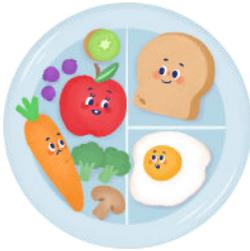


Name _____ Date _____

Find the main idea

Directions:

Find the main idea in the paragraph below. Write the main idea in your own words in the space provided.



An apple a day keeps the doctor away !



Food is an important part of our lives. There are five main nutrients in the food we eat. They are Carbohydrates, Vitamins and Minerals, Proteins, and Fat. These nutrients are very important for many reasons. Carbohydrates and Fat give us energy while Proteins help us grow. Vitamins and Minerals are important to fight diseases and protect our body.



You should drink plenty of clean water because it helps in digesting the food and you should also stay away from fast or junk food because they are harmful to our body. We must eat healthy food for breakfast, lunch, and dinner, and as all the doctors say “To be healthy, we should have our breakfast like a king and dinner like a beggar.”

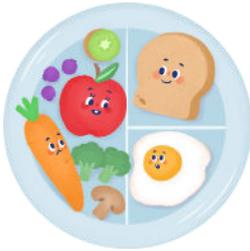
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Answer key

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Main idea:

Food is essential for our lives. Food contains various nutrients and they help us to live a healthy life. To have healthy life we must eat healthy foods.