The Expert

Grade 12

Writing التعبير

2nd Period



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Unit 7

Healthy lifestyle /long life

الحياة الصحية

(Expository)

Outline

Introduction: "Health is better than wealth", an old saying that means being healthy is better than being rich.

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Body: P1. Healthy body:

- eat healthy food
- avoid fast food
- drink more water / sleep well
- do exercise

P2. Healthy mind:

- read books or solve puzzles
- play chess, do math problems
- recite the Holy Quran / learn languages

Conclusion: In short, we need to have both a healthy body and mind to enjoy a long life.

"Health is better than wealth", an old saying that means being healthy is better than being rich. There are different ways to make both our bodies and minds healthy. This essay will discuss *some ways to have a healthy body* and *mind to ensure a long life.*

On the one hand, there are many ways to have a healthy body. First, we need to eat healthy food. Second, we should avoid eating fast food. Moreover, we should drink more water and sleep well. We should also do exercise to make our bodies fit and strong. This way, we can have healthier bodies.

On the other hand, there are also many ways to be mentally fit. We may read books or solve puzzles. Reading improves our imagination and memory. Moreover, we may play chess, do math problems. In addition, we can recite the Holy Quran or learn new languages.

In short, we need to have both a healthy body and mind to enjoy a long life. This should start now while we are still young.

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Unit 7

The importance of sleep

أهمية النوم

(Expository)

Outline

Introduction: Experts advise us that sleep is vital for a person's wellbeing.

Body:

P1. Reasons for sleep:

- amount of sleep needed
- age/genetic make-up
- having a good memory
- better at school or work

P2. Lack of sleep:

- many health problems
- bad memory and fatal mistakes
- be very tired
- low quality of life

Conclusion:

In short, having enough sleep makes us enjoy our life and be healthy.

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Experts advise us that sleep is vital for a person's wellbeing. They also warn that sleep loss leads to many health problems. This essay will explain why we need sleep and problems caused by the lack of it.

We need to sleep when we get tired after doing much effort. However, the amount of sleep needed varies based on several factors. Some of those are age and the genetic make-up. Getting enough sleep helps us have a good memory. This will make us better at study or work.

But what would happen if we didn't have enough sleep? We would suffer from a bad memory or lose focus. This would result in making fatal mistakes or accidents. Moreover, we would not be physically fit because we would be very tired. This in turn would lead to a low quality of life.

In short, having enough sleep makes us enjoy our life and be healthy.

Unit 7

Respecting the elderly

احترام كبار السن

(Expository)

Outline

Introduction:

To care for the elderly who once cared for us is a noble act.

Body:

P1. Reasons for caring for them:

- cared for us
- worked hard to provide for us
- Islam urges us to respect and honour them
- they became weak and helpless.

P2. Ways of showing gratitude:

- help them do simple tasks.
- hold doors for them.
- listen to their advice.
- help them visit or call their friends

Conclusion:

In short, we would like to be cared for as we do with our elders today.

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To care for the elderly who once cared for us is a noble act. We have to show them respect and gratitude. This essay will discuss *reasons for showing them respect* and *ways for doing that.*

First of all, they deserve our respect and gratitude. They worked hard to provide for us. They used to spend all their time caring for us. Above all, Islam urges us to respect and honour our elders. Finally, they need our care and help as they became weak and helpless.

Second of all, we can show them gratitude in many ways. We can help them do simple tasks. For example, holding doors open for them. Moreover, we should listen carefully to their advice. In addition, we can help them visit or call their friends and loved ones.

In short, we would like to be cared for as we do with our elders today.

Unit 7

Geriatric homes for/against

دور كبار السن

(Argumentative)

Outline

Introduction: Geriatric homes are not common in the Arab world.

Body: **P1. People for:**

- they need medical care
- have no one to care for them
- can't do simple tasks
- a burden to their families

P2. People against:

- duty of the family to look after them
- they feel unwanted
- younger people benefit from their experience
- Islam teaches children to care for their parents

Conclusion: In short, I believe we must give the elderly the care and respect they deserve by living among their families.

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Geriatric homes are not common in the Arab world. Nowadays, some people are for sending the elderly to geriatric homes. Others are against the idea. This essay will present both views and state my own position on the issue.

On the one hand, some people claim that old people usually need medical care. They may have no one to care for them. Moreover, the elderly can't do simple tasks alone. Therefore, they can be a burden to their busy families.

