



Learning to learn

Use topic sentences

An essay is divided into paragraphs. Each paragraph discusses a different topic. A good essay contains topic sentences. A topic sentence is usually the first sentence in a paragraph. It introduces the main idea of the paragraph so the reader knows what it will be about. Topic sentences give your essay structure and make your arguments clearer.

Read the essay in Activity 1. Write the topic sentences in the correct place.

- a Secondly, I don't agree that we should cut any food from our diet.
- b ~~Every day we hear about another food that is bad for our health.~~
- c In my opinion, people shouldn't listen to the media.
- d Firstly, I think a small amount of sugar is good for you.

1 Read Bart's opinion essay again and choose the best title.

- 1 Is sugar bad for your health? ☐
- 2 Should we listen to the media for advice about food? ☐
- 3 Should people eat what they want? ☐

1 Every day we hear about another food that is bad for our health.

One week it's meat and the next it's bread. Now sugar is in the news, but I don't believe that the media are always right.

2

A sweet snack can give you energy when you feel tired. When I'm sad, my mum gives me some chocolate to make me feel better.

3

I believe that it's important to eat a variety of food from different food groups, and to eat the right amount to stay healthy.

4

They should make their own food choices. Meat, bread and even sugar are important in our diet, but we need to be careful that we don't eat too much.



Answer the questions.

- 1 Does Bart agree with what the media say about unhealthy food?
- 2 What arguments does he give to support his opinion?

Underline the phrases in the essay that Bart uses to give his opinion.

I don't believe that the media are always right.

Bart divided his essay into four paragraphs. Match each paragraph to its purpose.

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|----------------|--|
| 1 Introduction | a Give a first argument to support your opinion. |
| 2 Main body 1 | b Summarise your arguments. |
| 3 Main body 2 | c Explain the topic and give your opinion. |
| 4 Conclusion | d Give a second argument. |