

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Main Idea

The **main idea** of a paragraph is what the paragraph is about. Often, the **main idea** is in the first sentence. Then, the rest of the paragraph gives more information about the **main idea**.

**Example:** The dolphin is a friendly animal. Dolphins swim together in groups called pods.

They help each other when they are hurt. Dolphins are also friendly to people.

They often swim near or behind boats, and they are curious.

The **main idea** of this paragraph is dolphins are friendly.

**Read each paragraph. Then choose the answer that best states the main idea.**

Making a healthy snack is easy. You can use fresh fruits or vegetables. One healthy snack is carrots with dip. You can make another healthy snack out of apple slices with peanut butter, or you could make a mix of grapes and strawberries. Some cereals can also be used to make a healthy snack. One of my favorites is Cheerios mixed with raisins and chocolate chips.

1. Which answer best states the **main idea** of the paragraph?
  - a. Some cereals can also be used to make a healthy snack.
  - b. One healthy snack is carrots with dip.
  - c. Making a healthy snack is easy.

There are many good reasons for kids to exercise. Exercise helps your heart, lungs, and muscles stay healthy. A little exercise each day can help you stay fit, and not gain too much weight. Exercise can also be fun and help you make friends. Playing a game of soccer is not only good for your body, but it also helps you learn how to get along with others and follow rules.

2. Which answer best states the **main idea** of the paragraph?
  - a. There are many good reasons for kids to exercise.
  - b. Exercise can also be fun and help you make friends.
  - c. A little exercise each day can help you stay fit.

The most important meal of the day is breakfast. Skipping breakfast can leave your body without enough fuel to get through the morning. Your stomach will growl, and your brain will feel tired. You will have trouble concentrating at school. But, when you eat breakfast, your body gets the fuel it needs to go through the day. You are alert and able to concentrate.

3. Which answer best states the **main idea** of the paragraph?
  - a. Your stomach will growl, and your brain will feel tired.
  - b. The most important meal of the day is breakfast.
  - c. You are alert and able to concentrate.

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### Answers Main Idea

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