

# Summary Writing

——高二下期期中考试作文讲解

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# PART ONE

Requirements of summary writing

# ☆ The “Play” Steps

Point out the main points

Step 1

List the points in your own words

Step 2

Analyze the structure

Step 3

Yoke the sentences to a passage (about 60 words)

Step 4

# ☆ The “Piano” Rule



# PART TWO

Further reading of the passage



## Para.1 Step 1: Point out the key points.

What is a plant-based diet? Is it just a fashionable new term for a “vegan (严格素食主义者)”? **While** there is no set definition, **a plant-based way of eating focuses on consuming plant-sourced wholefoods (全天然食物)** that are least processed in their original form, for example whole grains, fruits, vegetables, nuts and seeds. These are full of vitamins, minerals, and provide an abundance of nutrients for your body. Following a plant-based lifestyle doesn't necessarily mean fully avoiding animal products like a vegan. For plant-based eaters, animal proteins can happily fit in with the lifestyle, yet they play more of a supporting role. **Overall**, **“plant-based”** is more of a broad and flexible way of thinking about nutrition rather than a rigid (严格的, 不变的) diet. With a plant-based diet, the focus is on simple, nutritious wholefoods.

..**focus on** nutritious plant-sourced wholefoods. + **not a rigid diet.**

## Para.1 Step 1: Point out the key points.

Animal proteins are also included but play a supporting role.

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.focus on nutritious plant-sourced wholefoods but not a rigid diet.

Para.1 Step 2: List the points in your own words .

...focus on nutritious plant-sourced wholefoods ....

Animal proteins are also included but play a supporting role

1. A plant-based diet mainly considers plant-sourced wholefoods but the animal proteins are also needed.
2. A plant-based diet not only centers on plant-sourced wholefoods , but it also needs some animal products like animal proteins.
3. A plant-based diet centers on nutritious wholefoods coming from plant sources, with animal proteins serving as complements/supplements.

(补充)



## Para.2 Step 1: Point out the key points.

Why people start following a plant-based diet? One of the main reasons is the health benefits. Now, more so than ever, research is showing how eating more plants and less meat can positively affect health. **Particularly**, a plant-based lifestyle has been linked to heart health. In a study of more than 10, 000 adults published in the Journal of the American Heart Association, it was shown that those who followed a more plant-based diet had a 16 percent lower risk of having cardiovascular (心血管的) disease and a 32 percent lower risk of dying of cardiovascular disease.



## Para.2 Step 2: List the points in your own words .

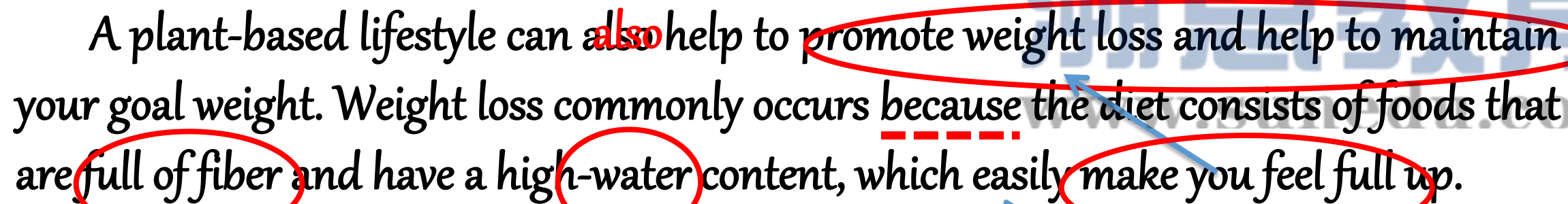
Why people start following a plant-based diet? One of the main reasons is the health benefits. Now, more so than ever, research is showing how eating more plants and less meat can positively affect health. **Particularly**, a plant-based lifestyle has been linked to heart health. In a study of more than 10, 000 adults published in the Journal of the American Heart Association, it was shown that those who followed a more plant-based diet had a 16 percent lower risk of having cardiovascular (心血管的) disease and a 32 percent lower risk of dying of cardiovascular disease.

1. Research has shown a plant-based lifestyle is conducive to keeping healthy, especially reducing the risk of cardiovascular disease.
2. **One of the major reasons** why people follow a plant-based diet **is that** it benefits our health, especially decreasing the rate of the heart disease.

