

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

Introduction

Thesis : In my essay, I am going to write about the dangers of having fast foods and the types of food we should have.

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 are what we eat.

The topic

“Health is wealth.” Nothing is better than having the right food. It's never been easier to eat healthily. In my essay, I am going to write about the dangers of having fast foods and the types of food we should have.

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 must 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.

Unit 1 Following a vegetarian lifestyle, advantages and disadvantages.

Introduction :

Hook : Following a vegetarian diet, a blessing, or a curse!

Thesis: In my essay, I am going to write about the vegetarian menu, advantages and disadvantages.

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.

The topic

Following a vegetarian diet, a blessing, or a curse! Some people follow a vegetarian diet to live a healthy lifestyle. In my essay, I am going to write about the vegetarian menu, advantages and disadvantages.

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. A vegetarian diet reduces the risk of heart disease, obesity and some types of cancer, leading to a longer life. Moreover, 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. In addition, 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.

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

Introduction :

Hook : People of different cultures are of equal values.

Thesis : In my essay, I am going to write about respecting other cultures.

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

- accepting and respecting other cultures
- promoting respect and understanding
- raising awareness

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

- live in peace and harmony
- understand each other
- share happiness and sorrows

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

The topic

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.

Unit 2 Peace

Introduction :

Hook : Peace is a state of mutual harmony between people.

Thesis : In my essay, I am going to write about peace, how to achieve it, its importance and the role of Kuwait in achieving it.

Body 1 : How to achieve peace?

- accepting and respecting other cultures
- showing respect for others
- promoting respect and understanding

Body 2 : The importance of peace and the role of Kuwait to achieve it.

- live in harmony
- raising awareness
- arranging workshops and seminars

Conclusion: Without peace, we would live a miserable life and we might end up with problems and struggles.

The topic

Peace is a state of mutual harmony between people or groups, societies especially in personal relations. In my essay, I am going to write about peace, how to achieve it, its importance and the role of Kuwait in achieving it.

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

The Government of Kuwait has organized conferences, seminars and programmes to raise awareness and promote respect and understanding amongst Kuwaiti citizens. Furthermore, it is fruitful to live in peace and 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.

All in all, it is now clear that without peace, we would live a miserable life and we might end up with problems and struggles. We need to raise people's awareness to further the culture of peace.

Unit 3 Building impressive buildings (How can a mall appeal to everybody)

Introduction :

Hook : Does it make a sense to build impressive buildings?

Thesis : In my essay, I am going to write about the importance of building impressive buildings and the Avenues as an example.

Body 1 : The importance of building impressive buildings.

- attract tourists
- good for the country's economy
- add beauty to the country

Body 2 : One 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.

The topic

Does it make a sense to build impressive buildings? In my essay, I am going to write about the importance of building impressive buildings and the Avenues as an example.

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. An example for some high-rise buildings in Kuwait is The Avenues.

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 state-of-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 benefit of these buildings is that they solve the problem of limited lands.

Unit 3 Building a new airport in your area(advantages and disadvantages)

Introduction :

Hook : Building a new airport, a blessing or a curse!

Thesis : In my essay, I am going to write about the pros and cons of building a new airport.

Body 1 : The Pros of building a new airport.

- travel will be easier
- Good for the economy
- Travel will be faster.
- More jobs for young people

Body 2 : The Cons building a new airport.

- Bringing noise
- bringing more traffic
- Costing a lot of money

Conclusion: Airports should be built away from the city Centre.

The topic

Building a new airport, a blessing or a curse! Countries all over the world are interested in building new airports for many reasons. In my essay, I am going to write about the pros and cons of building a new airport.

For its bright side, 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 and travel will be faster.

On the other hand, it will bring more noise to the area. Likewise, 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. So, Airports should be built away from the city Centre. They should also be built away from residential areas.

Unit 4 Positive and Negative effects of Computer Games (advantages and disadvantages)

Introduction :

Hook : Computer games have been developed dramatically nowadays.

Thesis : In my essay, I am going to write about The good and the bad effects of playing computer games.

Body 1 : The good effects of playing computer games.

- Developing imagination • modern games make them fitter.
- learn a new language

Body 2 : The bad effects of playing computer games.

