

READING COMPREHENSION WORKSHEET

Topic: Finding the Main Idea & Supporting Details | Level: B1 (Intermediate)

Student Name: _____

Date: _____

Score: _____ / 6

■ **Reading Tip:** The **main idea** is the central message of a paragraph. In many texts, the main idea appears as a topic sentence at the **very beginning (first sentence)**. In other paragraphs, the author presents details first and states the main idea at the **very end (last sentence)**. **Supporting details** give specific facts, reasons, or examples that explain or prove the main idea.

EXERCISE 1: Learning New Languages

Read Paragraph 1:

Learning a foreign language provides many exciting benefits for young people. First of all, it allows travelers to communicate easily with local citizens in foreign countries. In addition, knowing a second language opens up job opportunities with international companies. Finally, recent scientific studies show that practicing a foreign language keeps your brain active and improves your memory.

1. What is the main idea of this paragraph?

- ☐ A) Learning a foreign language makes traveling abroad easier.
- ☐ B) Learning a foreign language provides many exciting benefits for young people.
- ☐ C) International companies prefer employees who speak two languages.
- ☐ D) Brain exercises improve memory in older adults.

2. Which sentence provides a supporting detail for the main idea?

- ☐ A) Learning languages is mandatory for university students.
- ☐ B) Most people prefer traveling to countries where English is spoken.
- ☐ C) Scientific studies show that practicing a language keeps your brain active.
- ☐ D) Young adults should spend more time studying science and math.

3. Where is the main idea located in Paragraph 1?

- ☐ A) In the first sentence (the topic sentence).
- ☐ B) In the last sentence.
- ☐ C) In the middle of the paragraph.
- ☐ D) It is not directly stated in the text.

EXERCISE 2: Daily Physical Exercise

Read Paragraph 2:

Many adults wake up early every morning to jog or walk in their local park. Other people prefer swimming, riding a bicycle, or taking a fitness class after work to release stress. Regular movement also strengthens your heart, improves sleep quality, and boosts daily energy levels. Therefore, making regular physical exercise a daily habit is essential for maintaining good health.

4. What is the main idea of this paragraph?

- ☐ A) Morning jogging in the local park is the best form of exercise.
- ☐ B) Exercising after work helps adults release daily stress.
- ☐ C) Making regular physical exercise a daily habit is essential for maintaining good health.
- ☐ D) Swimming and cycling are popular activities among adults.

5. Which sentence provides a supporting detail from the paragraph?

- ☐ A) Regular movement strengthens your heart, improves sleep quality, and boosts energy.
- ☐ B) Joining a gym is expensive for most working adults.
- ☐ C) People should exercise for at least two hours every afternoon.
- ☐ D) Walking in nature is better than swimming in a pool.

6. Where is the main idea located in Paragraph 2?

- ☐ A) In the first sentence.
- ☐ B) In the last sentence (concluding topic sentence).
- ☐ C) In the middle of the paragraph.
- ☐ D) It is not stated directly in the text.