```
def tokenize_text(text):
  import nltk
  nltk.download('punkt_tab')  # Download the necessary data for tokenization
  from nltk.tokenize import word_tokenize, sent_tokenize
  words = word_tokenize(text)
  sentences = sent_tokenize(text)
  return words, sentences

sample_paragraph = "This is an example paragraph. It contains multiple sentences and words."
words, sentences = tokenize_text(sample_paragraph)

print("Words:", words)
print("Sentences:", sentences)
```

```
[nltk_data] Downloading package punkt_tab to /root/nltk_data...
[nltk_data]   Unzipping tokenizers/punkt_tab.zip.
Words: ['This', 'is', 'an', 'example', 'paragraph', '.', 'It', 'contains', 'multiple', 'sentences', 'and', 'words', '.']
Sentences: ['This is an example paragraph.', 'It contains multiple sentences and words.']
```

Start coding or generate with AI.