On the other hand, others say that it is the duty of the family to look after its old members. Moreover, old people feel unwanted by their families if they stay in geriatric homes. In addition, younger people benefit from the experience of older people when they live together. Add to this, they can look after their grandchildren and help raise them. Above all, Islam teaches children to care for their parents at old age.

In short, I believe we must give the elderly the care and respect they deserve by living among their families.

Unit 8

City and village

القرية والمدينة

(Argumentative)

Outline

Introduction

Would you prefer to live in the city or in the country?

Body: Paragraph 1 : life in the city:

- fun places
- well-paid jobs
- good public services
- crowded/ pollution and heavy traffic

Paragraph 2 : life in the village:

- green lands
- cheaper and healthier
- fewer jobs
- poor public services

Conclusion:

To sum up, I believe that choosing a place to live depends on what we are looking for in life.

Would you prefer to live in the city or in the country? Many people enjoy living in cities while others prefer to live in villages. This essay will discuss both views and state my position on the issue.

On the one hand, some people say that a city has a lot of fun places like cinemas and shopping malls. A city has also good public services. Moreover, it is easy to get good paid jobs in cities. However, a city has some disadvantages, as it is crowded. A city is full of pollution and heavy traffic, as well.

On the other hand, others prefer life in the country for many reasons. There are many green areas and fresh air in villages. Life is cheaper and healthier there. However, the village has its own disadvantages. It is difficult to get a good job in villages. In addition, villages have poor public services like those in cities.

To sum up, I believe that choosing a place to live depends on what we are looking for in life.

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Unit 9

Life in the past and nowadays

الحياة في الماضي والآن

(Argumentative)

Outline

Introduction:

People often talk about the past with regret, describing their past as happier.

Body: P1. life in past:

- people were simple
- no electricity or clean water
- travel using animals
- better social life

P2. life nowadays:

- more comfortable
- using technology
- travel /communication easier, faster

Conclusion: In short, I believe life nowadays is more enjoyable than life in the past.

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People often talk about the past with regret, describing their past as happier. Others think life nowadays is better. This essay will discuss both views and state my position on the issue.

On the one hand, some people say that life in the past was simpler but harder. Most people had no electricity or clean water in their homes. Moreover, people used to travel using animals. In addition, their games were simple and in groups. However, people had better social life. Finally, physical activities made them healthier.

On the other hand, others believe that life nowadays is more comfortable. People use technology everywhere. This saves their time, effort, and money. Also, travel and communication have become easier, faster and time-saving.

In short, I believe life nowadays is more enjoyable than life in the past.

Unit 9

Leisure activities now and then

أنشطة وقت الفراغ قديماً والآن

(Expository)

Outline

Introduction: How has the way people spend their free time changed over the years?

Body: **P1. Leisure activities in the past**

- playing cards.
- practicing handcrafts
- going fishing
- playing simple games



P2. Leisure activities nowadays

- watching T.V.
- surfing the net.
- using social media
- playing video games
- going shopping

Conclusion: In short, we should always spend our free time in a useful way.

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How has the way people spend their free time changed over the years? Leisure activities of the past are different from the ones of nowadays. This essay will compare those activities now and then.

In the past, people spent more time outdoors. Old people used to meet in diwaniyas. They used to play cards or chat about daily issues. Some of them used to practice some handcrafts. Furthermore, people used to go fishing and pearl diving. Children used to play simple games in groups like Dawama and amber.

Nowadays, people rely on technology in everything. People spend their free time watching TV or surfing the Internet. Besides, many young people spend their time using social media and playing video games. Finally, some people prefer going shopping at malls.

In short, we should always spend our free time in a useful way.

Unit 10

Extreme Sports

الرياضات الخطرة

(Argumentative)

Outline

Introduction: What do you think of people who take part in extreme sports?

Body: **P1. People for doing such sports:**

- to seek fame
- to overcome fears
- to set world records
- to gain money



P2. People against doing such sports:

- losing lives
- serious injuries
- being sick, or exhausted
- lose contact and get lost.

Conclusion: In short, I think there is no need to risk our lives for doing such sports.

What do you think of people who take part in extreme sports? Some people are for doing such sports. Others are against. This essay will discuss both views and state my position on the issue.

