



الإدارة العامة للتعليم الخاص  
مدرسة التميز النموذجية  
قسم اللغة الإنجليزية

English  
DEPARTMENT



المراجعة النهائية  
موضوعات التعبير  
الصف العاشر  
الفصل الدراسي الأول  
2024/ 2025



2024 / 2025



### Unit 1

#### **Write on the following topic:**

Your food choices each day may affect your health, how you feel today, tomorrow, and in the future.

Plan and write **an essay** of **12 sentences** (140 words) **explaining the dangerous effects of fast food and the types of food we should have.**

### Outline

#### **Introduction:**

"Health is wealth." Nothing is better than having the right food.

#### **Body:**

Paragraph 1: **Fast foods have many dangerous effects.**

- dangerous effects
- avoid having fast foods.
- health problems ( obesity – high blood pressure)

Paragraph 2: **Types of food we should have.**

- Probiotic drinks • Green tea
- The RDA of food elements
- (fats, proteins, minerals, carbs, water, vitamins and iron.

#### **Conclusion:**

We have to eat the right food to enjoy life.



## Negative effects of fast food

“Health is wealth.” Nothing is better than having the right food. It's never been easier to eat healthily.

Some people think that fast food is easier and cheaper than eating healthily. That is not true because fast foods have many dangerous effects. They lead to many health problems. They cause obesity and high blood pressure. That's why we should avoid having fast foods.

There are many types of food we should have. Probiotic drinks are of great importance to lead a healthy life. They improve our immune system. In addition, they contain good bacteria. Moreover, having green tea is beneficial as it is full of antioxidants. We need to have the RDA of food elements like fats, proteins, minerals, carbs, water, vitamins and iron.

All in all it is now clear that we have to eat the right food to enjoy life. it is said that” we are what we eat”. Food and drinks, which contain antioxidants, are so good for our bodies. Antioxidants help combat diseases like cancer and arthritis.

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## Unit 1

### 2-Write on the following topic: (Expository)

Leading a healthy lifestyle is very important for us. Plan and write an essay of **12** sentences (**140** words) explaining the benefits of keeping fit and how to lead a healthy lifestyle.

#### Outline

##### **Introduction:**

"Health is the best wealth" is a fact in our life. Leading a healthy lifestyle is very important for us. We can do many things to live healthily.

##### **Body:**

##### **Paragraph 1: Benefits of keeping fit**

- do daily tasks better.
- feeling of complete social well-being.
- strong immune system.
- tip-top shape bodies.

##### **Paragraph 2: - How to lead a healthy lifestyle:**

- have food which contains all elements.
- do exercises daily / practise sport.
- have enough sleep / 8 hours a day.
- drink a lot of water.

##### **Conclusion:**

- keeping fit and healthy is everyone's wish in life.



## Healthy lifestyle

“Health is the best wealth” is a fact in our life. Leading a healthy lifestyle is very important for us. We can do many things to live healthily.

Keeping fit and healthy has many benefits. It helps us do our daily tasks better.

In addition, it gives us a feeling of complete physical, mental, social well- being.

Moreover, good health helps us to live a good, balanced, and healthy life.

When we are healthy, our immune system becomes strong and we can overcome viruses easily. More important still, healthy people have tip-top shape bodies.

To live a long healthy life, there are many things to do. First, we should have varied food which contains all the main elements. Doing exercises daily or practising any kind of sport is very important. In addition, we should have enough sleep hours daily, at least eight hours. Moreover, it is a must to drink a lot of water every day.

Drinking green tea and eating dark chocolate also help us live a long healthy life.

To conclude, living healthily is the wish of all people. We should do our best to keep fit and healthy and lead a happy life.



## Unit 2

Do you want to live peacefully and happily? Respecting other people and other faiths help us to achieve this.

Plan and write **an essay** of **12 sentences** (140 words) **explaining why respect is of great importance** and **Kuwait's role in spreading the culture of peace**.

### Outline

#### **\*Introduction:**

Do you want to live peacefully and happily? Respecting other people and other faiths helps us to achieve this.

#### **\*Body1: The importance of respect:**

- live happily and peacefully.
- value others' thoughts.
- consider others' needs and feelings.
- fewer conflicts and fewer fights.

#### **\*Body2: Kuwait's role in spreading peace:**

- organize conferences and seminars.
- encourage living in peace and harmony.
- promote mutual understanding.
- believe in peace and work to achieve it.