### Para.3

#### Step 1: Point out the key points.

A plant-based lifestyle can ~~also~~ help to promote weight loss and help to maintain your goal weight. Weight loss commonly occurs because the diet consists of foods that are full of fiber and have a high-water content, which easily make you feel full up.



### Para.3 Step 2: List the points in your own words .

A plant-based lifestyle can **also** help to **promote weight loss** and help to maintain your goal weight. Weight loss commonly occurs **because** the diet consists of foods that are **full of fiber** and have a high-**water** content, which easily **make you feel full up**.

1. Besides, abundant fiber and water in the plant-based diet **generate the feeling of being full**, consequently **contributing to** losing weight.
2. It's helpful to lose weight by making you feel full up due to the abundant fibre and water.
3. In addition, abundant fiber and water in the plant-based diet **generate the feeling of being full**, consequently **resulting in** losing weight.

## Step 1: Point out the key points.

~~Another major reason~~ to jump at the plant-based eating train is the external (外界的, 外部的) benefits. Plant-based foods are loaded with vitamins, which help brighten your skin. One of the plant-based all-star vitamins is vitamin C, which is a powerful antioxidant (抗氧化剂). A large number of fruits and vegetables contain vitamin C. They assist in smoothing lines, and reducing wrinkles.

## Step 1: Point out the key points.

Another major reason to jump at the plant-based eating train is the external (外界的, 外部的) benefits. Plant-based foods are loaded with vitamins, which help brighten your skin. One of the plant-based all-star vitamins is vitamin C, which is a powerful antioxidant (抗氧化剂). A large number of fruits and vegetables contain vitamin C. They assist in smoothing lines, and reducing wrinkles.

example

## Para.4

### Step 2: List the points in your own words .

~~Another major reason~~ to jump at the plant-based eating train is the external (外界的, 外部的) benefits. Plant-based foods are loaded with vitamins, which help brighten your skin.

1. **Moreover**, plant-based eaters may have bright and smooth skin thanks to the rich vitamins from the diet.
2. **In addition**, the plant-based foods are rich in vitamins, which will make your skin bright.
3. **Besides**, the plant-based foods containing vitamins could brighten your skin.

### Step 3: Analyze the structure.

## What's the structure of the passage?

① What's a plant-based diet?

{ plant-based wholefoods  
animal proteins

② Benefit 1  
health benefit  
esp. lower heart disease

③ Benefit 2  
lose weight

↑  
feel full up  
↑  
full fiber & water

④ Benefit 3  
brighten your skin

↑  
rich vitamins





#### Step 4: Yoke the sentences to a passage (60 words or so).

A plant-based diet centers on nutritious wholefoods coming from plant sources, with animal proteins serving as complements. (要点1) Research has shown a plant-based lifestyle is conducive to keeping healthy, especially reducing the risk of cardiovascular disease. (要点2) **Besides**, abundant fiber and water in the plant-based diet generate the feeling of being full, consequently contributing to losing weight. (要点3) **Moreover**, plant-based eaters may have bright and smooth skin thanks to the rich vitamins from the diet. (要点4)

(72 words)



# **PART THREE**

**Consolidation of what's covered**



## If you were the teacher...

### 第二节：概要写作（满分 25 分）

The consuming plant-sourced wholefoods is the best choile for plant-based. One of the reason is it can good for our heath and make ~~stedisease~~ happen seldom. Another reason is it can assist people to loss weight, because it ~~ere~~ is full of water which make our feel full up quickly. Moreove, plant-based food are full of vitamis especially vitamin C, which help our skin berome more smooth and reduce wrinkles. It's external benefits.





If you were the teacher...

## 第二节：概要写作（满分 25 分）

Plant-based eaters seldom <sup>always have</sup> animal products, but fruits and vegetables. One of the reasons is eating plants can benefits a lot and it can lower the chance to have cardiovascular disease. Beside, this diet will make you full up and lost weight easily. Last, most plants contains vitamins, which assist you looks brighter and thinner.

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If you were the teacher...

## 第二节：概要写作（满分 25 分）

Plant-Based Diet isn't like "vegan". it means eating focuses on consuming plant-sourced wholefoods. With it, the focus is on simple and balanced.

One of the main reasons in following a plant-based diet is the health benefits.

Research shows it can affect health and linked to heart health especially <sup>prevent</sup> ~~prevent~~ people from cardiovascular disease. What's more it can easily make you feel full up to help you to loss weight. Finally, the plant-based eating will provide many vitamins to help brighten your skin when you in the external.

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**THANKS**