Connecting the Ideas

Transitions are words or phrases that connect / link one idea to the next; they are signals which help the reader follow the writer's thoughts. **Transitions** or **linking words** are used to connect ideas within paragraphs and when leading from one paragraph to the next.

Directions: Read the sentences below and number them in the correct order to create a cohesive paragraph. Then write the paragraph on the lines provided.

_____ **A.** First, **it** provides you with the energy and nutrients that lead to increased concentration at office or in the classroom.

_____ **B.** There are many reasons why breakfast really is the most important meal of the day.

_____ **C.** Second, it is linked to many health benefits, including weight control and improved performance.

_____ **D.** Among them, two stand out as the most impactful.

_____ **E.** In addition to these convincing facts, eating right breakfast has long term health benefits too. It can reduce obesity, high blood pressure, heart disease, and diabetes.

_____ **F.** But, one must choose fresh and healthy breakfast items over store-bought frozen sugar rich breads, waffles, and fruit juice.

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