

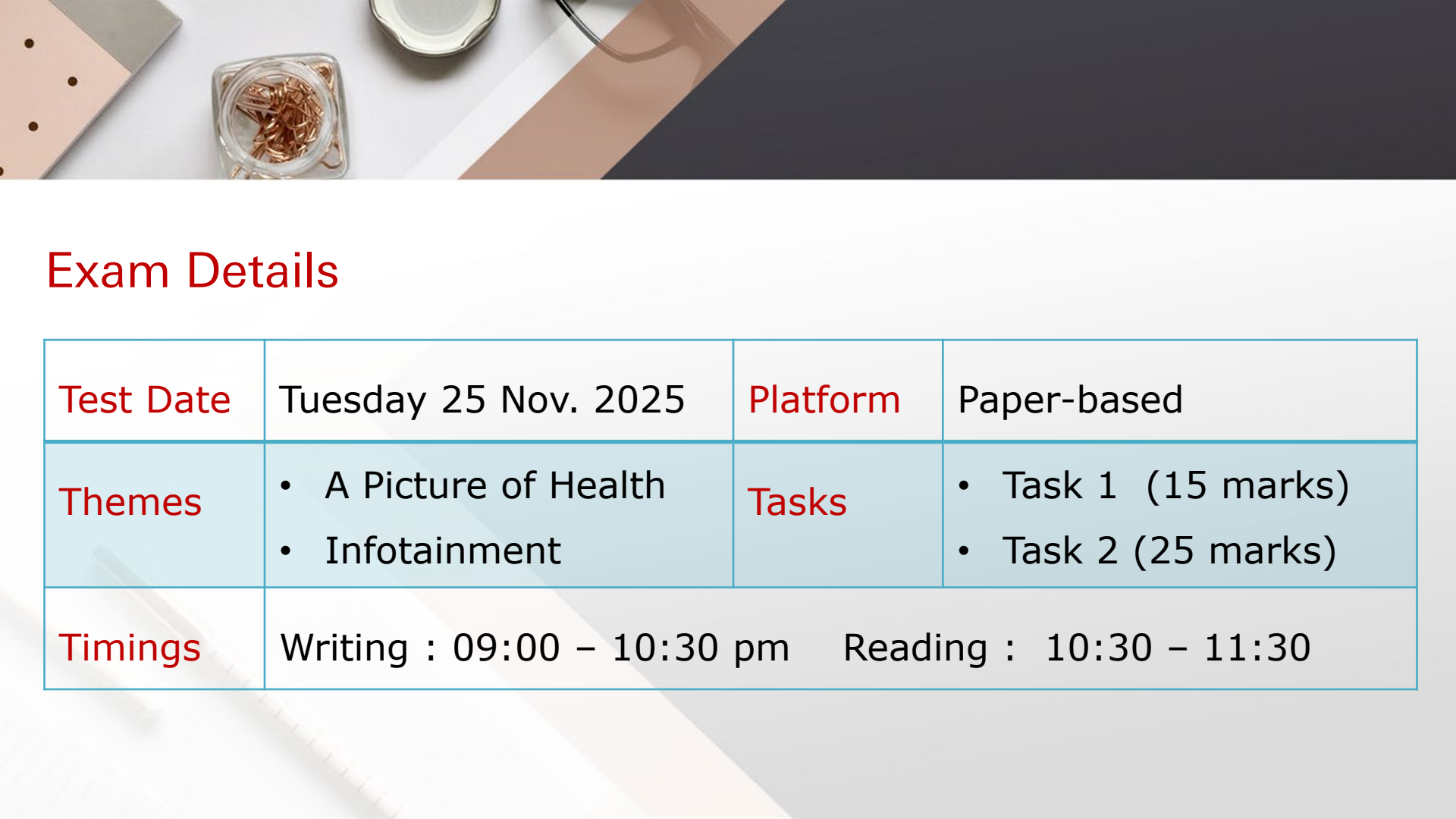
English Writing Exam



Mr. Ali Hassan

10 ADV & 11 GEN - Term1 –
2025/2026

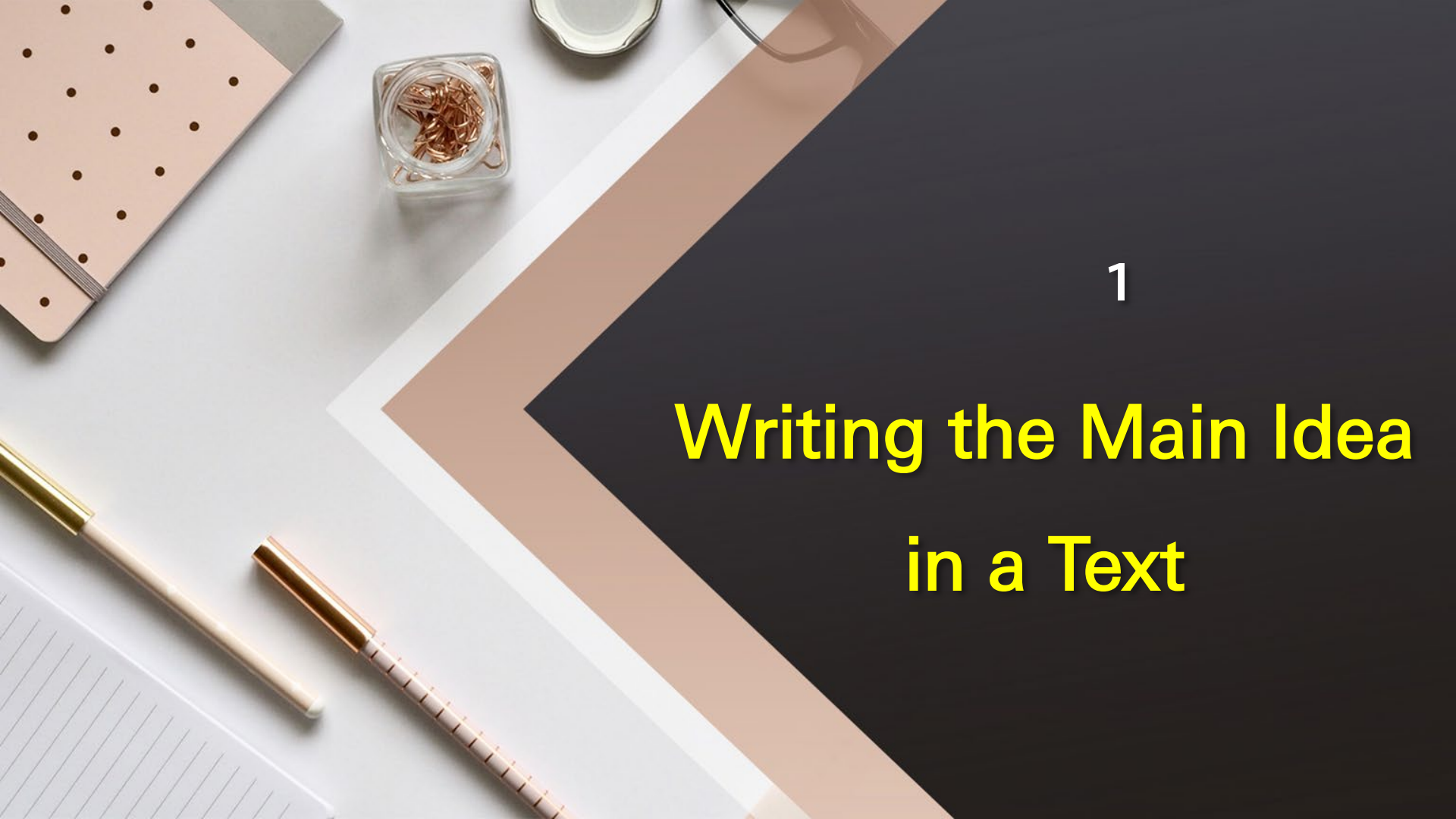
Ahmed Khalifa Al Suwaidi School C2&3



Exam Details

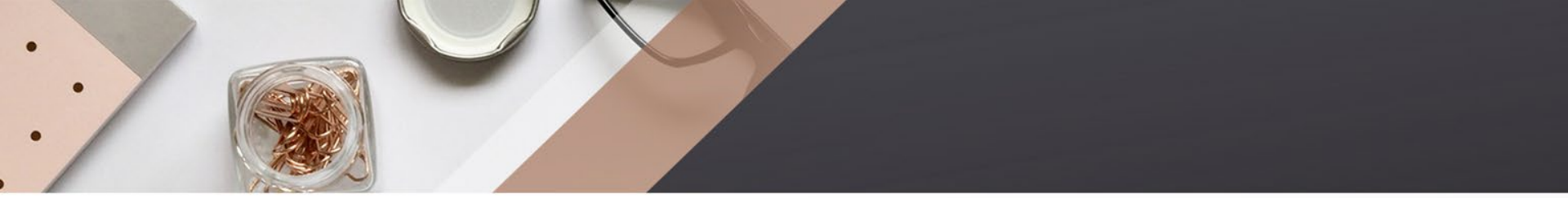
Test Date	Tuesday 25 Nov. 2025	Platform	Paper-based
Themes	• A Picture of Health • Infotainment	Tasks	• Task 1 (15 marks) • Task 2 (25 marks)
Timings	Writing : 09:00 – 10:30 pm Reading : 10:30 – 11:30		

Part	Level	Theme	Vocabulary	Grammar	Functional Language
Part 4: Writing	At Grade Level Goal	A picture of Health Health Clubs, Talking about Stress	Term 1 Grammar	Historic present - used to narrate past events in a livelier manner as if we were there, witnessing what was happening (p. 39)	Summarising and retelling
	Produce extended and detailed written or multimodal texts, expressing comparisons and justifications where appropriate.	Task Description	Learning Outcomes		Construct Limits
	Produce extended written or multimodal texts that generally follow conventional text-type features appropriate to the task, contain paragraphs with topic sentences and supporting details, and show a developing awareness of audience.	Guided constructed response	Fluency in text production ENG.07.WR.P.1.1: Produce extended and detailed written or multimodal texts on familiar and unfamiliar concrete topics, expressing comparisons and justifications where appropriate, where meaning is generally clear, although there may be some inaccuracies, especially with more complex language, and some repetition of language and structures. Text structure ENG.07.WR.P.4.1: Produce extended written or multimodal texts on familiar and unfamiliar concrete topics that generally follow conventional text-type features appropriate to the task, contain paragraphs with topic sentences and supporting details, and show a developing awareness of audience, although there may be some inaccuracies, especially with more complex language, and some repetition of language and structures. Presentation and development of ideas ENG.07.WR.P.2.1: Express ideas, information, opinions, feelings, emotions and personal perspectives on