

# What Is a Paragraph?

## Practice 1

**Instructions.** Based on [What is a paragraph?](#) identify the sentence or sentences that do not belong in each of the paragraphs below and should be excluded from the paragraph.

When you are done, see “Answer Key” to check your answers.

---

### Paragraph 1

<sup>1</sup> Eating fruits and vegetables is important for your health. <sup>2</sup> Eating regular servings of fruits and vegetables can help to lower your risk of chronic diseases such as type 2 diabetes, heart disease, stroke, and certain types of cancer. <sup>3</sup> They can also help to lower your risk of obesity, high blood pressure, and high cholesterol. <sup>4</sup> Fruits and vegetables are easy to find in any supermarket or local store. <sup>5</sup> Eating fruits and vegetables can also help to reduce inflammation in your body and help to strengthen your immune system. <sup>6</sup> Furthermore, eating fruits and vegetables can even provide a boost of energy and help to reduce stress, leaving you feeling happier and healthier overall. <sup>7</sup> Exercising regularly can also boost your immune system and keep you healthy.

Sentence(s) that should be excluded:

---



## Paragraph 2

<sup>1</sup> Online courses have many advantages over traditional classroom-based learning. <sup>2</sup> They offer greater flexibility in scheduling because you can decide when and where they want to study. <sup>3</sup> It is important to be well organized because you will be studying from home, which has many distractions. <sup>4</sup> Third, online courses often provide more resources and study materials compared to using a textbook and limited technology in the classroom. <sup>5</sup> The technology used in online courses makes it possible to communicate with other students. <sup>6</sup> Finally, online courses can be taken anywhere with a good internet connection while taking a classroom-based course requires you to be present in a predetermined location and time.

Sentence(s) that should be excluded:

---

## Paragraph 3

<sup>1</sup> Online courses offer a convenient and flexible way to learn. <sup>2</sup> Whether you're looking to learn a new language, brush up on your computer skills, or keep up with changes in your field, online courses can provide the opportunity to do so. <sup>3</sup> You can gain the same qualifications if you take the course online or in-person, allowing you to benefit from the same educational opportunities without needing to leave your home. <sup>4</sup> People who are self-motivated and well organized do better in online courses than those who need an instructor's guidance. <sup>5</sup> With online courses, you can learn at your own pace and in a comfortable environment and will be able to use your newfound skills and knowledge in the real world. <sup>6</sup> So, if you're looking for a great way to expand your skills and knowledge, you should consider taking online courses.

Sentence(s) that should be excluded:

---



#### Paragraph 4

<sup>1</sup> Learning Mandarin Chinese has become one of the top skills to have in order to get ahead in the business world. <sup>2</sup> China is the world's second-largest economy and having a knowledge of the language is becoming increasingly important in doing business in the Asia Pacific region. <sup>3</sup> Since Mandarin Chinese is not a language that is widely spoken by Westerners, being able to communicate in the language gives you an advantage over your business competitors. <sup>4</sup> China has a rich culture and history, which you will enjoy learning. <sup>5</sup> Furthermore, speaking Mandarin Chinese well can help bridge cultural gaps between workers and help break the ice in negotiations. <sup>6</sup> Mandarin Chinese has a complex writing system, so you can expect many hours of study, but you will be glad you have learned it.

Sentence(s) that should be excluded:

---

#### Paragraph 5

<sup>1</sup> Socializing with other people is important for many reasons. <sup>2</sup> It promotes good mental health, helps build relationships, and allows us to learn from others. <sup>3</sup> Socializing also allows us to gain perspective that can provide valuable insight into our lives, ideas and values. <sup>4</sup> Having too many friends can make it difficult to maintain all your relationships equally well. <sup>5</sup> Finally, it can help give us a sense of belonging and provide companionship.

Sentence(s) that should be excluded:

---



## Answer Key

---

Paragraph 1.

Sentences 4 and 7 should be excluded:

<sup>4</sup> Fruits and vegetables are easy to find in any supermarket or local store.

<sup>7</sup> Exercising regularly can also boost your immune system and keep you healthy.

Explanation: The main idea of the paragraph (topic and controlling idea) is “Eating fruits and vegetables is important for your health.” Sentence 4 is not about how they are important for your health. Sentence 7 is about exercising, not about eating fruits and vegetables.

---

Paragraph 2

Sentences 3 and 5 should be excluded:

<sup>3</sup> It is important to be well organized because you will be studying from home, which has many distractions.

<sup>5</sup> The technology used in online courses makes it possible to communicate with other students.

Explanation: The main idea of the paragraph (topic and controlling idea) is “Online courses have many advantages over traditional classroom-based learning.” Sentence 3 is about being organized. Sentence 5 is about using technology to communicate with other students, which is not necessarily an advantage of online courses over traditional classroom-based courses. If it is, it must be clearly explained in the paragraph.



### Paragraph 3

Sentence 4 should be excluded:

<sup>4</sup> People who are self-motivated and well organized do better in online courses than those who need an instructor's guidance.

Explanation: The main idea of the paragraph (topic and controlling idea) is "you should consider taking online courses" (last sentence). Sentence 4 is not a detail that supports the idea that you should consider taking an online course.

---

### Paragraph 4

Sentences 4 and 6 should be excluded:

<sup>4</sup> China has a rich culture and history, which you will enjoy learning.

<sup>6</sup> Mandarin Chinese has a complex writing system, so you can expect many hours of study, but you will be glad you have learned it.

Explanation: The main idea of the paragraph (topic and controlling idea) is "Learning Mandarin Chinese has become one of the top skills to have in order to get ahead in the business world." Sentence 4 is about China's rich culture and history, not about how learning Mandarin Chinese has become a top skill in the business world. Similarly, Sentence 6 provides detail about the writing system of the language, which is not about the main idea.

---



## Paragraph 5

Sentence 4 should be excluded:

<sup>4</sup> Having too many friends can make it difficult to maintain all your relationships equally well.

Explanation: The main idea of the paragraph (topic and controlling idea) is “Socializing with other people is important for many reasons.” Sentence 4 is about being able to maintain many friendships, which does not address the importance of socializing.

