**What Is a Summary?**

A summary is a brief summarization of a larger work that gives the reader a comprehensive understanding. To write a summary, a writer will gather the main ideas of an article, essay, television show, or [film](https://www.masterclass.com/articles/how-to-write-a-movie-synopsis-to-sell-your-screenplay) they’ve read or watched and condense the central ideas into a brief overview.

Summaries provide an abridged description of another work in the form of a paragraph, providing enough detail so that the reader understands the subject of the summary, while highlighting the summary writer’s personal understanding of the subject matter.

The purpose of a summary is to provide readers with a succinct overview of important details or interesting information, without inserting a personal opinion. A summary gives a brief rundown of the main points of a text or piece of media, like the abstract to a scientific paper, a description of a movie’s plot.

**What is paraphrasing?**

Paraphrasing is presenting ideas and information in your own words and acknowledging where they come from. By using your own words, you demonstrate your understanding and your ability to convey this information.

**5 steps involved with paraphrasing:**

1. Read the original text until you understand it
2. Note down key concepts
3. Write down your version of the text without looking at the original
4. Compare your paraphrased text and make adjustments to ensure that it does not remain too similar. Edit your work so it is written in an academic manner and it flows with the rest of your assignment

Four tips for paraphrasing:

1. Start your first sentence at a different point from the original source
2. Use synonyms
3. Change the form of words
4. Change the sentence structure

Read the following article by a cookery teacher in Dubai

**Use the space below to write down the advantages for young people if they learn how to cook.**

**After writing down the notes, make sure to turn them into a summary.**

**Your summary should be about 100 words long (and no more than 120 words long). You should use your own words as far as possible. You will receive up to 9 points for content, 6 points for the structure of the paragraph, 7 points for sentence structure and punctuation and 3 points for spelling.**

COOKING IS FUN FOR YOUNG PEOPLE

“I grew up in a family where cooking was an important part of life. I have always been really choosy about my food. I never liked to see vegetables on my plate and if they did appear, I used to find naughty ways of making them disappear. I was lucky, however, that I always had plenty of fish and seafood in my diet. Vegetables eventually became an important part of each meal when I went to college and spent more time cooking for myself.

You might be interested to know that the human body has two periods of accelerated growth during our lives, and both happen when we are young. The first one is when we are born and during the first few months of our life. The second period is adolescence when we need to develop the muscles and bones for adulthood. A regular intake of calcium and iron is essential during this period.

With this in mind, encouraging our children to eat food with high calcium and iron content is the responsibility of the parents. It is during this period that we should encourage children to start cooking, to try different recipes and make nutritious food part of their daily routine. It is easier for children to eat something that has been prepared with their own hands, and discover how a simple vegetable changes when it becomes part of a delicious soup, stew or salad. This is what we have experienced at our cookery school. We have taught children who didn’t like certain foods, and then gradually after some classes they began cooking for themselves and enjoyed dishes that they would not previously have eaten.

Teaching children at the school has been a great experience for me. I find it amazing to watch children being able to produce flavorsome meals using vegetables, eggs and fish, then setting the table and serving the food.

It is also lovely to see the friendships that are established between the children, enjoying their culinary masterpieces with one another in a fun and friendly environment.

 In the kitchen, children who cook learn different skills that they will keep forever. They all have different backgrounds and habits. However, in a kitchen, everybody is important, and it doesn’t matter if you are tall or short, male or female, athletic or academic; cooking is for all ages and levels. They develop team skills and learn to appreciate that each individual’s contribution is vital for the group.

If children cook, there is no doubt that they have a better diet, which will benefit their health for the rest of their lives. My primary goal as a teacher is to encourage my students to develop these good habits from an early age. Maybe some of my students will take this further and decide to follow a career related to cooking. This is an industry which is growing all over the world and we need well-trained cooks everywhere. If children enjoy cooking, it is really easy to encourage them. Why not take them for dinner or even buy them their own cooking utensils? Preparing breakfast together at the weekend is a good time to get them started and it’s a great way to spend quality time as a family.”

Advantages for young people if they cook. (write 9 bullet points)

* .........................................................................................................................................................
* .........................................................................................................................................................
* .........................................................................................................................................................
* .........................................................................................................................................................
* .........................................................................................................................................................
* .........................................................................................................................................................
* .........................................................................................................................................................
* .........................................................................................................................................................
* .........................................................................................................................................................

Now write your summary in the space provided

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….