familiar and unfamiliar concrete topics, giving reasons and explanations using simple and a wide range of complex language and expressions in extended written or multimodal texts, although there may be some inaccuracies, especially with more complex language, and some repetition of language and structures. Processing text in writing ENG.07.WR.S.6.1: Summarise, paraphrase, collate and describe information and arguments from different sources of extended written, spoken or multimodal texts on familiar and unfamiliar concrete topics, giving details where needed using simple and a wide range of complex language and expressions in writing, although there may be some inaccuracies, especially with more complex language, and some repetition of language and structures.		4.1 One text of 160 words related to theme. One question asking for the main idea of the text, using their own words. 4.2 - One question about the text with three prompts to elicit an argumentative text asking them for their opinion with evidence to support their view. - Word count: 170 words 40 marks (based on rubric)
	Express ideas, information, opinions, feelings, emotions and personal perspectives, giving reasons and explanations.	4.1 Read the text. Write the main idea in your own words. 4.2 Read the text again. Main writing prompt. - prompt 1 - prompt 2 - prompt 3			
	Summarise, paraphrase, collate and describe information and arguments from different sources of extended written, spoken or multimodal texts, giving details where needed.	Write at least 170 words.			

A top-down view of a desk with various stationery items. In the top left is a notebook with a light pink cover and dark brown polka dots. Next to it is a small clear glass jar filled with copper-colored paper clips. Below the jar are two pens: one is a light pink ballpoint pen and the other is a copper-colored pen with a textured grip. In the bottom left corner is a white sheet of lined paper. On the right side of the image is a large, abstract geometric design made of overlapping triangles in shades of dark grey, light grey, and beige. The number '1' is printed in white on the dark grey triangle.