#### **\*Conclusion:**

Respect must be shown first before it is returned to you.



## Culture of peace

Do you want to live peacefully and happily? Respecting other people and other faiths helps us to achieve this. Kuwait plays an important role to spread peace and respect all over the world.

To live happily and peacefully, we should respect each other. By showing respect to others, we show that we value them and their thoughts. We can show respect by considering others' feelings, thoughts and needs. When we listen to others and be truthful with them, it's a sign of respect for them. In addition, if we respect others, there will be fewer conflicts and less fighting.

Kuwait does its best to spread peace and respect all over the world. It organizes conferences, seminars and programmes to promote mutual understanding, respect and peace. It also encourages people to live in a world of peace and harmony. It isn't enough to talk about peace. One must believe in it and work to achieve it as Kuwait does.

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To sum up, it is a must to treat others with respect to spread peace all over the world. Respect must be shown first before it is returned to you. Treat others the way you want to be treated by.



## Unit 3

### Building impressive buildings

#### **\*Introduction:**

Does it make a sense to build impressive buildings?

#### **\*Body1: - The importance of building impressive buildings.**

- attract tourists
- add beauty to the country
- good for the country's economy
- examples for some high-rise buildings in Kuwait

#### **\*Body2: - An example of High Impressive Buildings in Kuwait (The Avenues.)**

- Many shops
- Kids area.
- state-of-the-art entertainment

#### **\*Conclusion:**

Building impressive buildings has become a sign of a modern country.



## **Building impressive buildings**

Does it make a sense to build impressive buildings? So many countries like Hong Kong, Kuwait, UAE, Qatar and others build high impressive buildings to prove their economic power and prestige. There are many types of high buildings. Some of them are residential, governmental or commercial.

Building impressive buildings is important. These buildings attract people of all ages. In addition, they add beauty to the country. Furthermore, they attract tourists, which is good for the country's economy. Examples for some high-rise buildings in Kuwait are Kuwait Towers and 360° Kuwait. The Avenues in Kuwait is described as monumental as it contains many shops. It is a relaxing and good place where people can enjoy a stateof-the-art entertainment. Visitors can find restaurants, coffee shops and activities for everyone. Likewise, the family centre features the latest in edutainment technology.

All in all, it is now clear that building impressive buildings has become a sign of a modern country. Modern Technology has made it easier to build such buildings. One major benefits of these buildings is that they solve the problem of limited lands.



## Unit 4

### Computer games

#### **Introduction:**

Do you think computer games are useful or bad for young people?

#### **\*Body1: - Advantages of computer games.**

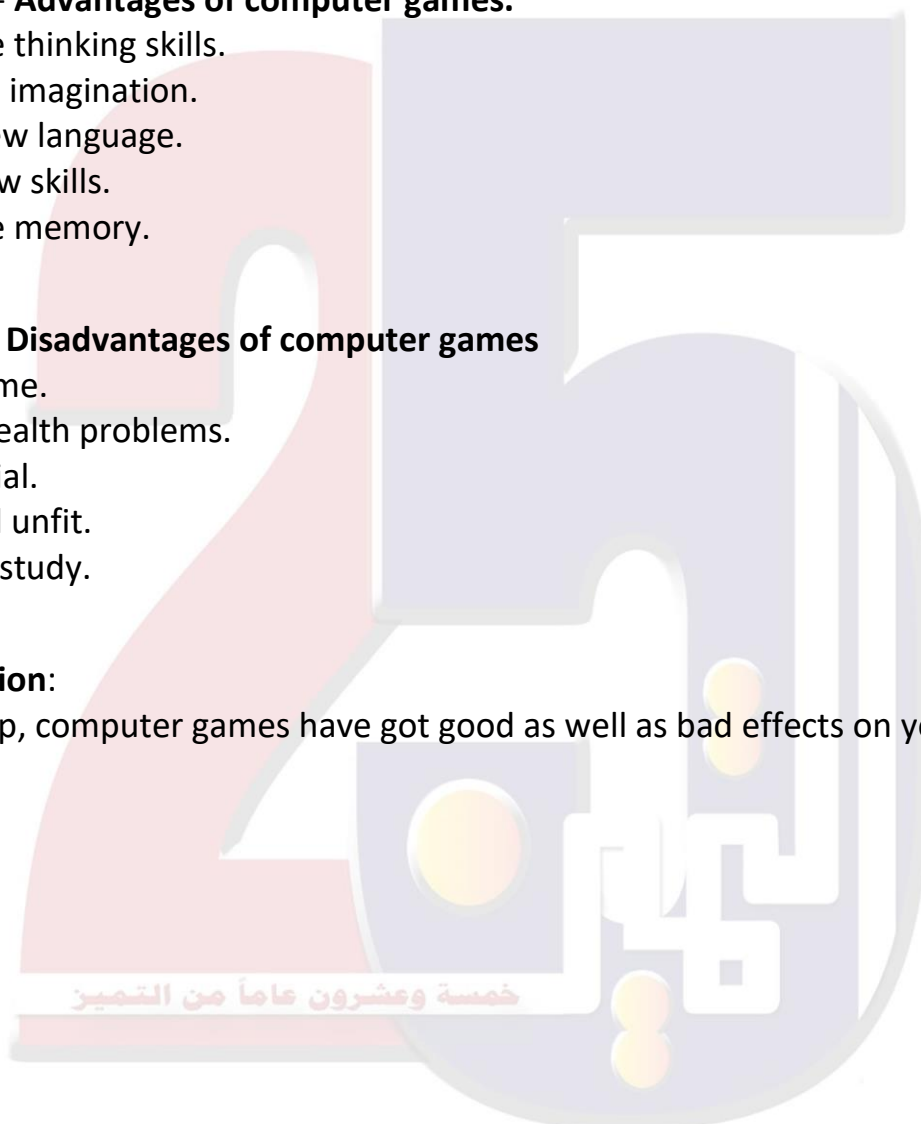
- improve thinking skills.
- develop imagination.
- Learn new language.
- learn new skills.
- improve memory.

