

Getting the Main Idea - Exercise with Answers

Exercise: Read the following passages and choose the best option that summarizes the main idea.

Passage 1:

The benefits of regular exercise are numerous. From improving physical health to boosting mood and mental well-being, incorporating regular exercise into your routine can lead to a healthier and happier life.

What is the main idea of the passage?

- a) Exercise is only beneficial for physical health.
- b) Regular exercise has various benefits for overall well-being.
- c) Exercise has no impact on mental health.

Passage 2:

The industrial revolution brought significant changes to society, including advancements in technology, shifts in labor practices, and the rise of urbanization. These changes reshaped the economic, social, and cultural landscape of the time.

What is the main idea of the passage?

- a) The industrial revolution led to changes in technology.
- b) The industrial revolution transformed various aspects of society.
- c) The industrial revolution had no lasting impact.

Passage 3:

Climate change poses a significant threat to the planet's ecosystems and biodiversity. Rising global temperatures, melting ice caps, and extreme weather events are all indicators of the urgent need for action to mitigate the effects of climate change and protect the environment.

What is the main idea of the passage?

- a) Climate change is a minor concern for the environment.
- b) Climate change has no impact on biodiversity.
- c) Climate change presents a serious threat to the planet's ecosystems.

Answers:

1. **b)** Regular exercise has various benefits for overall well-being.
2. **b)** The industrial revolution transformed various aspects of society.
3. **c)** Climate change presents a serious threat to the planet's ecosystems.

Use these answers to check your understanding and reinforce your ability to identify the main idea of a passage.