



Grade:10 adv &11G

Term 1
Writing Revision

A Picture of Health – Health Clubs and Stress

The gym doors slide open, and the smell of determination fills the air. Music pulses, treadmills hum, and people push themselves toward better health. The historic present brings the moment alive: a group trains together, someone wipes away sweat, and another catches their breath, smiling with relief. In today’s fast-paced world, health clubs have become sanctuaries — places not only for physical fitness but also for managing stress and rebuilding mental balance.

Research shows that regular exercise reduces anxiety, improves mood, and sharpens focus. Many members say they feel calmer and more confident after a workout; some even describe it as therapy without words. Yet, there’s a downside. For some, the pressure to achieve the “perfect body” or compete with others can create stress instead of relieving it. When exercise becomes an obsession, health loses its true meaning.

In my opinion, health clubs are most beneficial when people see them as tools for holistic well-being rather than as stages for comparison. The key is balance — exercising for strength and joy, not just for appearance.

A-Understanding the Text

1-What is the main idea of the text? Write it in your own words.

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b- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- Are health clubs truly effective in reducing stress?
- How can people maintain a healthy attitude toward fitness?
- Should society redefine what “healthy” means beyond physical appearance?

[illegible]

Writing 2

A Picture of Health – The Secret Behind a Long Life

It's early morning in Okinawa, Japan. The sun rises, and elderly villagers gather to stretch, laugh, and greet the day. They move slowly but gracefully, their faces marked by time yet glowing with vitality. The historic present lets us witness their habits — they drink green tea, tend to their gardens, and share breakfast with friends. These scenes repeat daily, forming a quiet rhythm that seems to defy aging.

Scientists have long studied why people in “Blue Zones” — like Okinawa, Sardinia, and Ikaria — live so long. They find that the secret isn't one miracle food or supplement, but a balanced lifestyle: strong social ties, moderate exercise, plant-based diets, and a deep sense of purpose. People here rarely rush, and stress appears to dissolve in their steady routines.

However, modern life threatens these traditions. Fast food, isolation, and digital dependency may shorten the lifespan of future generations. In my opinion, longevity is not just about living long but living meaningfully — connecting with others, eating mindfully, and finding joy in simple things.

A- Understanding the Text

1-What is the main idea of the text? Write it in your own words.

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B-Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- What habits truly contribute to a long and healthy life?
- Is modern society helping or harming people's chances of longevity?
- Can technology ever replace the traditional lifestyles that promote well-being?

[illegible]

Writing 3

A Picture of Health – Overcoming Adversity

It's a chilly morning in the mountains of Nepal. A young woman named Lhamo takes her first steps after months of recovery from a serious injury. The historic present lets us see her determination — she grips the crutch tightly, breathes deeply, and pushes forward despite the pain. Her neighbors cheer, their encouragement echoing through the valley. Each step becomes a victory, proof that healing is not only physical but deeply mental.

Stories like Lhamo's remind us that health is more than the absence of illness. It's the courage to face difficulty, the patience to rebuild strength, and the hope that tomorrow will be better. Psychologists say resilience — the ability to recover from hardship — improves both mental and physical well-being. Studies show that people who maintain optimism and social support recover faster and live longer.

Yet, modern society often hides struggle, focusing on perfection instead of perseverance. In my opinion, true health is measured not by how rarely we fall, but by how strongly we rise each time we do.

A- Understanding the Text

What is the main idea of the text? Write it in your own words.

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B-Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- How does overcoming adversity strengthen a person's health?
- Is mental strength more important than physical strength in recovery?
- Should schools and workplaces teach resilience as part of health education?

[illegible]

A Picture of Health – Overcoming Adversity in the UAE

It's early morning in Al Ain. The sun rises over the desert as Fatima ties her running shoes and steps onto the track. Months ago, a car accident left her unable to walk. Today, she takes her first unaided steps. The historic present makes the moment vivid — the air is cool, her heart beats fast, and her family watches anxiously from the stands. Each stride shows not only physical recovery but mental resilience.

In the UAE, stories like Fatima's inspire others to live healthier, more determined lives. Doctors at rehabilitation centers in Abu Dhabi and Dubai often say that recovery depends as much on mindset as on medicine. Community support, family encouragement, and faith play major roles in helping people heal. Researchers also confirm that emotional strength can reduce stress, boost the immune system, and speed recovery.

