**Identify the Transition**

* Circle or highlight all the transitions in the paragraph below.
* Underneath the paragraph, record the transitions and indicate what type each one is.
* Next, in the column titled “new transition,” replace each transition with another transition that could also do the same work.

The Benefits of Chocolate

People should feel free to eat chocolate on a regular basis, despite concerns about obesity in America, because consuming chocolate in moderation can have positive health effects. For example, it is a food that improves one’s mood. Specifically, many people report experiencing a feeling of pleasure during and after eating chocolate. In addition, eating chocolate, especially dark chocolate, has been proven to be good for the heart because it acts as an anti-oxidant, meaning that it frees the body of toxins. However, it’s important to pay attention to how much chocolate you consume. Eating large amounts will counteract the positive antioxidant effects this candy can have. Eating an entire bag of Hershey kisses in a single day, for instance, will only cause weight gain. Therefore, the next time you reach for a chocolate bar, you can feel good about it, as long as you don’t eat the whole thing!

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| Number | Transition | Type of Transition | New Transition |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |
| 6. |  |  |  |
| 7. |  |  |  |
| 8. |  |  |  |