Name _____ Supporting Details

Supporting Details Worksheet

DIRECTIONS: Read the paragraph. Then answer the questions.



There are many good reasons to choose a vegan lifestyle. Some people follow a vegan diet for their health. Cutting out consumption of meat, eggs, and dairy — and eating a diet high in fresh fruits and vegetables, grains, and legumes — can reduce the risk of debilitating "lifestyle" diseases like heart disease, type 2 diabetes, cancer, or Alzheimer's. There are also many studies that show that following a vegan diet that is high in fresh fruits, vegetables, nuts, grains, and legumes results in a leaner, more energetic body. Others "go vegan" as a way to take a stand for animal rights. Still others object to the way our modern animal agricultural system is contributing to global warming and deforestation, and refuse to buy and eat meat as a matter of protest. Whatever reason vegans find most motivating, veganism has grown 500% since 2014, and there is every indication that it will continue to grow in popularity.

1. What is the paragraph's main idea? _____

_____

3. List the major supporting details that support the main idea.

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LIVEWORKSHEETS