1

Writing the Main Idea in a Text

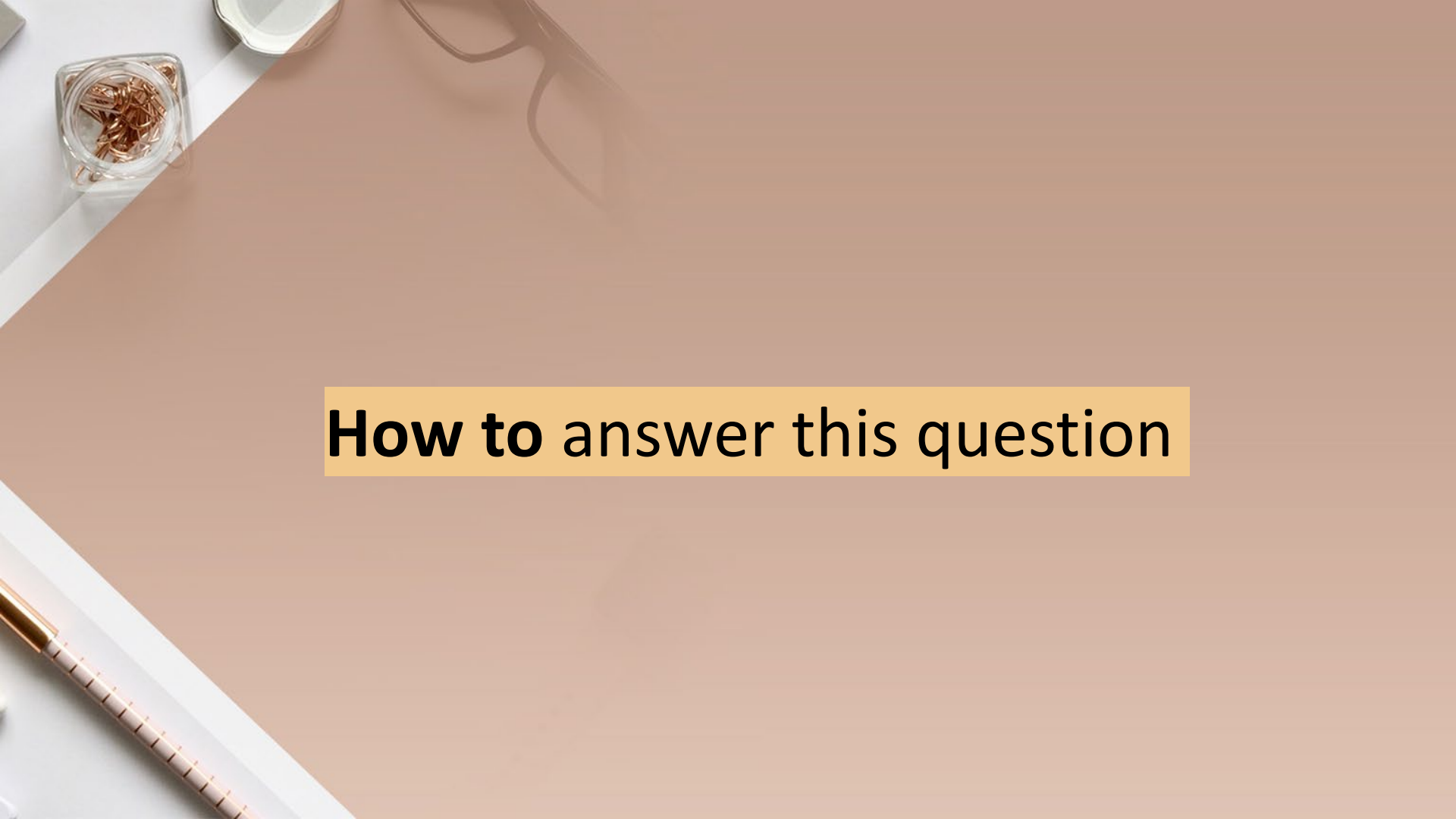


Overview

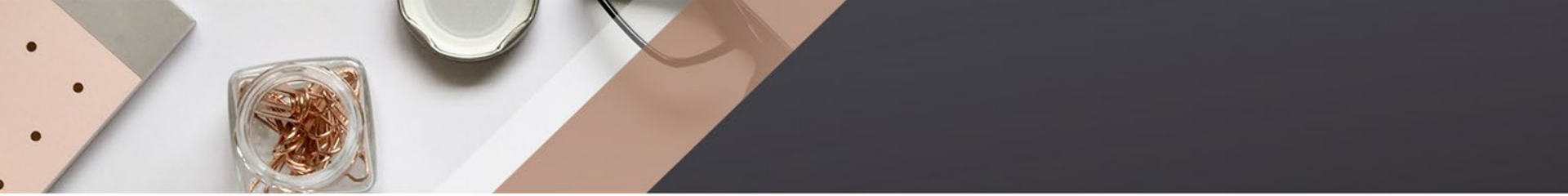
One text of 160 words related to theme. One question asking for the main idea of the text, using their own words.(15 marks)

Question

1.1 Read the text. Write the main idea in the text in your own words.
Write at least **4-5** sentences.

A top-down view of a desk setup. A large brown folder or notebook is the central element. In the top-left corner, there is a clear glass container filled with gold-colored paper clips. Next to it is a pair of glasses with thin frames. In the bottom-left corner, a gold-colored pen with a textured grip is visible. The background is a light, neutral color.

How to answer this question



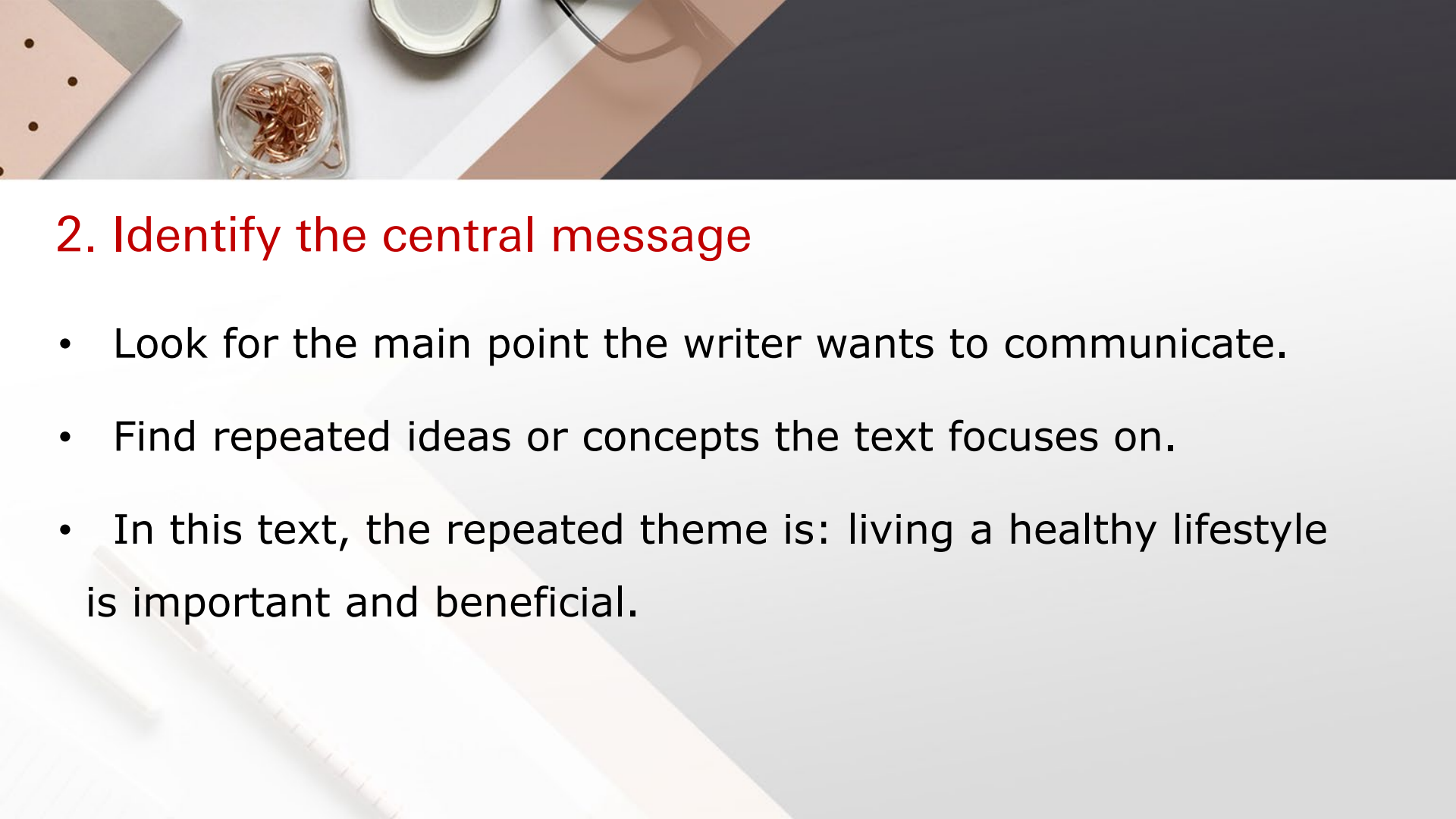
1. Read the text carefully

- Read the passage slowly at least one or two times.
- Make sure you understand the overall message before focusing on details.
- Ask yourself: What is the text mostly talking about?

