

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

**Introduction :** “Health is wealth.”

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

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

**Body 2 :** The 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.



“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.

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.

**Following a vegetarian lifestyle, advantages and disadvantages.**

**Introduction :** Some people follow a vegetarian diet so as to live a healthy lifestyle.

**Body 1 :** Why do some people depend greatly on vegetables as their main food?

• Types of food they eat	• The benefits of vegetarian diets
• Types of food they avoid	

**Body 2 :** The demerits of vegetarian menu

• lack of certain nutrients	• leads to malnutrition
• health problems	

**Conclusion:** A vegetarian needs to make careful choices about his diet.



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. On the other hand, following a vegetarian menu irresponsibly can lead to health problems.

Some people depend greatly on vegetables as their main food. They don't eat meat, chickens or fish. A person who chooses not to eat meat may enjoy better health, because they will eat more plant-based foods, and because they may be more active. A vegetarian diet reduces the risk of heart disease, obesity and some types of cancer, leading to a longer life. It may lead to weight loss.

On the other hand, people who do not eat meat or fish may lack certain nutrients, especially if they are not consuming eggs or dairy products. Moreover, it leads to malnutrition. Becoming a vegetarian will not guarantee good health or a healthy diet. Anyone is at risk of poor health if they follow a vegetarian lifestyle without planning.

Finally, a vegetarian needs to make careful choices about their diet, and to eat a wide variety of foods to ensure that they meet their nutritional needs. Some vegans may need to take supplements.

( The Culture of Peace ) ( Respecting Cultures ) ( UN General Assembly meeting ) ( His Highness as A humanitarian leader ) ( The role of Kuwait in improving peace ) Respecting other cultures

**Introduction :** People of different cultures are of equal values.

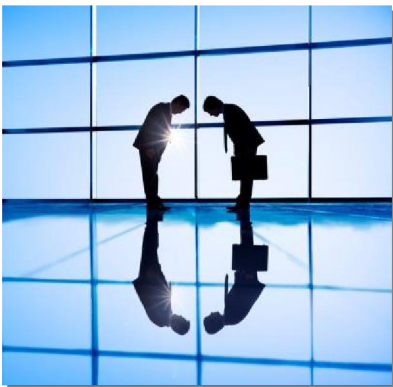
**Body 1 :** All cultures have a similar basic understanding about what is right and wrong.

<ul style="list-style-type: none"> <li>• accepting and respecting other cultures</li> </ul>	<ul style="list-style-type: none"> <li>• raising awareness</li> </ul>
<ul style="list-style-type: none"> <li>• promoting respect and understanding</li> </ul>	

**Body 2 :** How and Why can we show respect to people who are different from ourselves ?

<ul style="list-style-type: none"> <li>• live in peace and harmony</li> </ul>	<ul style="list-style-type: none"> <li>• understand each other</li> </ul>
<ul style="list-style-type: none"> <li>• share happiness and sorrows</li> </ul>	

**Conclusion:** We must believe in respect and work at it.



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.

Accepting people who are different from ourselves is very important. Respecting people from different faiths and creeds is important. It lets us live in peace and harmony. moreover, we will understand each other. We should share them their festivals, happiness and sorrows.

All in all, it isn't enough to talk about respect. One must believe in it. And it isn't enough to believe in it. One must work at it.

**Building impressive buildings ( How can a mall appeal to everybody)**

**Introduction :** Does it make a sense to build impressive buildings?

**Body 1 :** The importance of building impressive buildings.

<ul style="list-style-type: none"> <li>• attract tourists</li> </ul>	<ul style="list-style-type: none"> <li>• good for the country's economy</li> </ul>
<ul style="list-style-type: none"> <li>• add beauty to the country</li> </ul>	<ul style="list-style-type: none"> <li>• Examples for some high-rise buildings in Kuwait</li> </ul>

**Body 2 :** One example of high impressive Buildings in Kuwait ( 360 Shopping Centre)

<ul style="list-style-type: none"> <li>• contains many shops</li> </ul>	<ul style="list-style-type: none"> <li>• edutainment technology.</li> </ul>
<ul style="list-style-type: none"> <li>• state-of-the-art entertainment</li> </ul>	

**Conclusion:** Building impressive buildings has become a sign of a modern country.



**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, commercial.....etc.

Building impressive buildings like these 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.

360° shopping centre 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. 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.

**Building a new airport in your area( advantages and disadvantages)**

**Introduction :** Countries all over the world are interested in building new airports for many reasons.

**Body 1 :** Those who are for:

• travel will be easier	• Travel will be faster.
• strengthen the economic growth	

**Body 2 :** Those who are against:

• bring more noise	• noise pollution
• bring more traffic	

**Conclusion:** Building a new airport has merits and demerits.



Countries all over the world are interested in building new airports for many reasons. An example of impressive buildings is the airport, which can be profitable. Some people are for while others are against building an airport near the City Centre.

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. Travel will be faster.

On the other hand, those who are against claim that it will bring more noise to the area. Also, it causes noise pollution. 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. It has two faces one good and one bad. As I see, airports should be built away from schools. They should also be built away from residential areas.

