Golden Ideas Bank

جمل تساعد في كتابة موضوع التعبير

Grade 10

1st Term

Prepared by:

Mrs. Madleen Nabil

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Unit One

Introduction:

Hook

(General Sentence) Following a balanced diet plays a great role in our life.

Or

(Question) How can you be in a tip top shape?

Or

(Quotation) "It is health that is real wealth."

Or

(General Sentence) Living a healthy life is very essential for everyone to enjoy a happy and a long life.

Background

(Write the introduction) بكتب الطالب جمله المقدمة

Thesis

1. This essay analyses……

2. In this essay, I am going to expose ……

(Write the Two Points that you are asked to write about)يكتب الطالب النقطتين المراد الكتابة عنهم

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The most important ideas in the unit (Body):

1. What a healthy diet should include:

- Green tea because it is full of antioxidants.
- Dark chocolate as it lowers blood pressure.
- Carbohydrates as they are source of energy.
- Vegetables and fruits as they contain vitamins.
- Probiotic drinks as they improve the immune system.

2. How you can be in a tip top shape:

- We must sleep well.
- We should eat healthy food.
- It is better to exercise regularly.
- We should drink a lot of water.
- We must avoid eating fast food.

3. The benefits of following a healthy lifestyle:

- It makes us active.
- We can sleep well.
- We have healthy bodies.
- It helps to avoid diseases.
- We have more energy to focus.
- We enjoy better mental health.
- Children get all needed nutrients for proper growth.

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4. The bad effects of eating unhealthy food:

- It leads to obesity.
- It makes us lazy and dull.
- We may suffer from many diseases.
- It can cause some digestive problems.
- It can increase cholesterol and blood pressure.

Conclusion:

Conclusion 1:

To conclude, living our life in a healthy way has only benefits. So my advice for everyone is to enjoy a healthy life by having a balanced diet and by staying active.

Conclusion 2:

In a nutshell, the most important way to have a long and healthy life is by having healthy diet. We need to include all the necessary elements in our daily diet in a balanced way.

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Unit Two

Introduction:

Hook

(**Fact**)Cultural differences and lack of respect led the ancient societies to bloody wars.

Or

(**General Sentence**) Tolerance and mutual understanding is essential to have a better world and to live in peace.

Or

(**Quotation**) “The greatest gift we can give to our children is to raise them in a culture of peace."

background

(Write the introduction) **يكتب الطالب جمله المقدمة**

Thesis

1. **This essay is about ……..**
2. **This essay will examine ……**

(Write the Two Points that you are asked to write about)

يكتب الطالب النقطتين المراد الكتابة عنها

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The most important ideas in the unit (Body):

1. Ways to show respect to others:

- Issuing stamps is a way to show respect.
- Seminars and conferences should be held.
- International dialogue should be promoted.
- We can celebrate festivals of other countries.
- We should show tolerance towards people of other cultures.
- Countries can Commemorate other countries' important events.

2. Importance of respecting other cultures:

- It reduces violence.
- It helps nations to prosper.
- We enjoy a peaceful world.
- It prevents war among nations.
- It helps solving many problems.
- People love and help each other.
- It breaks barriers of discrimination.

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Conclusion:

Conclusion:

In conclusion, people of different cultures need to be open- minded to other cultures for better understanding and to find reasonable solutions to live in peace.

Unit Three

Introduction:

Hook

(**Question**) Can we do without cars?

Or

(**General Sentence**) Traffic congestion is one of the most serious problems in big cities.

Or

(**Fact**) Every day people experience a delay in reaching their workplace because of traffic jam.

Or

(**General Sentence**)The idea of building an airport near residential areas is a double edged sword.

background

(Write the introduction) يكتب الطالب جمله المقدمة

Thesis

1. This essay presents ……

(Write the Two Points that you are asked to write about)

يكتب الطالب النقطتين المراد الكتابة عنها

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The most important ideas in the unit (Body) :

1. The causes of the traffic congestion:

- Narrow streets can cause traffic jam.
- Accidents can also cause traffic congestion.
- Maintenance on roads can cause traffic jams.
- All people go to their work at the same time.
- Traffic overload on the same route is another reason.
- Using private cars instead of public ones cause this problem.

2. Ways to solve the traffic problem:

- Flyovers must be built.
- Wider roads and streets should be built.
- People should use public transportation.
- People should use different means to commute.
- Sharing cars and using smaller cars can help to solve the problem.

3. The Advantages of building an airport near a residential area:

- It provides more jobs.
- It improves the economy.
- It saves time while travelling.
- It creates a link to other countries.
- It turns the area to be a commercial one.

4. The Disadvantages of building an airport near a residential area:

- It causes noise.
- It causes pollution.
- It brings influx of traffic to the region.
- It may affect the schools and hospitals badly.
- People live in this area may suffer from insomnia.

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Conclusion:

Conclusion1:

To sum up, both governments and people should work together to solve this problem. As it affects people badly and put them under stress.

Conclusion2:

To recap, building an airport near residential areas has its own pros and cons. So, governments should think well before taking this decision.

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Unit Four

Introduction:

Hook

(Question) How do you spend your free time?

Or

(Fact) Computer games have evolved greatly in the recent years.

Or

(General sentence) Computer games have become very popular among children nowadays.

Or

(Surprising fact) We are living in the Golden Age of gaming. The online gaming population is growing fast.