Choosing to be healthy is one of the smartest decisions a person can make. A healthy lifestyle supports energy, mood, and focus, so everyday tasks feel easier. Good health begins with small habits that we repeat: eating balanced meals, drinking enough water, sleeping well, and moving our bodies. Regular exercise strengthens the heart and muscles, reduces stress, and improves sleep quality. Nutritious food gives the body vitamins and fibre that protect against illness.

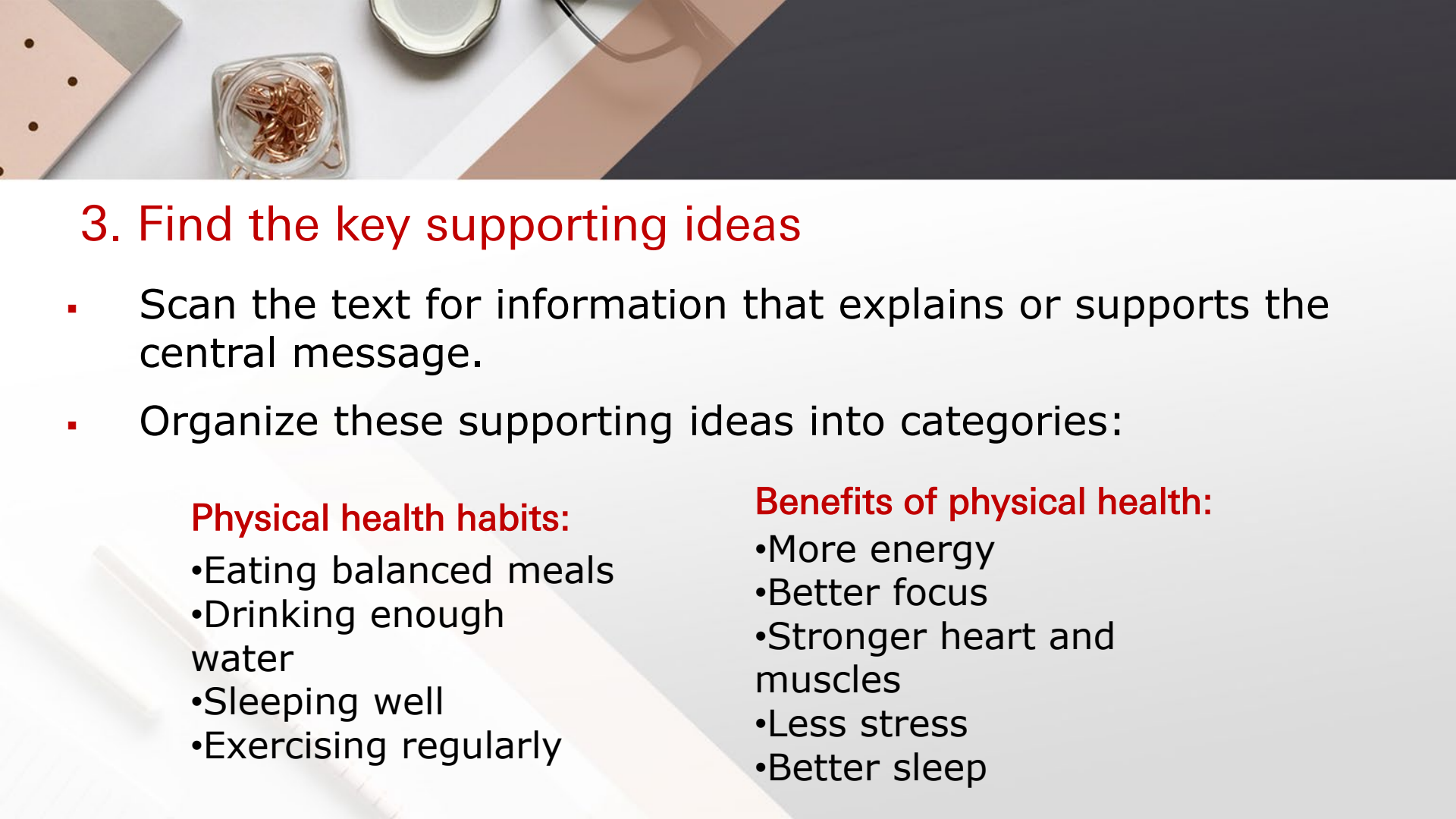
Mental health matters too. Time with family and friends, simple breaks from screens, and quiet moments for prayer or reflection help us feel calm and hopeful. Doctors remind us that prevention is better than cure: if we care for our bodies today, we lower the risk of serious disease tomorrow.

Healthy choices also save money in the long term, because fewer medicines and clinic visits are needed. Most importantly, health allows people to work, study, and enjoy time with others. When one person chooses healthy habits, they often encourage the people around them to do the same.



2. Identify the central message

- Look for the main point the writer wants to communicate.
- Find repeated ideas or concepts the text focuses on.
- In this text, the repeated theme is: living a healthy lifestyle is important and beneficial.



3. Find the key supporting ideas

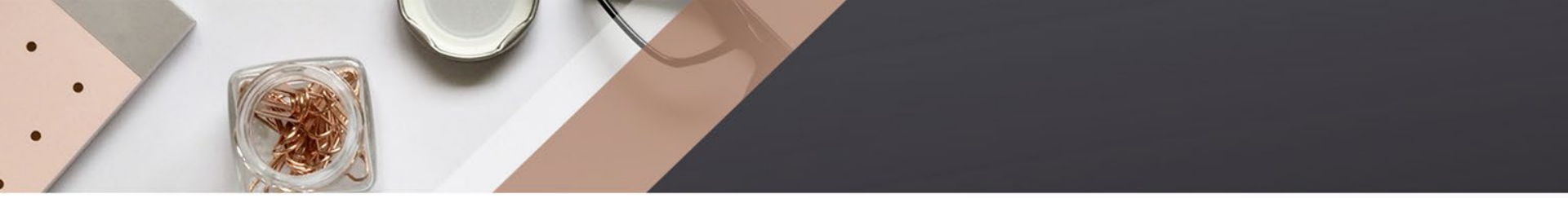
- Scan the text for information that explains or supports the central message.
- Organize these supporting ideas into categories:

Physical health habits:

- Eating balanced meals
- Drinking enough water
- Sleeping well
- Exercising regularly

Benefits of physical health:

- More energy
- Better focus
- Stronger heart and muscles
- Less stress
- Better sleep



3. Find the key supporting ideas

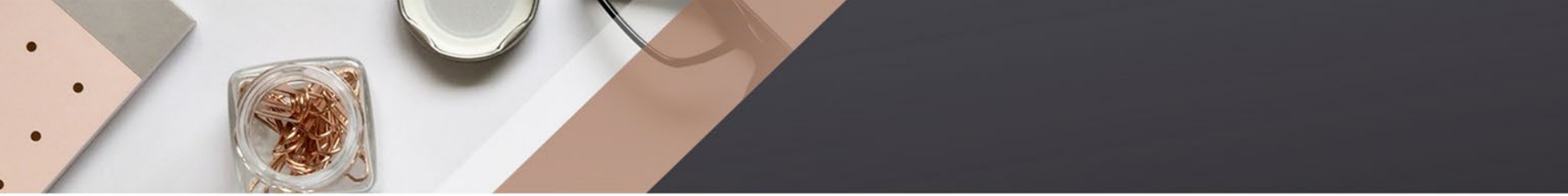
- Scan the text for information that explains or supports the central message.
- Organize these supporting ideas into categories:

Mental health habits:

- Spending time with family and friends
- Taking breaks from screens
- Praying or reflecting

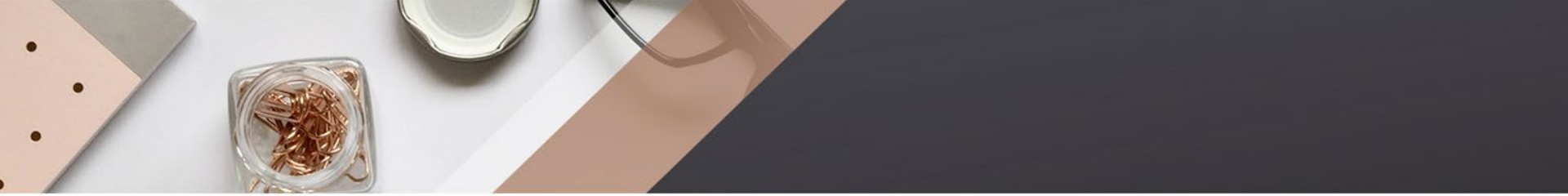
Long-term results:

- Prevents diseases
- Saves money
- Improves work and study performance
- Influences others positively



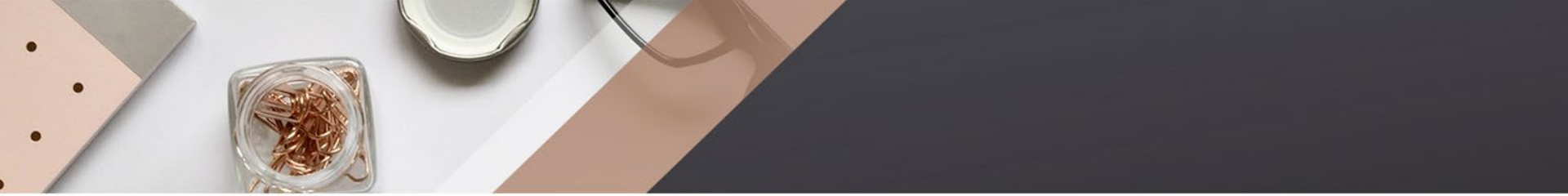
ξ. Summarize these ideas in your own words

- Do not copy the text.
- Use simple, clear language.
- Combine the most important points into a few well-connected sentences.
- Focus on the “big picture,” not every detail.



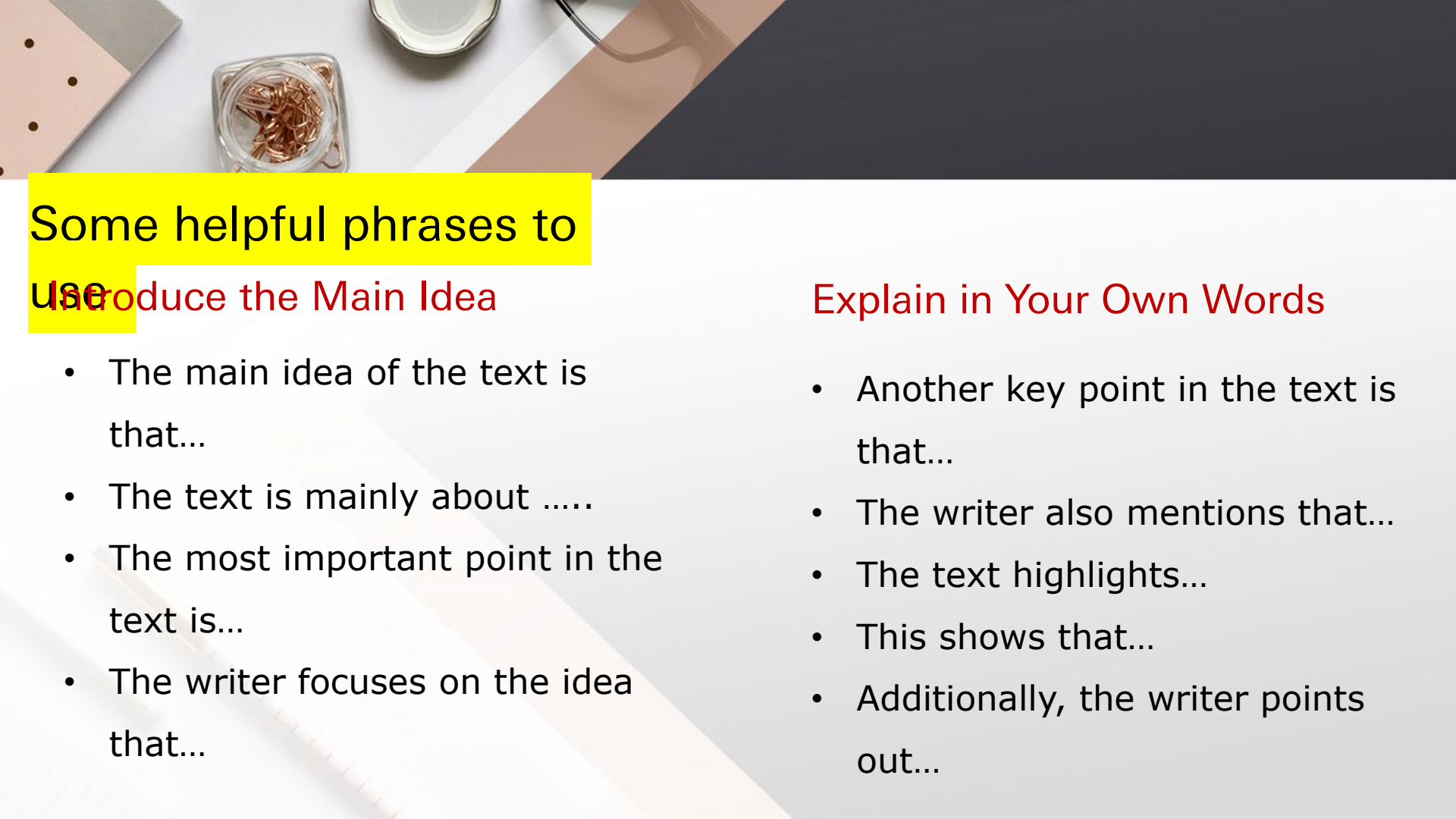
5. Write a 4–5 sentence paragraph

- Your paragraph should include:
- A sentence introducing the main idea
- Sentences explaining the key points about physical health
- A sentence about mental health
- A sentence explaining long-term benefits
- A final sentence that connects everything together



5. Check your writing

- Make sure the paragraph flows smoothly.
- Confirm that your ideas match the text's message.
- Ensure you have 4–5 complete sentences.
- Check grammar and spelling.



