

# Main Idea Worksheet #1

Instructions: Read the stories below and identify the topic, main idea and one detail.

## Story A:

Whales are special animals. Whales are mammals that live in the ocean. There are 90 different types of whales around the world. Many whales are endangered species. It is important that we protect these beautiful animals.

1. What is the topic of the story?
2. What is the main idea of the story?
3. What is one detail from the story?

## Story B:

Stress can be very harmful. If we have a lot of stress in our lives it can cause many health problems. People with stress gain weight and suffer heart attacks. Daily exercise is a good way to reduce stress and become healthier.

1. What is the topic of the story?
2. What is the main idea of the story?
3. What is one detail from the story?

## Story C:

Our bodies are mostly made of water. Drinking water is good for your health. Water helps us to digest our food and regulate our body temperature. Water helps us think better and feel better. You should drink 8-10 glasses a day.

1. What is the topic of the story?
2. What is the main idea of the story?
3. What is one detail from the story?