

High-Intermediate 3
Unit 4: Writing
Presented by Mohammad Rajabpur

Support Sentences

In a paragraph, a support sentence is **a sentence which provides additional information to develop or clarify the main idea presented in the topic sentence**. These sentences often include examples, facts, details, or explanations that reinforce the primary point and help the reader understand it better.

For instance, if your topic sentence states, "Regular exercise improves mental health," your support sentences might include:

1. **Examples:** "Many studies show that physical activity reduces symptoms of depression and anxiety."
2. **Facts:** "Exercise releases endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators."
3. **Details:** "Even just a 30-minute walk each day can lead to significant improvements in mood and energy levels."
4. **Explanations:** "Physical activity increases blood flow to the brain, which can boost cognitive function and emotional well-being."

The Above Topic Sentence and Support Sentences in a Paragraph:

Regular exercise improves mental health. Many studies show that physical activity reduces symptoms of depression and anxiety, making it a powerful tool for emotional resilience. This is partly because exercise releases endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. Even just a 30-minute walk each day can lead to significant improvements in mood and energy levels, offering a simple yet effective way to feel better. Additionally, physical activity increases blood flow to the brain, which can boost cognitive function and emotional well-being, helping individuals think more clearly and feel more balanced.

Support sentences are the building blocks that flesh out your argument and give your writing substance and credibility.

In a paragraph, the difference between a **major support sentence** and a **minor support sentence** comes down to the depth and level of detail they provide:

Major Support Sentence:

- Provides primary support to the main idea of the paragraph.
- Directly backs up the topic sentence with key examples, evidence, or points.
- Usually broad and significant in establishing the paragraph's central argument.
- Example: "Exercise releases endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators."

Minor Support Sentence:

- Offers additional details to expand on the major support sentence.
- Adds depth and further explanation, often including specifics or elaboration.
- Typically more detailed and less broad, focusing on finer aspects.
- Example: "Even just a 30-minute walk each day can lead to significant improvements in mood and energy levels."

Think of major support sentences as the main pillars holding up the structure, while minor support sentences are the smaller beams that provide additional stability and detail.

Here's a well-organized paragraph followed by an analysis of its major and minor support sentences:

Paragraph:

Eating fruits every day is good for your health. Fruits give your body important vitamins like vitamin C, which helps you fight sickness. They also have fiber that helps your stomach work well. Some fruits, like bananas and oranges, give you quick energy when you feel tired. Eating different kinds of fruits can also make your meals more colorful and tasty.

Sentence Analysis:

Sentence	Type of Support	Explanation
Eating fruits every day is good for your health.	Topic Sentence	Introduces the main idea of the paragraph.
Fruits give your body important vitamins like vitamin C, which helps you fight sickness.	Major Support	Gives a strong reason why fruits are healthy.
They also have fiber that helps your stomach work well.	Major Support	Adds another key benefit of eating fruits.
Some fruits, like bananas and oranges, give you quick energy when you feel tired.	Minor Support	Offers a specific example of how fruits help with energy.
Eating different kinds of fruits can also make your meals more colorful and tasty.	Minor Support	Adds a pleasant side benefit that supports variety and enjoyment.