However, many still believe health is only about fitness or appearance. In reality, it's about perseverance, purpose, and positivity. In my opinion, overcoming adversity teaches us the true meaning of health — the balance of body, mind, and spirit that allows us to rise stronger than before.

A- Understanding the Text

1. What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- How does overcoming adversity improve both mental and physical health?
- Do you agree that resilience is more important than strength in recovery?
- How can UAE communities promote mental and emotional well-being?

[illegible]

A Picture of Health – Benefits vs. Limits of Internet Health Information

It's midnight in Dubai, and Ahmed sits in front of his laptop, searching for answers. His stomach aches, and within seconds, hundreds of results appear. The historic present brings the moment alive — he scrolls through medical websites, online forums, and social media posts, convinced he might have a serious condition. Like many people today, Ahmed turns to the internet for quick medical advice before visiting a doctor.

There's no doubt that online health information has benefits. It empowers people to learn about symptoms, treatments, and healthy habits. In the UAE, public health campaigns even encourage residents to use trusted digital resources to monitor fitness and diet. Yet, the problem begins when information is misunderstood or taken from unreliable sources. Misleading articles can cause unnecessary panic or dangerous self-diagnosis.

Experts emphasize that the internet should support, not replace, professional medical care. Reliable platforms, balanced judgment, and critical thinking are essential. In my opinion, digital health knowledge is valuable only when combined with expert advice — technology can guide us, but it cannot heal us.

A- Understanding the Text

1. What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- Do you think online health information helps or harms people more?
- How can users identify trustworthy medical sources on the internet?
- Should governments regulate online health advice to protect the public?

[illegible]

Writing 6

Infotainment – Screens Everywhere

It's early morning, and the city wakes up to glowing screens. Phones buzz, tablets light up, and televisions hum with the latest news. Everywhere I look, people are scrolling, watching, and reacting. The boundary between information and entertainment fades as infotainment takes over our lives. What was once a quick news update has become a stream of opinions, ads, and emotional stories designed to keep us watching.

I remember when people discussed current events after reading newspapers or listening to the radio. Now, headlines flash every few seconds, shaping public opinion faster than ever. The historic present captures this rush — we see how easily facts are mixed with fun to hold our attention. While infotainment keeps us informed, it also risks simplifying serious issues or spreading misinformation.

In my opinion, we need to pause and question what we consume. The screen shouldn't think for us — we should think for ourselves.

A- Understanding the Text

What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write a short essay expressing your opinion on the issue raised in the text. Support your view with reasons and examples.

Prompts to guide your writing:

- Does infotainment help people stay informed or distract them from real issues?
- How can viewers recognize bias or manipulation in media?
- Should there be limits on how entertainment is mixed with news?

This image shows a full page of handwriting practice paper. It features 20 evenly spaced horizontal dashed lines across the entire width of the page, providing a guide for letter height and placement. The background is plain white, and there are no margins or additional markings.

Infotainment – Visual Media and Language

The screen flickers, and we are instantly drawn in. A news anchor speaks with urgency, bold captions flash, and background music sets the mood. We are not only being informed — we are being entertained. This is the world of infotainment, where language and visuals blend to shape how we see reality. The historic present lets us experience the energy of it: we *watch* stories unfold, *feel* their emotions, and *react* in real time.

When television and online platforms begin to dominate, information becomes faster, more colorful, and easier to consume. Reporters use dramatic language, powerful images, and emotional tone to hold our attention. Sometimes this helps us understand complex issues, but other times it oversimplifies them or makes serious events seem like entertainment. The language of media becomes a tool of persuasion rather than pure communication.

In my opinion, infotainment has both benefits and dangers. It captures attention and makes learning engaging, yet it can distort facts. To stay informed, we must question what we see and learn to separate truth from show.

A- Understanding the Text

What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- Does infotainment help people understand the news better or make it less reliable?
- How do visuals and language influence our emotions and beliefs?
- Should the media focus more on accuracy than entertainment?

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Writing 8

Infotainment – Visual Media Effects on Mental and Physical Health

The screen flashes to life, and within seconds, we are absorbed. News headlines race across the bottom, bright colors compete for our attention, and our minds instantly respond. We are not just watching — we are *immersed*. This is the power of visual media: it captures, entertains, and informs all at once. Yet beneath the excitement lies a growing concern about its impact on mental and physical health.

Research consistently shows that extended exposure to screens can cause overstimulation, anxiety, and disrupted sleep. The body sits still for hours while the mind remains hyperactive, trapped in a cycle of scrolling and reacting. The historic present helps us see the scene clearly — the viewer leans closer, eyes fixed, emotions manipulated by sound and light. Over time, this constant engagement can blur the line between reality and representation, leading to fatigue and emotional disconnection.

