

PRACTICE 2**Writing Topic Sentences**

Read each paragraph. Circle the topic sentence that best presents the topic and controlling idea. Then write it on the line.

PARAGRAPH 1**At the Heart of the Exercise Problem**

_____ The first cause of the problem is the physical ease brought about by modern conveniences. For example, today, people drive their cars instead of walking, even when they are going a short distance. At school and at work, they ride elevators instead of taking the stairs and then sit for hours at a desk in front of a computer. A second explanation for the lack of physical exercise is time. Many people today are busy working, studying, and taking care of their families. As a result, they have little time to go to the gym or play sports. Finally, an important cause of the problem is attitude. Some people are not interested in getting exercise, so they do not make an effort to get moving. Others feel that they are too old or too out of shape to begin an exercise program. In conclusion, modern conveniences, busy schedules, and mental attitude can affect the amount of physical exercise that people get. Individuals who want to exercise more in order to stay healthy should consider making changes in these three areas.



- a. The problem of not getting enough exercise has three basic causes.
- b. Getting enough exercise is a problem for many people.
- c. A lack of physical exercise can have negative effects on people's health.
- d. Playing sports is an excellent way to get exercise.

The Power of McDonald's

To begin with, McDonald's changed diets around the world. Because of McDonald's, fast food became and continues to become increasingly common. Although hamburgers and fries existed long before McDonald's, the popularity of quickly prepared foods is in large part due to the effects of the fast-food giant. In addition to changing people's food choices, McDonald's also affected their choice of restaurants. From the 1950s on, as McDonald's gained in popularity, customers started to expect restaurants to serve food that was tasty and inexpensive. They also expected restaurants to be as simple, clean, and attractive as a McDonald's. As fast-food restaurants spread, many smaller family-owned businesses lost customers and had to close. As a result, the choice of places to dine became limited. Finally, McDonald's had a big influence on the world of advertising. The company created a very recognizable symbol, or brand, with its Golden Arches. McDonald's used it effectively in print and on television to attract customers. Over the years, other corporations have followed the McDonald's model in the creation of their own distinctive logos or brands. Clearly, McDonald's has had a powerful impact.

- a. There are several causes for the success of McDonald's.
- b. McDonald's changed how advertising is done.
- c. Hamburgers are popular around the world because of McDonald's.
- d. McDonald's has had significant and widespread effects.