

# Grade 10 first term compositions

## Healthy food

### Unit 1 Eating Healthy Food (We are what eat) (Healthy lifestyle) (The bad effects of fast foods)

It's never been easier to eat healthily. Some people think that fast food is easier and cheaper than eating healthily. Actually, nothing is better than having the right food. Probiotic drinks like Yakult and Actimel are of great importance to lead a healthy life as they improve our immune system. They contain good bacteria, which help our digestive process to absorb nutrients.

Food and drinks, which contain antioxidants, are so good for our bodies. Antioxidants help combat diseases like cancer and arthritis. In addition, they lower the cholesterol and improve the general immune system. We can find antioxidants in green tea. Some people follow a vegetarian diet so as to live a healthy lifestyle. Actually, a well-planned vegetarian diet can meet the needs of people of all ages, including children and teenagers. On the other hand, following a vegetarian menu irresponsibly can lead to malnutrition and health problems.

All in all, we need to have the RDA (The recommended daily allowance) of food elements like proteins, fats, minerals, water, iron, carbohydrates, and vitamins

### Unit 2 (The Culture of Peace) (Respecting Cultures)

People around the world, have very different lives and ways of living. People have different belief systems and usually live their lives according to what they believe to be right and wrong. We may be from different cultures but we are all of equal value. All cultures have a similar basic understanding about what is right and wrong. Learning to accept and respect other cultures is an important step that opens your mind to the world around you.

The Government of Kuwait has organized conferences, seminars and programmes to raise awareness and promote respect and understanding amongst Kuwaiti citizens.

All in all, it isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it. It is said that "It's different cultures that make the world go 'round at the end of the day."

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## **Unit 3 Building 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 (Tower). Some of them are residential, governmental, commercial.....etc.

Building impressive buildings like these is important. These buildings attract people of all ages as they add beauty to the country. In addition to this, 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. 360° shopping center in Kuwait is described as monumental as it contains many shops. It is a relaxing and good place where people can enjoy a state-of-the-art entertainment. Visitors can find the Techno Hub, Solar Garden, restaurants and activities for everyone. Furthermore, the family center features the latest in edutainment technology.

## **Unit 3 Building a new airport in your area**

An example of impressive buildings is the airport, which can be profitable. Some people are for while others are against building an airport. Those who are for state that travel will be easier to other countries. In addition, it will strengthen the economic growth of the country. Also, building a new airport will bring more money for the country. Furthermore, people won't go very far to reach the airport.

On the other hand, those who are against claim that it will bring more noise to the area. Also, it is bad for the weather. In addition, it will bring more traffic to the region and the area's dwellers might get annoyed.

All in all, it is now clear that building a new airport has merits and demerits. As I see, airports should be built away from schools. They should also be built away from residential areas.

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## Focus on Traditional Dress in Kuwait

Traditional Dress in Kuwait has always been important within Kuwait and still continues to be so. Kuwaitis take pride in their country and its traditions and this is expressed through the clothes they choose to wear. The Ghutra is a square scarf made of cotton. Not only is the Ghutra worn formally but also it can be worn casually, depending on the wearer's desire.

The Igal is a doubled black cord that is used to secure the Ghutra in place. The Dishdasha is an important symbol of equality and is so suited to the climate of the Middle East. The Dishdasha is sometimes also accompanied by a Bisht. This loose robe is worn on top of the Dishdasha, especially in colder weather.

The question is ; Why do Kuwaitis and other Gulf countries still wear traditional dress? The answer is so easy; simply, they take pride in their culture and traditions. Furthermore, it has Islamic roots which all Muslim countries stick to.

## Unit 4 Computer games

Games have been developed both in the technology they use and in the role, they play in the lives of people of all generations. Games are as likely to be played on a Smartphone or through Facebook as on a game console. They are more realistic and naturalistic and day after day, they become more convoluted.

The question is; what effect can be playing computer games have on young people? Actually, it has good as well as bad effects. Playing computer games can develop children's imagination and modern computer games used in gyms can make them healthier and fitter. The new type of joysticks used in games can improve the level of fitness as players can build up their muscles.

On the other hand, playing computer games for a long-time wastes time and may lead to many health problems like back pain, eye pain and headache. That is why parents of teenagers do not want their children to spend too much time playing computer or video games. They also say these games make them idle and out of shape. They spur aggressive behavior. They add, these games are detrimental to children's social development as children lose family communications.

Finally, we should know how to make use of our free time by maybe going out with our families and friend, going to gyms and going to libraries.

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## Unit 5 Paralympics

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.

To be a sports champion, you need some Psychological factors or mental factors. These factors can help or prevent sportspeople from being in the right "frame of mind" to perform well. Motivation and feedback are two main factors any athlete needs to succeed and achieve his goal. There are also some important skills needed to athletes like; patience, sacrifice, and self-discipline. The athlete's personality can affect his choice of sports and performance. Some extroverts like contact sports in which they can show direct aggression, such as boxing and football. Introverts are usually shy and prefer sports such as golf and they involve indirect aggression like volleyball.

The question is; which is more important to an athlete, natural ability, or determination to succeed? As I see, an athlete needs both natural ability and determination. If he fails to connect these forces, then his success is not guaranteed.

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## Unit 6 Animal extinction

Is it important for countries to protect animals and wild birds in the modern world? The answer is a strong Yes. The wild should be preserved so we do not lose any more precious creatures. Wild life in general is essential for our life, so losing them means losing life itself.

There are many threats to the existence of animals. People hunt rare animals and use pesticides. Furthermore, forest fires, carbon monoxide from cars, buses, and motorbikes, building roads through the forests and cutting trees contribute to their disappearance.

We all share the responsibility towards the disappearance of animals and birds. The governments and The WWF should prevent the wild life (the natural world) from destruction. We can help protecting wild animals in many ways; by looking after birds, providing running, or dripping water, removing dangerous toxins from the area, collecting money or turning wastelands into a home for animals.

Kuwait plays an important role in protecting rare animals and birds. Al-Jahra Pools Nature Reserve is one of the reserves Kuwait has built to care for these animals. It has become a crucial sanctuary for birds. Rare birds, animals, and plants from all over the world can be seen there. It offers vital protection for birds in Kuwait and in the Middle East. It is fenced off to provide refuge from hunting. The reserve has become a crucial center for conservation, propagation, education and research .