In my opinion, visual media is not inherently harmful, but its unregulated use is. When balanced with real-world activity, it can educate and inspire. However, awareness and self-control are crucial. True well-being depends not on escaping screens entirely, but on reclaiming control over how we use them.

A- Understanding the Text

1. What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- Has visual media become more harmful than helpful to human health?
- How does infotainment influence our emotional well-being and daily behavior?
- Should governments or media platforms take responsibility for regulating screen use?

[illegible]

Writing 9

Infotainment – The Connection Between Visual Media and Screen Addiction

The screen glows, and instantly, the mind awakens. Notifications flash, videos auto play, and within moments, we are hooked. The historic present captures the scene vividly — commuters scrolling endlessly, students switching between apps, families sitting together yet disconnected. Visual media has evolved into a form of infotainment so immersive that it reshapes how we think, feel, and behave.

Modern platforms are engineered to sustain attention. Algorithms learn our preferences, tailoring content to our emotions and keeping us in a cycle of stimulation and reward. Each swipe or click releases dopamine, reinforcing the urge to stay engaged. What begins as curiosity becomes compulsion, and gradually, control slips away. Researchers describe this as a form of behavioral addiction — one that alters sleep, focus, and even empathy.

In my opinion, screen addiction is not a moral weakness but a psychological consequence of persuasive design. Visual media appeals directly to our instincts, exploiting the brain's need for novelty. Combating this requires awareness, digital discipline, and education on media literacy. True freedom comes not from rejecting technology, but from mastering how we interact with it.

A- Understanding the Text

What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- Is screen addiction a personal failure or a societal problem created by technology?
- How can education systems promote healthier digital habits?
- Should governments regulate addictive design features in visual media platforms?

[illegible]

Infotainment – The Positive and Negative Effects of Visual Media on Human Behavior

The screen glows, the music swells, and instantly we are drawn in. We *watch, listen, and react* as images and sounds shape our emotions. The historic present captures this power vividly — families gather around televisions, students scroll through feeds, and audiences around the world experience the same story at the same time. Visual media has the ability to inform and inspire, yet it can also manipulate and mislead.

On the positive side, visual media connects people across cultures, spreads awareness about global issues, and educates through documentaries and interactive learning. It can motivate social change and give a voice to those who were once unheard.

However, the same tools that enlighten can also distort. Overexposure to violent or exaggerated content can desensitize viewers, while idealized images can harm self-esteem and distort reality. Gradually, behavior adapts — people imitate what they see, often without realizing it.

In my opinion, visual media is neither good nor bad by nature; its impact depends on how it is used and consumed. Critical thinking and media literacy are essential if we are to benefit from its strengths without falling victim to its flaws.

A- Understanding the Text

1. What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- Does visual media have a greater positive or negative influence on people's behavior?
- How can education help viewers become more critical of what they watch?
- Should creators be more responsible for the psychological effects of their content?

[illegible]

Infotainment – The Internet and Interactive Viewing

The television flickers, but this time, the viewer doesn't just watch — they *comment, share, and respond*. The historic present brings the scene to life: millions of people stream a live concert, chat in real time, and even influence the performance through their reactions. The internet has revolutionized visual media, turning audiences from passive consumers into active participants.

In the past, watching was a solitary or family-based ritual — people sat quietly, absorbing whatever appeared on screen. Today, the experience is dynamic and interactive. Platforms like YouTube, TikTok, and Twitch allow users not only to view but also to create and reshape content. This transformation empowers individuals to express opinions, build communities, and learn collaboratively. However, it also blurs the line between information and entertainment, leading to shorter attention spans and the spread of misinformation.

In my opinion, interactive viewing reflects both the democratization and the chaos of modern media. It offers creative freedom but demands responsibility — from creators who publish and from users who engage. The future of infotainment will depend on how wisely we balance interaction with critical awareness.

A- Understanding the Text

1. What is the main idea of the text? Write it in your own words.

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B- Argumentative Writing (around 170–200 words)

Write an argumentative text expressing your opinion on the issue raised in the passage. Support your view with reasons and examples.

Prompts to guide your writing:

- Does interactive viewing make audiences more informed or more distracted?
- How does user participation shape the quality of media content?
- Should platforms limit interactivity to protect users from misinformation?

[illegible]

