**What Is a Summary?**

To summarize is to condense a text to its main points and to do so in your own words. A summary should present the author’s points in a straightforward structure. When you write a summary, you are demonstrating your understanding of the text and communicating it to your reader.

**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 adjust it to ensure that it does not remain too similar.
5. 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.

**The Rules for Writing a SUMMARY**

**Do:**

* use a concise, formal, impersonal style
* use key words from the question,
* remember to cover approximately 9 different points
* consider the word limit given. If you write a lot less, you haven’t included enough information, if you write a lot more, you must have included irrelevant information, repeated points or given your opinion
* Do use conjunctions and transitional words and phrases to connect ideas.

**Don’t:**

* include an introduction or conclusion
* copy the wording from the passages – the information needs to be the same, but the wording needs to be different – Use your own words throughout. Lifting means copying word for word or quoting.
* write using “I” or “you”
* use informal language or slang
* add to descriptions using unnecessary adjectives or adverbs.
* repeat any information – even if a point was made twice in the given passage you should only make it once.

**Your Opinion is not wanted in a summary – don’t give it!**

**Summary**

* 1. **Read the following article about allergies.**
  2. **Use the space below to write down notes explain why some people develop allergies.**
  3. **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 7 points for content, 7 points for the structure of the paragraph, 8 points for sentence structure and punctuation and 3 points for spelling.**

**Getting Allergies**

Allergy has become more and more common over the last 30 years. Now one-third of us are affected by an allergy at some point in our lives and half of these sufferers are children. In the UK, three million people suffer from asthma, and five per cent of children suffer from food allergy.

Allergy is a reaction that occurs when the immune system has a strange and unnecessary reaction to a substance which is normally harmless, such as pollen or peanuts. To defend your body against an attacker, the immune system remembers these dangerous micro-organisms and attacks them if it meets them again. This work is done by antibodies. The immune system in allergy sufferers makes antibodies against harmless substances because it mistakenly believes them to be dangerous.

An allergic reaction may not happen the first time a sufferer meets an allergen (the substance causing the reaction, such as pollen, milk or strawberries). Sometimes people can eat nuts for years and then suddenly become allergic to them. What has happened is that the immune system has now decided the substance is dangerous and has made an allergy antibody. This antibody then attaches itself to cells, which contain histamine. As they do that, the surface of the cells are broken, and histamine is released. The histamine and other chemicals inflame the tissues. This leads to the symptoms of allergy, such as swelling, rashes, sneezing, sore eyes and breathlessness. Anaphylaxis is the most severe allergic reaction of all and is most often triggered by wasp or bee stings or peanuts. This must be treated immediately.

Some people are born with the ability to make lots of allergy antibodies, and they are more likely to develop allergies and allergic disorders such as hay fever and asthma. We eat more processed foods, with a wide range of additives and colourings; more and more people have central heating and double glazing, making our houses warmer and less draughty-an ideal environment to breed the house dust mite.

There may also be a link between allergies and antibiotics. At one time our immune systems were kept busy fighting off disease and trying to win the battle for health, but antibiotics have reduced the amount of work our immune systems have to do. Now experts think they may direct spare energy to harmless substances such as strawberries.

A good deal of research is being devoted to finding a cure for allergies. Sufferers may be given medicine to control symptoms, and they may also be offered tests to find out what substances trigger an allergic reaction so that they can avoid contact with these in future.

Why some people develop allergies (write 7 bullet points)

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Now write your summary in the space provided

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