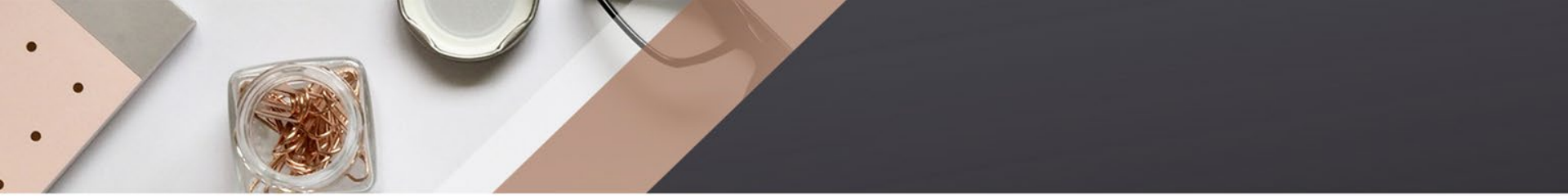
Some helpful phrases to

Use to Introduce the Main Idea

- The main idea of the text is that...
- The text is mainly about
- The most important point in the text is...
- The writer focuses on the idea that...

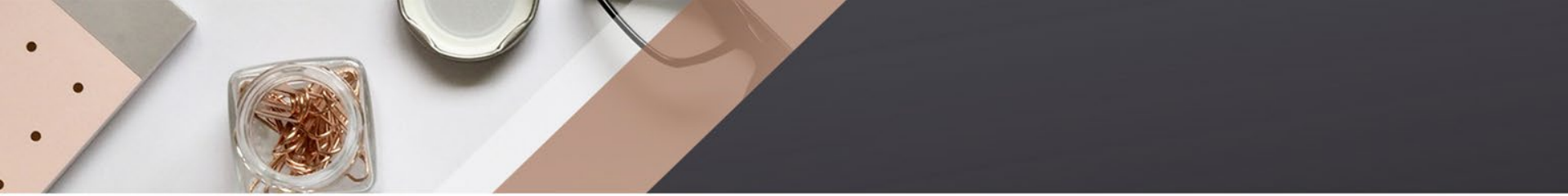
Explain in Your Own Words

- Another key point in the text is that...
- The writer also mentions that...
- The text highlights...
- This shows that...
- Additionally, the writer points out...



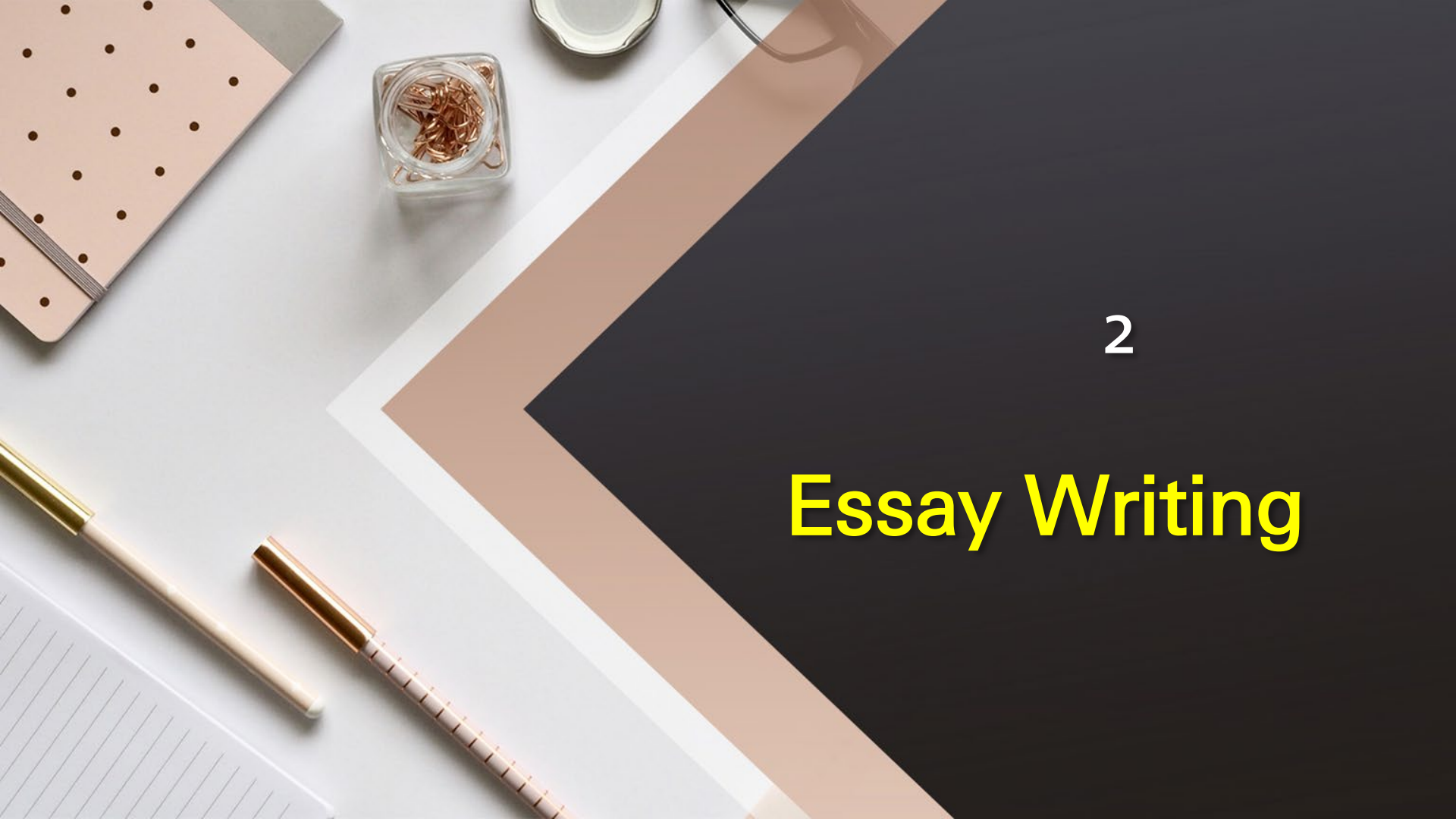
Conclude Your Explanation

- In conclusion, the main message of the text is...
- Overall, the text teaches us that...
- To sum up, the text mainly talks about...