Background

(Write the introduction) **يكتب الطالب جمله المقدمة**

Thesis

1. This essay sheds light on……

(Write the Two Points that you are asked to write about)

يكتب الطالب النقطتين المراد الكتابة عنها

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The most important ideas in the unit (Body) :

1. **The advantages of playing computer games:**
   - They teach new skills.
   - They develop imagination.
   - They improve thinking skills.
   - They help in decision making.
   - They can improve concentration.
   - They may help in reducing stress.
   - They help children to learn new language.
2. **The disadvantages of playing computer games:**
   - They make kids less sociable.
   - Some games encourage violence.
   - They make kids addicted to them.
   - Children become lazy and out of shape.
   - Children waste too much time in playing games.
   - These games can cause some health problems.
3. **How computer games can be used wisely:**
   - Parents should set a time limit.
   - They should Play games with friends.
   - They should play educational games.
   - Parents should be with their kids while playing.
   - There should be a certain distance between the screen and the monitor.

Conclusion:

Conclusion1:

To sum up, computer games must be played wisely under parental control to avoid the negative impacts.

Conclusion2:

In brief, although playing computer games has many advantages, it also can have negative impact on children.

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Unit Five

Introduction:

Hook

(Definition) Paralympics is a sport event that involves people with disabilities.

Or

(Quote) “Don’t miss out on the inspiration from the paralytics.”

Or

(General sentence) The Paralympic Games are good chance for disabled athletes to compete with their peers.

Background

(Write the introduction) بكتب الطالب جمله المقدمة

Thesis

1. **This essay discusses……**

(Write the Two Points that you are asked to write about)

يكتب الطالب النقطتين المراد الكتابة عنها

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The most important ideas in the unit (Body) :

1. The importance of Paralympics:

- It helps them perform like normal.
- It makes them feel more confident.
- It helps them to interact with society.
- The disabled can overcome their disability.
- It's a good chance to make them feel happy.

2. The role of the society towards the disabled:

- It can organise competitions.
- It gives medals and rewards.
- It should build a club for them.
- Facilities for them should be provided.
- Rehabilitation centres should be built.

Conclusion:

Conclusion:

To recap, nothing is impossible. Paralympics plays an important role in inspiring others to think differently about their disability.

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Unit Six

Introduction:

Hook

(Question) Don't you think that God has gifted us with different natural resources?

Or

(Quote) "Animals are such agreeable friends – they ask no questions; they pass no criticism." – George Eliot

Or

(General sentence) By conserving wildlife, we're ensuring that future generations can enjoy our natural world.

Background

(Write the introduction) بكتب الطالب جمله المقدمة

Thesis

1-This essay discusses……

(Write the Two Points that you are asked to write about)

يكتب الطالب النقطتين المراد الكتابة عنها

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The most important ideas in the unit (Body) :

1- The causes of animal extinction:

- Man hunts them.
- Their habitats are destroyed.
- Pollution can affect them badly.
- Cutting down trees for building or planting.
- Farmers use pesticides that may kill them.

2- Ways to protect animals:

- Law should be set to protect them.
- People should support voluntary activities.
- Fines should be imposed to stop destruction.
- Governments can run awareness campaigns.
- Reserves should be built to protect animals.

3- Importance of animals:

- They are used in labs.
- They keep balance in the world.
- They are source of amusement.
- Some animals have cultural value.
- They improve the economy by attracting tourists.

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Conclusion:

Conclusion:

To recap, wild animals are important for our planet and if they disappear, it would cause a terrible ecological disaster that I would rather not live to see.

Transition Words & Starters

(كلمات الإضافة) تستخدم عند إضافة معني و بناء فكرة على فكرة (Addition)	
In addition	بالإضافة إلى
Moreover	علاوة على ذلك
Furthermore	علاوة على ذلك
What's more	ما هو أكثر
Besides	بالإضافة
Additionally	إضافة لذلك
As well as	بالمثل

(كلمات التأكيد)تستخدم عند التأكيد على معني لتقويته وزيادة وضوح الفكرة (Certainty)	
Obviously	بوضوح
Undoubtedly	بدون أدني شك
Certainly	بالتأكيد
Surely	بالتأكيد
Absolutely	تماماً
Exactly	بالضبط
Apparently	كما هو واضحاً

(كلمات السبب)تستخدم عند ذكر السبب والنتيجة و التأثيرات المترتبة على ذلك (Reason)	
Because	لأن
Owing to	بسبب
To- in order to- so as to	لكي
Lead to	تؤدي إلى
Because of	بسبب
Since	لأن
As	لأن

(كلمات التتابع)تستخدم عند ربط تسلسل الأحداث و الأفكار لبناء متماسك من الجمل (Sequence)	
After this	بعد ذلك
At this point	فى تلك النقطة
Earlier	سابقاً
Later	فيما بعد
To begin with	لكي نبدأ ب
Initially	بداية
One reason, another reason	سبب واحد ، سبب آخر

(كلمات الختام)تستخدم عند ختام ما كتب من أفكار للتلخيص ولم الفكرة الرئيسية (Conclusion)	
In conclusion	فى الختام
Concluding	ختاماً

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In a nutshell	فى إيجاز
In brief	بإيجاز
To sum it up	لكي نلخص ما ذكر
To conclude	لكي نختم
To recap	لكي نعيد ما ذكر
In summary	فى ملخص
Last but not least	أخيراً وليس آخرا

(كلمات إعطاء أمثلة) تستخدم عند إعطاء أمثلة على الحقائق والمعلومات (Giving Examples)	
For example,	على سبيل المثال
For instance,	مثلاً
As an example,	كمثال
In the case of	في هذه الحالة
Such as	مثل
Like	مثل
In this case	فى هذه الحاله

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