On the one hand, some people are for doing extreme sports for many reasons. First, some young people seek fame worldwide. Moreover, some tend to do these sports to overcome their fears. Setting world records and gaining much money are other strong reasons.

On the other hand, others are against doing such sports. First, they say that many young people lose their lives. Second, they may face serious injuries. Third, they may face other dangers like being sick, or exhausted. Finally, they may lose contact and get lost.

In short, I think there is no need to risk our lives for doing such sports.

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Unit 11

Space Exploration

استكشاف الفضاء

(Argumentative جدلي)

Outline

Introduction: Space exploration is a great adventure that allows us to learn about the universe beyond Earth.

Body:

P1. People who are for space exploration

- Help solve problems on Earth
- Aircraft industry
- Medical field
- spinoff benefits

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P2. People who are against space exploration

- A waste of time
- Solve problems on earth
- Risky
- Away from family

Conclusion: In conclusion, space exploration has both pros and cons. However, I think it will be better if we help people in poor countries and solve our environmental problems.

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Space exploration is a great adventure that allows us to learn about the universe beyond Earth. However, Some people are for doing it, while others are against the idea. This essay will discuss both views and state my position on the issue.

On the one hand, some people are for space exploration. They claim that it helps solve many problems on earth. For example, space technology has made aircraft lighter and faster. In addition, space technology is now used in medicine, communications, GPS and more. Furthermore, the technologies developed for space exploration often have spinoff benefits to improve our daily lives on Earth.

On the other hand, other people argue that space exploration is a waste of time and money. They believe that such resources could be used to solve problems such as poverty and hunger. Additionally, space exploration is risky, as astronauts may suffer from health issues or lose their lives. Moreover, astronauts stay away from their families and friends for so long.

In conclusion, space exploration has both pros and cons. However, I think it will be better if we help people in poor countries and solve our environmental problems.

Unit 11

Space Exploration

استكشاف الفضاء.

(Expository تفسيري)

Outline

Introduction: Space exploration is a great adventure that allows us to learn about the universe beyond Earth.

Body:

P1. Advantages of space exploration

- Help solve problems on Earth
- Aircraft industry
- Medicine, communications
- Spinoff benefits

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P2. Disadvantages of space exploration

- A waste of time
- Solve problems on earth
- Risky
- Away from family

Conclusion: In conclusion, space exploration has both pros and cons. **However, it will be better if we help people in poor countries and solve our environmental problems.**

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Space exploration is a great adventure that allows us to learn about the universe beyond Earth. It helps us expand our knowledge of the unknown although it has some disadvantages. This essay will discuss both the advantages and disadvantages of space exploration.

On the one hand, there are some advantages of space exploration. First, it helps solve many problems on earth. For example, space technology has made aircraft lighter and faster. In addition, space technology is now used in medicine, communications, GPS and more. Furthermore, spinoffs developed for space exploration often have benefits to improve our daily lives on Earth.

On the other hand, space exploration has also some disadvantages. For one, it is a waste of time and money. Moreover, such resources could be used to solve problems such as poverty and hunger. Additionally, space exploration is risky, as astronauts may suffer from health issues or lose their lives. Finally, astronauts stay away from their families and friends for so long.

In conclusion, space exploration has both pros and cons. However, it will be better if we help people in poor countries and solve our environmental problems.

Unit 12

Child prodigy

الطفل المعجزة (العبقرى)

(Expository)

Outline

Introduction: A child prodigy is the one who has an outstanding talent or skill at a very early age.

Body: **P1. Advantages:**

- being famous
- being rich
- having creative ideas
- a lot of rewards

P2. Disadvantages:

- difficult to make friends
- feeling isolated
- may be treated differently
- difficult to enjoy childhood.

Conclusion: In short, parents, schools and governments have a duty towards those child prodigies.

A child prodigy is the one who has an outstanding talent or skill at a very early age. People educate their children at an early age to develop their talents and skills. However, being a child prodigy has advantages and disadvantages.

On the one hand, there are many advantages for being a talented child. A child prodigy will be famous. Therefore, he may also be rich. He will get lots of creative ideas to help the world. Finally, prodigies also get a lot of rewards.

On the other hand, there are some disadvantages for being a prodigy. First, it is always difficult to make friends. So, a child prodigy will always feel isolated. Second, he may be treated differently. So, A child prodigy will find it difficult to enjoy his childhood.

In short, parents, schools and governments have a duty towards those child prodigies.

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