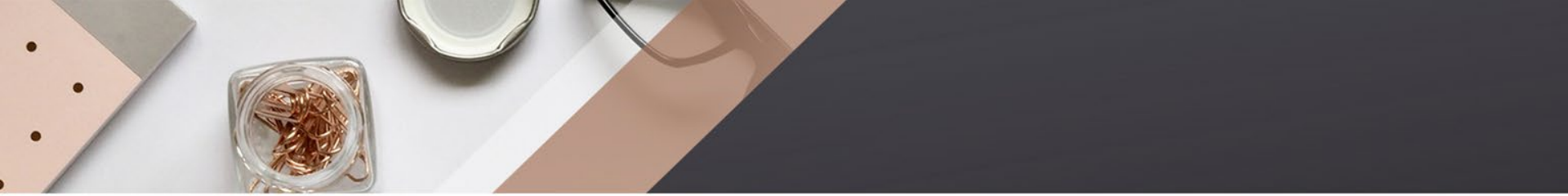
Model answer

The text explains that choosing a healthy lifestyle is important for both physical and mental well-being. It highlights that simple habits like eating balanced meals, drinking water, sleeping well, and exercising can greatly improve a person's mood, energy, and focus. The writer also reminds us that taking care of our mental health through rest, prayer, and time with family is essential. The text stresses that prevention is better than cure because healthy choices reduce the risk of future disease and save money. Overall, the main idea is that good health helps people live better, more productive lives and can inspire others to do the same.



2

Essay Writing



Overview

One question about the text with three prompts to elicit an argumentative text asking you for your opinion with evidence to

support their view. **170 words - 25 marks**

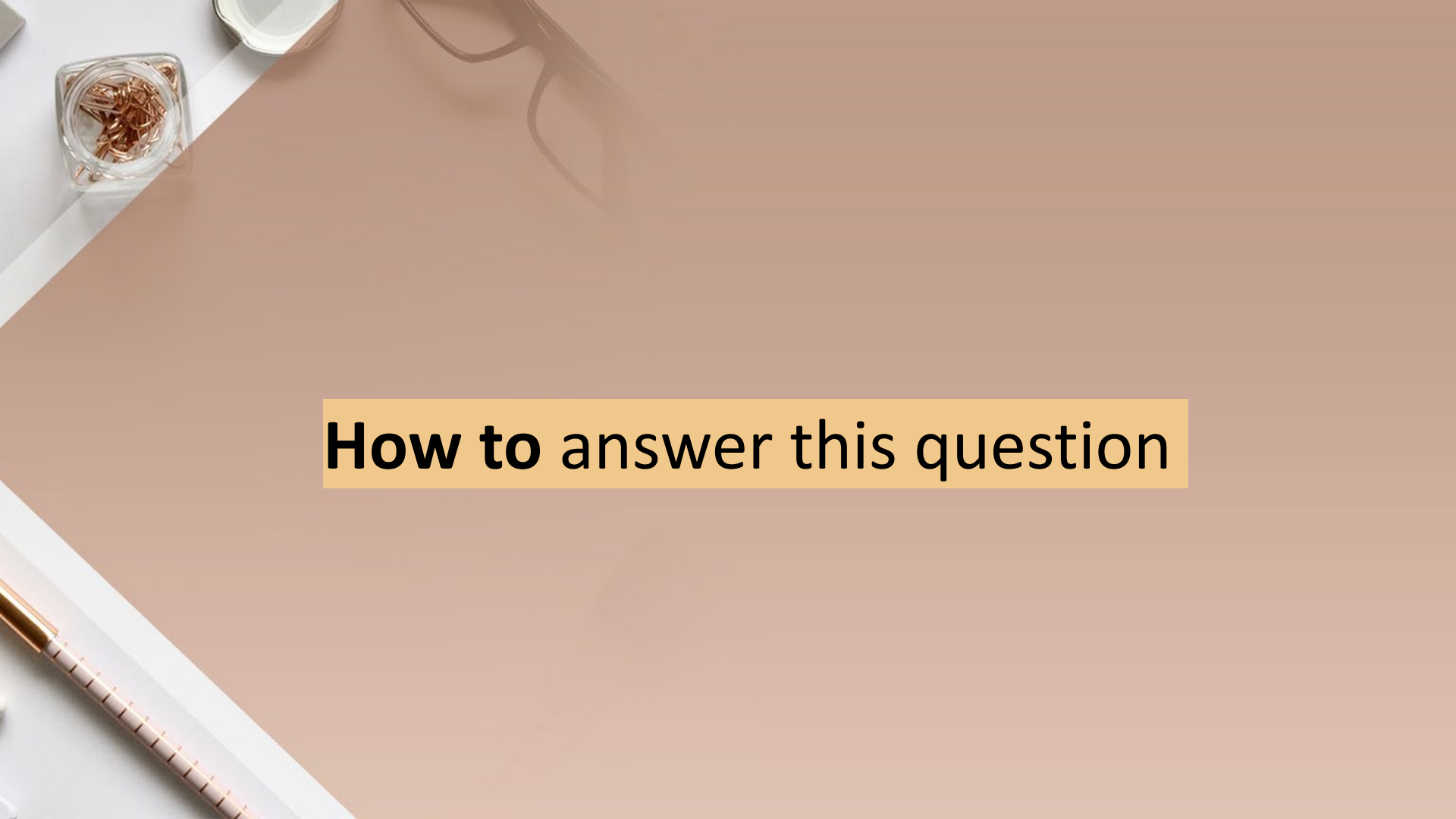


Question

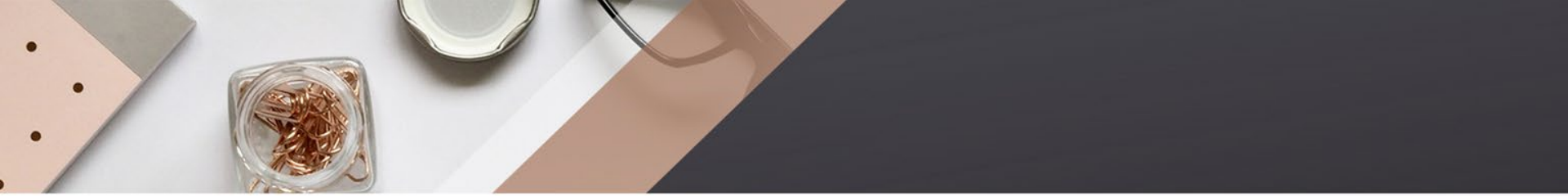
1.2 Read the text again. Now write a response to the text in which you:

- State your opinion about why people should take care of their health
- Give at least two reasons or examples to support your opinion
- Describe one personal or observed experience related to healthy

living

A top-down view of a desk setup. A large brown folder or notebook is the central element. In the top-left corner, there is a clear glass container filled with gold-colored paper clips. Next to it is a pair of glasses with thin frames. In the bottom-left corner, a gold-colored pen with a textured grip is visible. The background is a light beige surface.