## Congestion: a serious and worsening problem

**Introduction :** Traffic Congestion forms a great risk on the society.

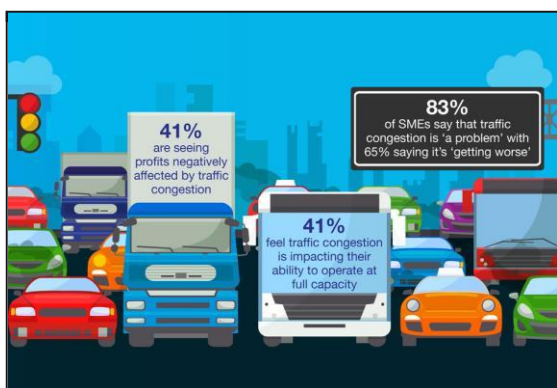
**Body 1 :** The negative effects of Traffic Congestion

<ul style="list-style-type: none"> <li>• causes a lot of noise</li> </ul>	<ul style="list-style-type: none"> <li>• health problems</li> </ul>
<ul style="list-style-type: none"> <li>• leads to pollution</li> </ul>	

**Body 2 :** Some suggestions to deal with the problem.

<ul style="list-style-type: none"> <li>• build more tunnels and flyovers</li> </ul>	<ul style="list-style-type: none"> <li>• Using other means of transportations</li> </ul>
<ul style="list-style-type: none"> <li>• share cars with others.</li> </ul>	

**Conclusion :** Traffic congestion is a serious problem that needs immediate solution.



Traffic congestion has been increasing all over the world. It will continue to get worse, forming a great risk on people and the country. Congestion is mainly because of the intensive use of automobiles.

Traffic congestion has a negative impact on people and the society. It causes a lot of noise. In

addition, it leads to pollution. Furthermore, it causes health problems. People become nervous and this leads to health problems.

We should act quickly to solve this problem. There are many suggestions to deal with the problem. We can build more tunnels and flyovers. Furthermore, we can share cars with others. Moreover, we can try other means of transportations like bikes, electric cars and buses.

All in all, it is now clear that congestion is a serious problem that needs immediate solution. We must raise people’s awareness of the problem and the solutions. By solving traffic congestions, people’s health will improve.

**Positive and Negative effects of Computer Games ( advantages and disadvantages)**

**Introduction :** Computer games have been developed dramatically nowadays.

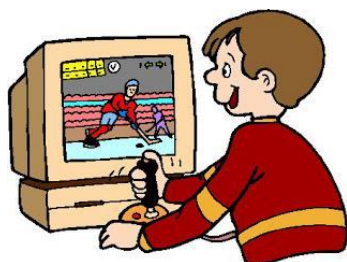
**Body 1 :** The good effects of playing computer games.

<ul style="list-style-type: none"> <li>• develop children’s imagination</li> </ul>	<ul style="list-style-type: none"> <li>• modern games make them fitter.</li> </ul>
<ul style="list-style-type: none"> <li>• learn a new language</li> </ul>	

**Body 2 :** The bad effects of playing computer games.

<ul style="list-style-type: none"> <li>• wastes time</li> </ul>	<ul style="list-style-type: none"> <li>• health problems</li> </ul>
<ul style="list-style-type: none"> <li>• wastes time</li> </ul>	<ul style="list-style-type: none"> <li>• Kids become idle and out of shape</li> </ul>

**Conclusion:** Parents should act quickly to avoid the bad effects of playing 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 can 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. In addition, Kids can learn a new language.

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 are detrimental to children’s social development as children lose family communications because of spending too much time alone playing these games. These games lead children to social isolation.

Finally, kids’ parents should act quickly. They can set time limits of using these games to avoid the bad effects of these games.

Paralympics ( disability is not in man's body it is just a negative thought)

What has Kuwait done for the disabled? What is our role and the government's role towards the disabled?

**Introduction** : Paralympics are important because they draw people's attention to the disabled.

**Body 1** : What has Kuwait done for them?

built a sports club	Modern equipment is the club
sports events	

**Body 2** : The skills and the Psychological factors they need.

Motivation and feedback	Choosing the sport they like
need some skills like ( patience, sacrifice, and self-discipline. )	

**Conclusion**: Disabled people can do many great things.



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.

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. Sports people, especially the disabled need to choose the sport they like to perform well.

Finally, disabled people as disabled 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 great things.



**Animal extinction( the importance of animals ) (what should be done to protect rare animals?)**

**Introduction :** Is it important for countries to protect animals and wild birds in the modern world?

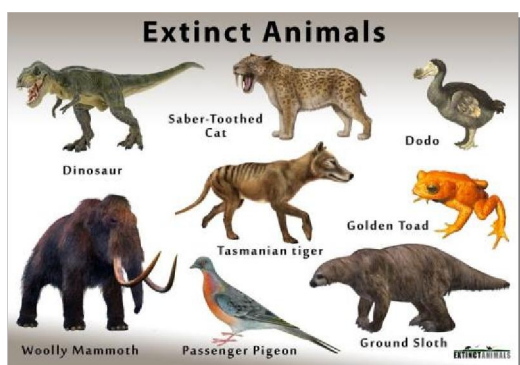
**Body 1 :** There are many threats to the existence of animals.

• Hunting rare animals	• Pollution
• Using pesticides	• Cutting trees

**Body 2 :** How can we help save animals?

• Building natural reserves	• Turning wastelands into reserves
• removing dangerous toxins from the area	• collecting money

**Conclusion :** Kuwait plays an important role in protecting rare animals and birds.



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.