#### **\*Body2:- Disadvantages of computer games**

- waste time.
- cause health problems.
- less social.
- lazy and unfit.
- neglect study.

#### **\*Conclusion:**

To sum up, computer games have got good as well as bad effects on young people.



## Computer games

Do you think computer games are useful or bad for young people?

Nowadays a lot of young people spend a lot of time playing them. They have good as well as bad effects on young people.

Computer games have many advantages. First, they improve young people's thinking skills. They also develop their imagination. In addition, playing games helps them learn new language and learn new skills. Moreover, they improve their memory and concentration.

On the other hand, computer games can be very harmful to young people. First, they waste a lot of time. They also cause health problems. In addition, they make young people less social. Moreover, too much gaming makes them lazy and unfit. Finally, the games cause young people to neglect their studies.

To sum up, computer games have got good as well as bad effects on young people. We should do our best to make use of the good sides and get rid of the bad ones.



## Unit 5

### Paralympics

#### **Introduction :**

Disability is not in man's body it is just a negative thought.

#### **Body**

##### **Paragraph 1 : The importance of the Paralympics:**

Living a normal life

Taking an active role in the society

Giving power and self- confidence.

##### **Paragraph 2: What has Kuwait done for them?**

built a sports club

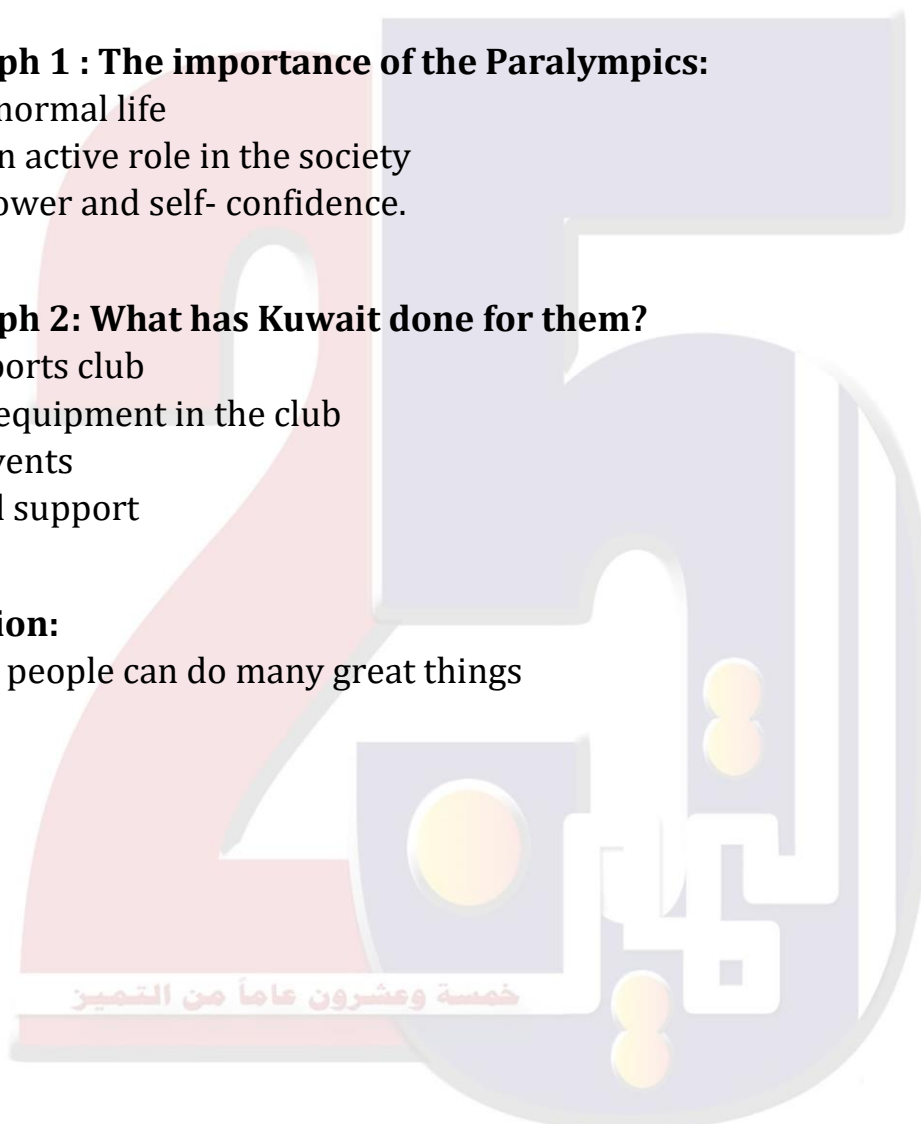
Modern equipment in the club

sports events

Financial support

#### **Conclusion:**

Disabled people can do many great things



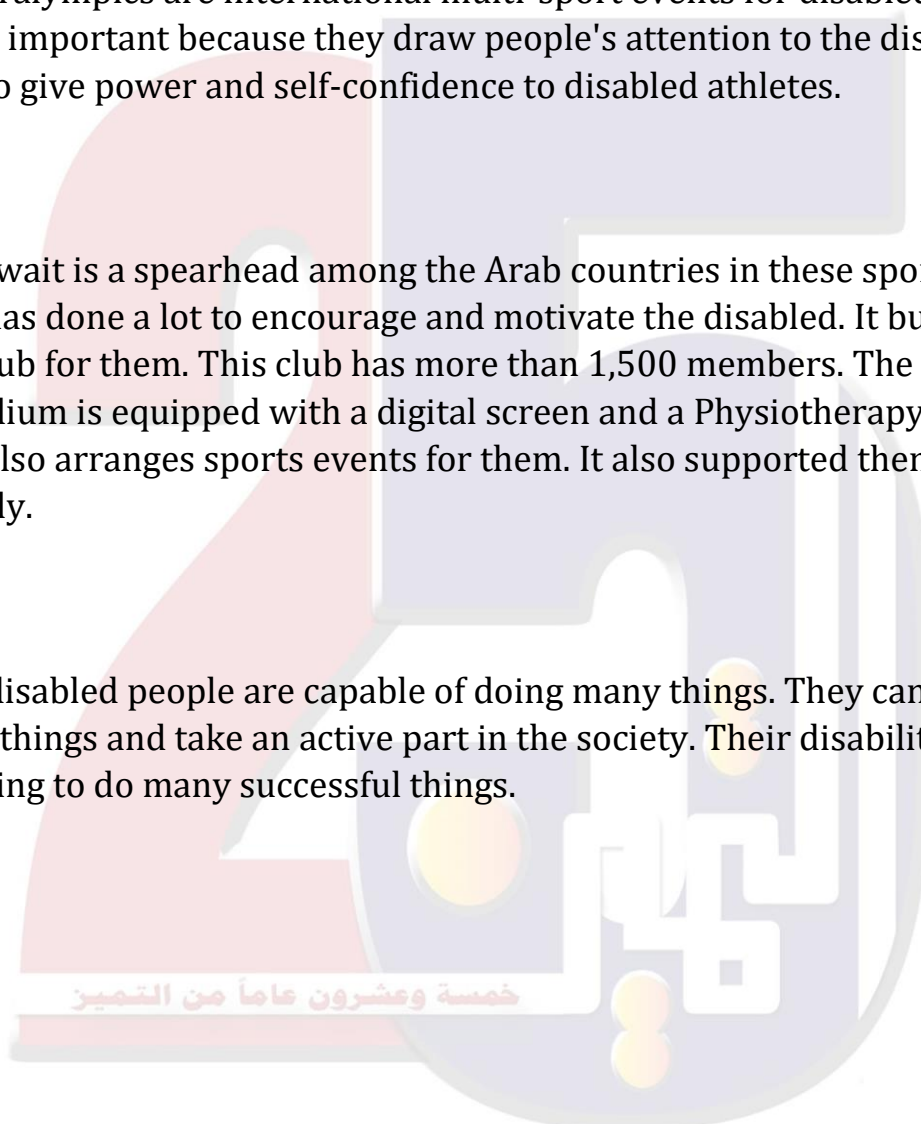
