



Read each paragraph and choose the main idea.

Sandy sings in the church choir. She sings a solo every week. Everyone looks forward to hearing her sing. Last Sunday Mrs. Smith said, "Sandy has the voice of an angel." We all agreed with her. I think she will be famous one day.

The main idea of the paragraph is:

- a. The church has a choir.
- b. Sandy goes to church.
- c. Sandy is a great singer.
- d. Sandy sang a solo each week.

Tommy ran down the street chasing his dog. "Bobby! Bobby!" he yelled. He knew he should have checked the gate before letting Bobby into the back yard. His mother has told him a hundred times. How had he forgotten? If he had closed it, Bobby would still be in the back yard.

The main idea of the paragraph is:

- a. Bobby ran away.
- b. Tommy forgot to make sure the gate was closed.
- c. Tommy was forgetful.
- d. Tommy's mother was bossy.

Joy sat on the bench at the baseball field and waited. She didn't like waiting alone. All of the other kids had been picked up by their parents. Where was her mother? Suddenly, her mother came running to her. "Oh Joy, I'm so sorry. Next time I will make myself a note."

The main idea of the paragraph is:

1. Joy's mother forgot to pick her up.
 2. Joy hated sitting alone.
 3. Joy plays baseball.
 4. Joy's mother writes notes.
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Directions: After reading the paragraph, write a sentence stating the main idea.

Paragraph 1 _____

It has been said that to feel well, you must eat well. That is true, but you also need to get adequate amounts of exercise. The combination of a nutritious diet and an exercise program is the best thing you can do for yourself and those that love you. With a proper diet, you will more easily maintain the proper weight and get the nutrients your body needs to function properly. Add exercise to the mix, and maintaining the proper weight becomes easier. A proper diet consists of fresh foods that are low in fat and sugar, high in fiber, and includes plenty of fresh fruits and vegetables. This type of diet will help you ward off diabetes, high blood pressure, high cholesterol, and many forms of cancer. By adding exercise, you are keeping your heart healthy and your joints functioning properly, which also helps ward off the same diseases as well as arthritis. Recent studies have also shown that proper diet and exercise helps keep people mentally fit also by lowering the risk of a stroke and even lowering your risk for developing Alzheimer's or other forms of dementia. So as you can see, proper diet and adequate exercise may just be the key to helping you live longer and healthier.

The main idea of the paragraph is: _____

Paragraph 2

The history of surgery is fascinating. When we think of surgeons today, we think of highly educated doctors who have trained for years in their specialty area. Surgeons of today are very skilled and have a very high success rate. They operate in sterile conditions and with the aid of imaging such as x-ray, CT scans, or MRIs. But this wasn't always the case. In fact, in the Middle Ages, the barbers in a community were also the surgeons. Can you imagine that? Going to the same place for surgery that you would to get your hair cut. Seems strange to us today, but it was the common practice in those days. They also knew nothing about sterile techniques and even operated without gloves. They also used rudimentary tools such as saws and pliers. The worst part, there was no anesthesia. Sadly, most surgery patients died from infection. They also didn't understand the way the body worked at that time. They would drill holes in people's head to let the demons out and cut off a leg with a rusty saw. It is a wonder that anybody survived a surgery during those times. Over the years, surgical techniques improved and eventually evolved into the highly trained field it is today. We are lucky to live in a time in which medical advancements abound.

The main idea of the paragraph is: _____

