Unit 1

Going on an expedition discussing the safety preparations people should make and the challenges they might face

الذهاب في رحلة استكشافية مع مناقشة الاستعدادات الأمنية التي يجب على الناس القيام بها والتحديات التي قد يوجهونها

Outline

Paragraph 1: Safety Preparations

- **Topic sentence**: We must be safe when we go on an expedition.
- **Supporting details**: taking food, water, and clothes / bringing a first aid kit / checking the weather / telling someone where you go.
- **Concluding sentence**: Good preparation helps us stay safe and happy.

Paragraph 2: Challenges

- **Topic sentence**: Expeditions are not always easy.
- **Supporting details**: bad weather / hard roads / getting tired or hungry/ dangerous animals
- **Concluding sentence**: If we stay calm and help each other, we can finish the trip well.

We must be safe when we go on an expedition. People should take enough food, water, and clothes. They need a first aid kit in case of small injuries. It is good to check the weather and tell someone about the trip. When people prepare well, they can stay safe and enjoy the expedition.

Expeditions are not always easy. The weather can be very hot or cold. The road may be long, and people can get tired or hungry. Sometimes there are wild animals or other dangers. If people stay calm and help each other, they can finish the expedition safely and feel proud.

Unit 2

Explaining common online risks and giving useful safety tips to help people protect their information and stay safe online.

المخاطر الشائعة على الإنترنت ونصائح الأمان المفيدة التي تساعد الناس على حماية معلوماتهم والبقاء آمنين أثناء استخدام الإنترنت .

Paragraph 1: Online Risks

- **Topic sentence**: The internet can be dangerous.
- **Details**: fake websites / Hackers stealing information / false messages
- **Ending**: If people know these dangers, they can be safe online.

Paragraph 2: Staying Safe Online

- **Topic sentence**: People can do things to stay safe online.
- **Details:** Using strong passwords / not sharing private information /not clicking links you don't know.
- **Ending**: Being careful helps keep your information safe.

The internet can be dangerous. Some websites are fake and try to take your information. Hackers can steal pictures, passwords, or files. Sometimes people get bad or false messages. If people know these problems, they can use the internet safely.

People can also do things to stay safe online. Use strong passwords with numbers and letters. Don't share your personal information or click strange links. Use safe and known websites. When people are careful, they can enjoy the internet safely.

What healthy food choices people can make and why eating healthily is becoming more important today.

الاختيارات الصحية في الطعام التي يمكن أن يقوم بها الناس، ولماذا أصبح تناول الطعام الصحي أكثر أهمية اليوم.

Outline

Paragraph 1: Healthy Food Choices

- **Topic sentence**: We should eat healthy food every day.
- **Supporting details**: Eating fruits and vegetables / drinking water / eating less sweets and fast food.
- **Concluding sentence**: Healthy food helps us stay strong and well.

Paragraph 2: The Importance of Eating

- **Topic sentence**: Eating healthy food is very important.
- ***Supporting details***: having more energy / keeping our bodies fit / stoping many illnesses.
- ***Concluding*** sentence: When we eat healthy food, we live a better and happier life.

We should eat healthy food every day. People need to eat fruits and vegetables. They should drink water instead of soft drinks. It is good to eat less sweets and fast food. Eating good food helps us stay strong and healthy.

Eating healthy food is very important. It gives us energy to study, work, and play. It also helps our bodies fight sickness. When people choose healthy meals every day, they feel happy and live a healthy life.

what living simply means and why some people choose to live a simple life. Give examples to support your ideas.

العيش ببساطة ولماذا يختار بعض الناس أن يعيشوا حياة بسيطة؟

Paragraph 1: What Living Simply Means

- **Topic sentence:** Living simply means having only what we really need.
- **Details:** not buying many things/ cooking at home / spending time with family and friends.
- **Ending:** A simple life makes people happy and calm.

Paragraph 2: Why Some People Live Simply

- **Topic sentence:** Some people live simply because it feels peaceful.
- **Details:** not worrying about money / more time to rest / caring about their health.
- **Ending:** Living simply helps people enjoy life more.

Living simply means having only what we need. People who live simply do not buy many things or clothes. They cook food at home and spend time with family and friends. They like to walk, read, or relax. A simple life makes them happy and calm.

Some people live simply because it feels peaceful. They do not want to worry about money or work too much. They want more time to rest and stay healthy. When people live simply, they feel free and enjoy life more.

Writing 1 workbook

"كيف تُستخدم روبوتات الدردشة بالذكاء الاصطناعي في حياتنا اليومية، وفوائدها، وعيوبها".

Topic: AI Chatbots in Daily Life

Plan

Paragraph 1 – Benefits of Chatbots

- **Topic sentence:** Chatbots help people every day.
- **Supporting ideas:**
  - answering questions fast.
  - helping students with homework.
  - reminding people of things at home.
  - saving time.
- Concluding sentence: Chatbots make life easier.

Paragraph 2 – Limitations of Chatbots

- **Topic sentence:** Chatbots are not perfect.
- **Supporting ideas:**
  - giving wrong answers.
  - not understanding feelings.
  - not thinking like humans.
  - checking their answers.
- **Concluding sentence:** Chatbots help us, but people are still smarter.

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AI Chatbots in Daily Life

"كيف تُستخدم روبوتات الدردشة بالذكاء الاصطناعي في حياتنا اليومية، وفوائدها، وعيوبها".

AI chatbots are helpful in our lives. They can answer questions and help us learn. Students can use them to find words or check spelling. At home, they remind people of tasks or help order food. Chatbots make our life easier and faster.

However, chatbots also have problems. Sometimes they give wrong or strange answers. They cannot feel or think like people. Chatbots also make mistakes in hard questions. We must check their answers and use our own ideas. Chatbots help, but people still decide what is best.

Writing 2 workbook

"لماذا يُعد تقليل النفايات أمرًا مهمًا، واقتراح طرق عملية لتقليلها".

Topic: **Reducing Waste**

Plan

Paragraph 1 – The Importance of Reducing

- Topic sentence: Reducing waste is important for our planet.
- Supporting ideas:
  - Too much waste- making our world dirty.
  - harming animals and plants.
  - taking a lot of space in landfills.
  - costing money to clean it up.
- Concluding sentence: When we reduce waste, we help the Earth stay clean and safe.

Paragraph 2 – Practical Ways to Reduce Waste with Examples

- Topic sentence: There are easy ways to reduce waste every day.
- Supporting ideas:
  - reusing bottles and bags instead of throwing them away.
  - recycling paper, plastic, and glass.
  - taking only the food you can eat.
  - using both sides of paper at school or work.
  - reusing old boxes to keep my school things.
- Concluding sentence: If everyone tries to reduce waste, our world will be cleaner and greener.

Reducing Waste

"لماذا يُعد تقليل النفايات أمرًا مهمًا، واقتراح طرق عملية لتقليلها".

Reducing waste is important for our planet. Too much waste makes the world dirty and harms animals and plants. It fills up the land and costs a lot of money to clean. When we reduce waste, we help the Earth stay clean and safe for everyone.

There are easy ways to reduce waste every day. We can reuse bags and bottles, recycle paper and plastic, and take only the food we need. At school, I use both sides of my paper and keep boxes for my things. When everyone helps, our world becomes cleaner and greener.

