



## 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.**

- |                |                                                  |
|----------------|--------------------------------------------------|
| 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.                        |