

Transitioning to College: Helping You Succeed

www.transitioning2college.org

Name _____

Paraphrase Practice Worksheet

Directions: Read the original text below. Without plagiarizing, write a paraphrase on the lines for each of the original text passages. Be sure to give proper credit to the sources.

Citation:

Greening, Samantha M. "Natural Remedies for What Ails You." *Healthful Todays and Tomorrows* 7 Apr. 2005: 18-21.

Original Text:

"Whether you have morning sickness, motion sickness, or nausea from chemotherapy or radiation therapy, help may be no farther than your refrigerator or kitchen pantry. There are several foods that can help the body mitigate mild to moderate nausea. Pectin is a dietary fiber that occurs naturally in plant cell walls. Fruits such as apples, peaches, plums, and currants are good sources of pectin, as are carrots and potatoes. Ginger, also known as ginger root, is another very powerful plant that works on the digestive tract. Ginger is found in ginger ale, gingersnaps, gingerbread, and certain Chinese dishes. So the next time your stomach is feeling queasy, try reaching for a can of ginger ale, or nibbling a gingersnap cookie, an apple, or a carrot."
