

## How to Write an Essay Part 2 – Body Paragraphs

### Video Notes

**Part A.** Complete the information on the parts of a body paragraph. Then, answer the questions.

Sentence	Function
1. Topic Sentence	
2. Detail Sentences	
3. Conclusion Sentence	

1. What is the goal of a body paragraph?
2. What does this goal help us do as we write body paragraphs?

**Part B. Example.** In this essay, use highlight colors to show how the thesis statement reasons connect to body paragraph topic sentences.

1. In the LEFT margin, label each paragraph: *Introduction Paragraph, Body Paragraph #1, Body Paragraph #2, Body Paragraph #3, and Conclusion Paragraph.*
2.
  - a. In the introduction paragraph, highlight reason #1 in the thesis statement YELLOW.
  - b. In body paragraph #1, highlight the topic sentence YELLOW.
  - c. Underline the conclusion sentence of Body Paragraph #1 in YELLOW.
3.
  - a. In the introduction paragraph, highlight reason #2 in the thesis statement ORANGE.
  - b. In body paragraph #2, highlight the topic sentence ORANGE.
  - c. Underline the conclusion sentence of Body Paragraph #2 in ORANGE.
4.
  - a. In the introduction paragraph, highlight reason #3 in the thesis statement GREEN.
  - b. In body paragraph #3, highlight the topic sentence GREEN.
  - c. Underline the conclusion sentence of Body Paragraph #3 in GREEN.
5. Highlight all detail sentences in each body paragraph very light gray.

(See the essay on the next page.)

## The Best Exercise

People need exercise to stay healthy. Adults should exercise 20 minutes daily, but most people do not. Activities like swimming, lifting weights, and playing sports are often inconvenient or too expensive. The best type of exercise is walking because it is easy, convenient, and usually done outside.

Walking is easy. When exercise is too difficult, people stop doing it. However, when exercise is simple, people often enjoy it and continue to do it. Also, easy activities cause fewer injuries and less pain than strenuous activities. Walking is great exercise because it is simple and pleasant to do.

Walking is convenient. A person can walk anywhere—in the city, country, or mountains. Many other forms of exercise require special equipment or locations. For example, swimming requires a pool. Lifting weights requires barbells and benches. Walking can be done anytime and anywhere without special preparation.

Walking is often done outside. During exercise, the body produces chemicals called endorphins and serotonin, which calm stress and make people feel happy. Scientists found that people who spend time outdoors in nature feel happier than people who do not. Walking outside helps mental and physical health.

Walking is an ideal exercise. It is easier than many other sports. It is also more convenient than many other activities, as a person can do it at almost any time or place. Finally, walking is usually done outside, which helps people feel happy and less stressed. Everyone who wants regular exercise should try walking.

**Part C. Body Paragraph Parts.** Write what each sentence does in each paragraph.

1. Body Paragraph #1

a. Topic Sentence:

b. Detail Sentences:

c. Conclusion Sentence:

2. Body Paragraph #2

a. Topic Sentence:

b. Detail Sentences:

c. Conclusion Sentence:

3. Body Paragraph #3

a. Topic Sentence:

b. Detail Sentences:

c. Conclusion Sentence: