A paragraph consists of several sentences (usually 4-5) grouped together to discuss one main topic.

PARTS OF A PARAGRAPH INCLUDE

- **The Topic Sentence** - Usually the first in a paragraph. It is the most general, meaning it should not include details, rather, introduces your main idea that will be supported by the rest of your paragraph.

- **Supporting Sentences** - Detailed sentences that support the main idea in our topic sentence.

- **The Transition Sentence** - Relating the ideas in your current paragraph to what is coming in the next.

WRITING BODY PARAGRAPHS

After you have written your introduction paragraph containing your thesis statements, you will then develop body paragraphs to explain, describe and argue the topics introduced in it. Each main idea introduced in your thesis will become a body paragraph.

**Example Thesis**

A healthy diet is important because it increases energy, prevents illness and promotes well-being.

*Based on this thesis, here are some examples of what the topics of your body paragraphs may be:*

1. A healthy diet is more important because it increases energy.
2. A healthy diet is important because it prevents illness.
3. A healthy diet is important because it promotes the well-being in all people.

**Example Body Paragraph**

A healthy diet is important because it increases energy. Many experts agree that a diet high in processed carbs and refined sugar result in decreased energy levels. Both processed carbs and refined sugars are digested too quickly, meaning that you will experience a quick burst of energy but it will be followed by a crash and burn (Sass, 2011). Your best bet for lasting energy involves a diet rich in nutrient dense food. When you eat good carbs, such as whole grains and fruits, with protein and healthy fats, your body digests slower, which equates to sustained energy over a longer period of time (Sass, 2011).