expressions that are rarely used in daily conversations. Newspapers and articles help learners practice comprehension and writing skills.
- Reading improves vocabulary and language skills.

**Set 2**

- Regular exercise strengthens physical health.
- Engaging in sports increases stamina, builds muscle, and improves cardiovascular health. Even short daily workouts can boost overall fitness.
- Exercise benefits students' physical health, mental well-being, and social skills.

**Set 3**

- Learning a second language enhances cognitive ability, career opportunities, and cultural understanding.
- Studying a new language improves cognitive skills.
- Multilingual learners develop better memory, problem-solving skills, and attention to detail. Brain exercises from language learning help students in other academic subjects.

**Set 4**

- By participating in community projects, students gain leadership, teamwork, and problem-solving experience. Volunteering also boosts confidence and empathy.
- Volunteering helps students develop personal skills.
- Volunteering has positive effects on personal growth, community development, and social relationships.

**Set 5**

- Eating nutritious meals provides students with sustained energy.
- Balanced diets with fruits, vegetables, and proteins prevent fatigue. Drinking enough water and avoiding junk food keeps students alert and focused.
- Healthy eating habits improve energy levels, academic performance, and long-term well-being.