## Paralympics

Disability is not in man's body it is just a negative thought. In my essay, I am going to write about the importance of the Paralympics and the role of Kuwait in this field.

Paralympics are international multi-sport events for disabled people. They are important because they draw people's attention to the disabled. They also give power and self-confidence to disabled athletes.

Kuwait is a spearhead among the Arab countries in these sports. Kuwait has done a lot to encourage and motivate the disabled. It built a sports club for them. This club has more than 1,500 members. The track and field stadium is equipped with a digital screen and a Physiotherapy section. Kuwait also arranges sports events for them. It also supported them financially.

Finally, disabled people are capable of doing many things. They can do great things and take an active part in the society. Their disability is just a beginning to do many successful things.



## Unit 6

### **Saving endangered species**

#### **Introduction:**

Is it important for countries to protect animals and wild birds in the modern world? Saving endangered species is a noble task.

#### **Paragraph 1: The dangers that face animals and birds worldwide:**

Hunting rare animals  
Using pesticides  
Pollution  
Cutting trees  
poaching, habitat destruction

#### **Paragraph 2: How to save endangered species:**

Building natural reserves /Building sanctuaries  
removing dangerous toxins from the area  
Turning wastelands into reserves  
collecting money  
- Building nests, shelters.  
Providing dripping water, cleaning, not buying exotic animals, teaching....

#### **Conclusion:**

People should know about the threats and the suggestions to protect as much animals as possible. we should also be wise and take care of these animals to keep the balance of nature on earth.



