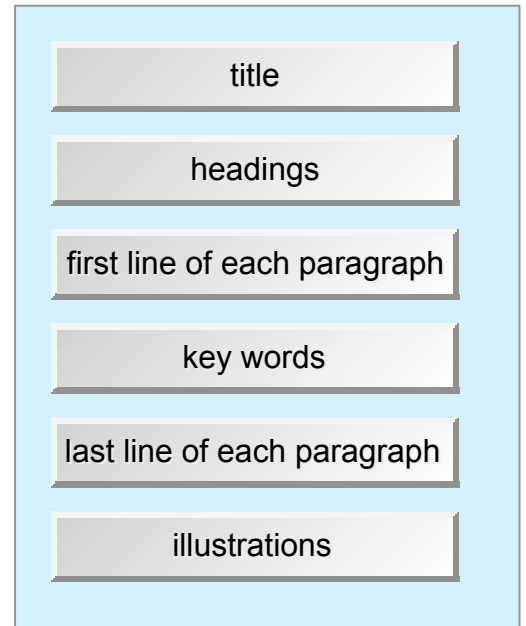


# How to

## ...select the main points

When you listen to someone talking, you select the main points of what they say. When you read an article in a magazine, you do the same thing. Here are some techniques to help you to do this in your work.

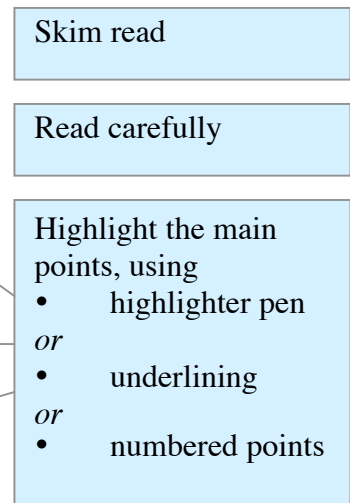
- 1 Skim read the passage once quickly, to get a general idea of what it's about.
- 2 Read it again carefully. Look at:
  - title
  - headings
  - first line of each paragraph
  - key words
  - last line of each paragraph
  - illustrations.
- 3 Highlight the main points.



Look at this passage on food storage.

Proper storage of food is an important part of reducing the risk of food poisoning.

Some foods must be stored in the fridge and eaten within a short space of time; other foods, such as flour, pulses, canned foods and many others last much longer and can be stored at room temperature. But even dried foods have limits on their storage time. So watch out for <sup>①</sup>storage instructions and make sure you always store foods in the <sup>②</sup>right place, at the <sup>③</sup>right temperature and for the <sup>④</sup>right time.



These are the main points:

- proper storage reduces the risk of food poisoning
- some foods must be stored in the fridge and eaten quickly
- canned and dried foods last longer and can be stored at room temperature
- check instructions and store: right place, temperature and time

## Try this!

Select the main points from the following passage.



Germs can get into our food at any point in the food chain – from the time when an animal or food is in the field to the moment the food is put on the table to be eaten. If they are allowed to survive and multiply, germs can cause illness when that food is eaten.

Sometimes these germs are spread to other foods, for example via hands or kitchen utensils, and cause illness when those foods are eaten. This is known as cross-contamination.

The symptoms of food poisoning can last for days and include abdominal pain, diarrhoea, vomiting, nausea and fever. The symptoms usually come on suddenly, but can occur several days after eating contaminated food.

Write out the main points here.

