

# Grade 10.

## Composition [Expository Writing]

### Unit 1 Expository Essay

There are many eating places in Kuwait. Some of them serve healthy food, whereas others serve fast food.

**Plan and write an essay of 12 sentences (140 words), showing the differences between eating places, with regard to the ingredients and ways of cooking.**

Are people aware of what they are eating every day? A recent study showed that the proportion of people eating out regularly has increased dramatically. This rapid increase has made restaurants think more and more about their menus. Some restaurants serve fast food, whereas others serve healthy food.

McDonald, KFC and other similar fast food restaurants attract the young. Although their meals are not healthy, they appeal to most young people. Fast food is often made with cheaper ingredients such as high-fat meat, refined grains, added sugar and fats. The food is also cooked in hot oil. In addition, people often drink soda, which are high in sugar, when they eat fast food.

Because many people are now more aware of the detriment of fast food, some restaurants have started to meet the recent consumer demand for healthy options. This kind of restaurants serve dishes with nutritious ingredients such as lean meats, whole grains, fresh fruits, and vegetables. Even famous fast food chains have updated their menus to include healthier options. For example, some chains no longer serve foods with unsaturated fat, and many have menu items that contain fruits and vegetables. Some menus even have special items labeled as "light".

It's helpful to remember that with fast food, moderation is important. Having too much over a long period of time can lead to health problems such as high blood pressure, heart disease, and obesity.

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A sound mind is in a sound body. To have a healthy body, you should eat healthy food.

**Plan and write an essay of 12 sentences (140 words) about the benefits of a balanced diet on our health.**

Healthy eating doesn't mean avoiding the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood. You do not need to remove certain types of food from your diet, but you should select the healthiest options from each type.

A balanced diet should include protein to give you energy and support mood and cognitive function. Having a moderate amount of healthy fat is also necessary. You should stick to unsaturated fat as they can protect your brain and heart. A healthy diet mustn't lack fibre. Eating foods high in dietary fiber can help you protect your digestive system. It can also improve your skin and even help you to lose weight.

How to strengthen your bones? Whatever your age or gender, it's vital to include calcium-rich foods in your diet. Get enough magnesium and vitamins D and K to help calcium do its job. Not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. To make sure you get enough vitamins and minerals, add more fruit and vegetables to your diet. They are full of vitamins, minerals, antioxidants, and fiber.

Following a healthy diet doesn't have to be too complex. The crucial thing is to replace processed food with natural one.

## Composition [Expository Writing]

### Unit 4 Expository Essay

Computer games are a means of entertainment for both teenagers and adults. They might also have bad effects.

**Plan and write an essay of 12 sentences (140 words), explaining the positive and negative effects of computer games.**

These days young people are spending more of their free time playing computer games than ever before. Although there are numerous benefits to playing quality computer games, there are also many known negative effects associated with excessive gaming.

On the one hand, addiction to computer games might lead to health problems. For example, sitting in one position for a long time, children may be at risk of gaining extra weight due to lack of daily exercise. Children's eyesight might get worse because they are constantly staring at the computer. Addiction to these games deprive children from getting enough social interaction at home causing lack of social skills.

On the other hand, some scientists state that choosing the right educational computer games develop intelligence. This helps children learn problem-solving skills and eye-hand coordination. Children may also develop the ability to think fast and think of multiple things all at once. Skills obtained from playing computer games may help your child learn quickly when it comes to his studies.

How to reduce the negative effects of computer games? First, it is a good idea to have strict time limits for gaming. Second, place computers in public areas such as the living room! This will allow you to control both the amount and the quality of media they consume.

## Composition [Expository Writing]

### Unit 6 Expository Essay

‘The greatness of a nation can be judged by the way its wildlife is treated.’

**In about 12 sentences (140 words), plan and write an essay about the importance of wildlife/ saving wildlife.**

Wildlife is a precious gift of God to this planet. Unfortunately, the natural habitats of animals and plants are being destroyed for land development and farming by humans. Poaching and pollution are other great factors contributing to wildlife extinction. Here are some reasons why it becomes a great responsibility to save wildlife.

Wildlife plays a crucial role in helping humans to grow their crops and get their food. HOW? The fruits and vegetables that we get from plants are a result of a process called pollination. Now, for the pollination to occur, birds, bees and insects play an important role. Crops growth can be significantly affected if the birds and insects are reduced in numbers.

Wildlife also plays a significant role in keeping the environment clean and healthy. Many micro-organisms, bacteria and earthworms feed on plant and animal wastes. In this process, these micro-organisms decompose wastes and release their chemicals back into the soil. Well! This is not all. Eagles and vultures also contribute to the nature in great ways. These cleaners help remove the dead bodies of animals thereby, keeping the environment healthy.

The extinction of wildlife species will certainly have a fatal impact on human race as well. So, for us as humans, it becomes a great responsibility to save the wildlife, our planet and most importantly, our own selves. ‘If conservation of our wildlife goes wrong, nothing else will go right.’