## **Saving endangered species**

Is it important for countries to protect animals and wild birds in the modern world? Wildlife is essential for our life, so losing them means losing life itself.

There are many threats to the existence of animals. For example, People hunt rare animals and use pesticides. Also, forest fires, carbon monoxide from cars and buses contribute to their disappearance. Moreover, building new areas, roads and bridges through the forests and cutting trees is causing habitat destruction. In addition, poaching or illegal hunting is one of the dangers that face animals nowadays.

We can help protecting wild animals in many ways. we should after provide running and dripping water and turn wastelands into a home for animals. We can also provide food and shelter. Besides, we have to clean around our houses and clean wastelands. Moreover, we should raise awareness by teaching people about protecting animals. In addition, building sanctuaries is very important. For instance, Kuwait has built AlJahra pools nature reserve. This reserve helped animal and bird from the threats of extinction.

Finally, we should take care of these animals to keep the balance of nature on earth. Really, keeping wildlife means keeping nature beautiful.

خمسة وعشرون عاماً من التميز





مدرسة التميز النموذجية  
(ابتدائي - متوسط - ثانوي)  
الجهاز الفني التربوي

# منصات التميز التعليمية

لزيارة منصة التميز التعليمية في اليوتيوب امسح الباركود التالي :



لزيارة منصة التميز التعليمية في تليجرام امسح الباركود الخاص بقناة كل فصل مما يلي :



الصف الرابع



الصف الثالث



الصف الثاني



الصف الأول



الصف التاسع



الصف الثامن



الصف السابع



الصف السادس



الصف الخامس



الصف العاشر  
أدبي



الصف العاشر  
علمي



الصف الحادي عشر  
علمي



الصف الحادي عشر  
أدبي



الصف الثاني عشر



لزيارة صفحتنا في تويتر

لزيارة صفحتنا في الإنستقرام

عنواننا : خيطان - ق ٤ - ش ١٠٠