How to answer this question



1. Read the text again

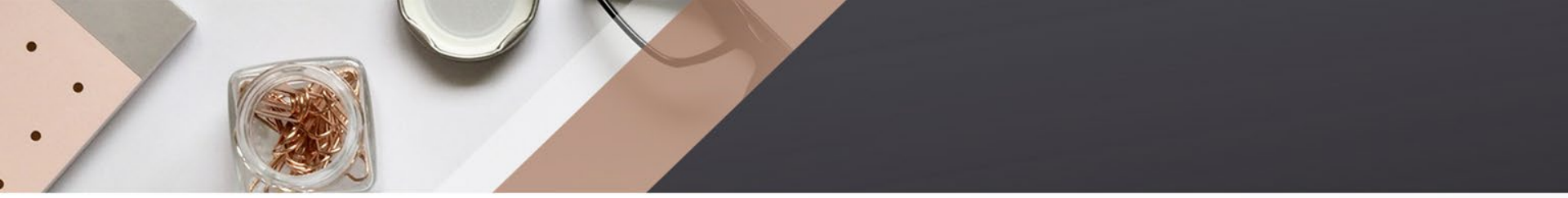
- Carefully reread the passage to understand its message about physical and mental health.
- Pay attention to the benefits of healthy habits and the idea of prevention.



2. Understand what the question is asking

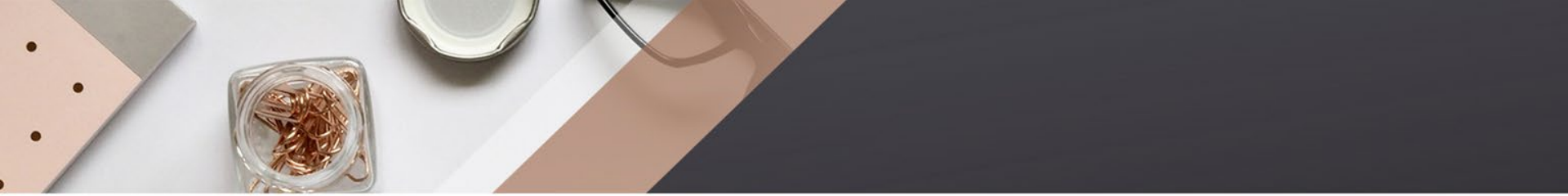
- You must write a response, not a summary.
- Your response must include three things:
 1. **Your opinion** about why people should take care of their health
 2. **Two supporting reasons or examples**
 3. **One personal or observed experience** related to healthy living

The final answer must be at least 170 words



3. Start with your opinion

- Choose at least two strong reasons or examples.
- Possible ideas from the text or your own thinking:
- **Reason 1:** Healthy habits improve energy, focus, and mood.
- **Reason 2:** Good health prevents diseases and reduces medical costs.
- **Reason 3 (optional):** Healthy people perform better at work, school, and social life.
- Write each reason in 2–3 sentences to expand it.

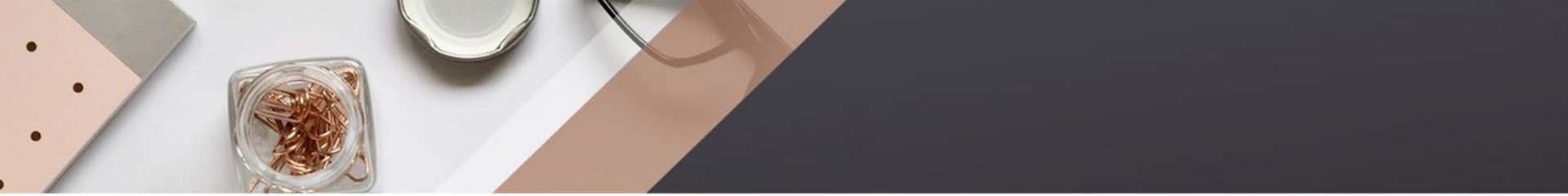


5. Write about a personal or observed experience

You must include one real-life example such as:

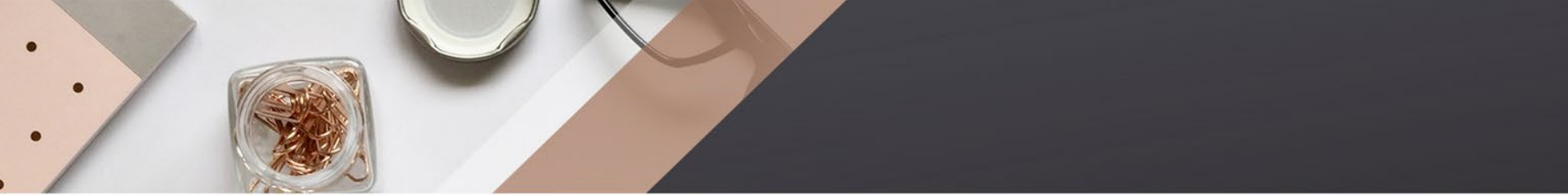
- A time when you exercised, ate better, or improved your sleep
- Someone you know who changed their lifestyle and felt better
- A situation you observed at school, home, or in your community
- **Describe:**
 - What happened
 - What actions were taken
 - What benefits came from the healthy choice

This makes your response personal and meaningful.



6. Check and edit your essay

- our answer should be around 10–12 sentences.
- Check word count if needed.
- Check grammar, spelling, and sentence structure.
- Make sure your opinion is clear and supported.



💡 3. Writing tips

- ☐ Use linking words: however, also, for example, in addition, therefore.
- ☐ Keep your ideas clear and connected.
- ☐ Don't just list — explain each point briefly.
- ☐ Write in **complete sentences** and use your own words and way of writing
- ☐ Check grammar, punctuation, and spelling before submitting your

💡 Model answer

Taking care of our health is one of the most important responsibilities we have because it shapes the quality of our daily lives. Good health allows us to feel comfortable, stay active, and enjoy our routines. I believe that choosing healthy habits is essential for everyone, especially in a fast-paced world.

One reason people should take care of their health is that it improves their energy and performance. When we eat balanced meals, sleep well, and drink enough water, we feel more focused and ready for the day. Healthy habits also prevent many illnesses and reduce stress, which makes life easier. In addition, staying healthy can save money because it often leads to fewer doctor visits and less need for medicine.

Another important reason is the effect of healthy habits on our mental well-being. Regular exercise and proper rest help us feel calmer and more positive. Even simple changes can greatly improve mood and reduce anxiety.

I experienced this myself when I started walking daily to reduce tiredness. After a few weeks, I slept better and felt more energetic. This showed me how powerful healthy choices can be.

A top-down view of a desk with various stationery items. In the top left, a notebook with a light pink cover and dark brown polka dots is partially visible. Next to it is a small, clear glass container filled with copper-colored paper clips. Below the notebook, a white pen with a gold-colored clip and a copper-colored pen with a white grip are lying on a white surface. In the bottom left corner, a white notepad with horizontal lines is visible. The right side of the image features a large, dark grey triangular graphic with a white border, which serves as a background for the text.

Thank You

English With Ali
Hassan