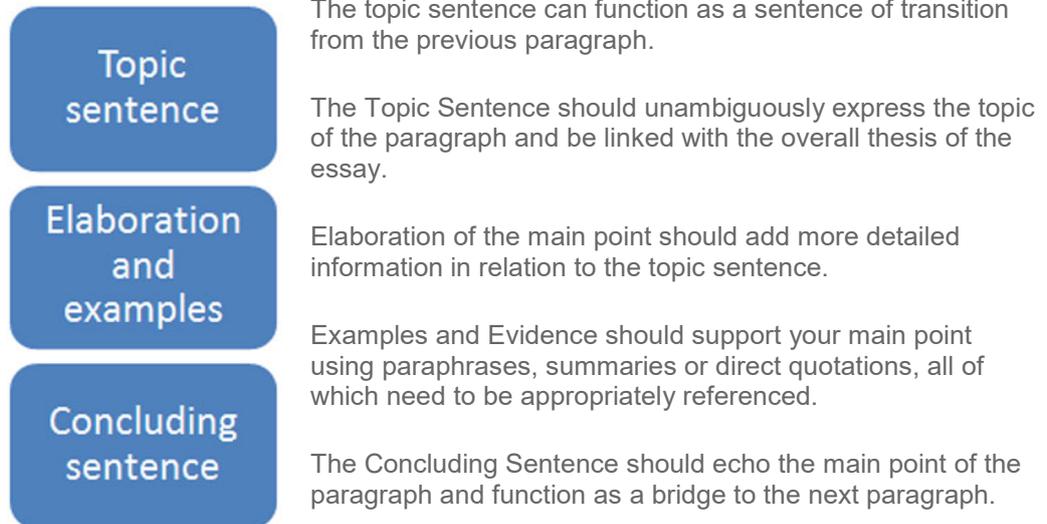


Writing the body paragraphs

- At the heart of your essay lie your body paragraphs. Typically, a body paragraph will follow the format below.



N.B. Paragraphs should be balanced – keep to the ‘no less than 3 sentences per paragraph’ rule.

Remember to link all the points in your paragraph to the idea in the topic sentence. One way to check if you have done this is to write keywords in the margin for each sentence. If your keywords are related to the topic sentence, your paragraph is good. If there are ideas that are not related, you should remove them.

In the following example, the unrelated ideas are highlighted in red:

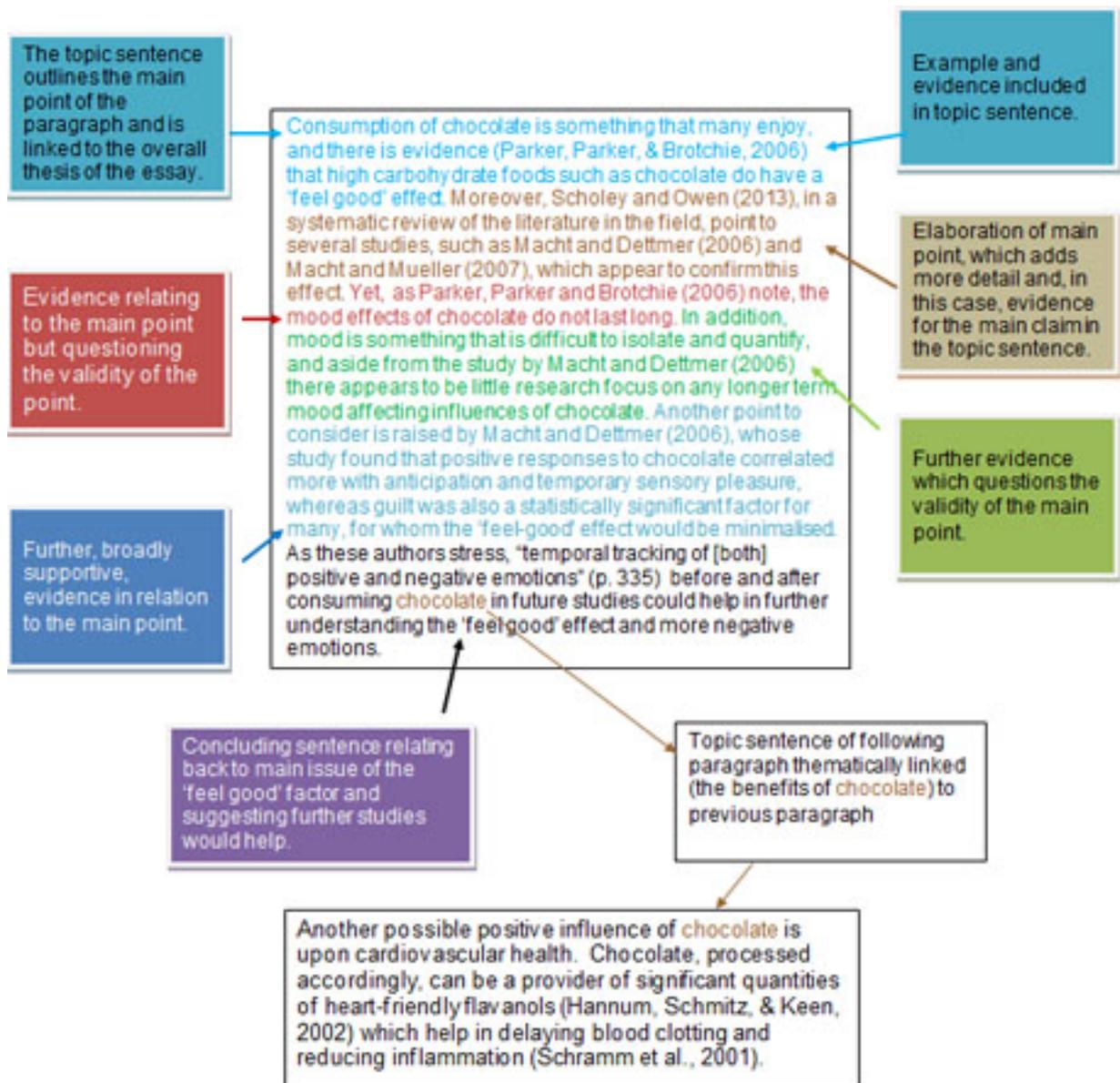
Paragraph	Sentence Keywords
It has been claimed that chocolate is a healthy food, but in fact it contains a lot of sugar, which can be unhealthy. For example, sugar can cause tooth decay, which can lead to dental problems in later life. Sugar makes chocolate sweet, so it is a necessary ingredient. Too much sugar can also lead to obesity, which is a serious health risk. There is currently an obesity epidemic in many western countries. In addition, sugar contains a high amount of fructose, which is bad for the liver. The amount of sugar contained in chocolate means, therefore, that chocolate, particularly milk and white chocolate, may not be healthy.	<p>Topic sentence – sugar and health</p> <p>sugar and tooth decay (health)</p> <p>sweet ingredient – unrelated</p> <p>obesity (health)</p> <p>obesity in the West – unrelated</p>

These unrelated ideas can be removed to make a more coherent paragraph:

It has been claimed that chocolate is a healthy food, but in fact it contains a lot of sugar, which can be unhealthy. For example, sugar can cause tooth decay, which can lead to dental problems in later life. Too much sugar can also lead to obesity, which is a serious health risk. In addition, sugar contains a high amount of fructose, which is bad for the liver. The amount of sugar contained in chocolate means, therefore, that chocolate, particularly milk and white chocolate, may not be healthy.

You can then add examples and references to make your paragraph stronger.

Here is an example:



<https://www.adelaide.edu.au/english-for-uni/essay-writing/>