- wasting time • health problems
- socially isolated • Kids become idle and out of shape

Conclusion: Parents should act quickly to avoid the bad effects of playing computer games.

The topic

Computer games have been developed dramatically nowadays. In my essay, I am going to write about the good and the bad effects of playing computer games.

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. 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. They spend 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.

Unit 5 Paralympics (Disability)

Introduction :

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

Thesis : In my essay, I am going to write about The importance of the Paralympics and the role of Kuwait in this field.

Body 1 : The importance of the Paralympics:

- Living a normal life
- Taking an active role in the society
- Giving power and self confidence

Body 2: What has Kuwait done for them?

built a sports club Modern equipment is the club
sports events

Conclusion: Disabled people can do many great things.

The topic

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.

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 2 My favourite book

Introduction :

Hook : Books are friends who never leave your side. One boom that will always be my favourite is Harry Potter.

Thesis : In my essay, I am going to write about my favourite book, Harry Potter and the moral beyond the story.

Paragraph 1: What is Harry Potter and who wrote it?

Idea 1 : A series of books

Idea 2 : Authored by J.K. Rowling

Idea 3 : Containing seven books

Paragraph 2 : The moral beyond the story

Idea 1 : Teaching the importance of friendship

Idea 2 : The value of a good friend

Idea 3 : No one is perfect

Conclusion: This series taught me the meaning of hope and how there is light at the end of the tunnel.

The Topic

Books are friends who never leave your side. They have the power to help us travel through worlds without moving from our places. I have read several books. However, one boom that will always be my favourite is Harry Potter. It is one of the most exciting reads of my life.

Harry Potter was a series of books authored by one of the most eminent writers of our generation, J.K. Rowling. J.K. Rowling has been so successful at weaving a picture of this world, that it feels real. Although the series contains seven books, I have a particular favourite. My favourite book from the series is The Goblet Of Fire. When I started reading the book, it caught my attention instantly. Even though I had read all the previous parts, none of the books caught my attention as this one did. It gave a larger perspective into the world.

Even though the books are about the world of wizards and magic, the Harry Potter series contains a lot of lessons for young people to learn. Firstly, it teaches us the importance of friendship. I have read many books but never come across a friendship like that of Harry, Hermoine, and Ron. These three characters stuck together throughout the books and never gave up. It taught me the value of a good friend. Furthermore, the series

of Harry Potter taught me that no one is perfect. Everyone has good and evil inside them. We are the ones who choose what we wish to be.

Finally, these books gave me hope. They taught me the meaning of hope and how there is light at the end of the tunnel. There were many movies made in the books. Therefore, the Goblet of Fire remains to be my favourite book.

My favourite author

Introduction :

Hook : Everyone has at least one favorite author they never get bored of. I find Roald Dahl one of the best novelists and he is my favourite one.

Thesis: In my essay, I am going to write about my favourite author, Roald Dahl's, his early life and why I like him.

Paragraph 1: Roald Dahl's personal information and his early life.

Idea 1 : a children's writer

Idea 2: was born in Wales in 1916

Idea 3 : passed away in 1990

Paragraph 2 : Why do I like Roald Dahl?

Idea 1 : keeping the minds of children alert

Idea 2 : his famous books

Idea 3 : his simple and different language

Conclusion:

His books are relevant even today and the lessons still apply to this world and will do for good.

The Topic

Everyone has at least one favorite author they never get bored of. I find Roald Dahl one of the best novelists and he is my favourite one.

Roald Dahl was a children's writer who entertained millions of kids with his unique style and unusual characters. He filled our childhood with tales of giants, witches and more. Roald Dahl was born in Wales in 1916. He wrote with a pencil in a yellow paper in his beginning as a writer. His books sold millions of copies worldwide. Dahl suffered from a blood disease and passed away in 1990, after winning the hearts of millions of kids.

Roald Dahl was an excellent writer. He knew how to keep the minds of children alert. Some of his famous books were Charlie and the Chocolate Factory, Matilda, The BFG, The Gremlins and more. I like Roald Dahl for his sense of humor and creativity.

Most importantly, the illustrations in his books always fascinated me. The unusual characters with unique personalities were a delight to read. Furthermore, Roald Dahl has a way with words. His language is so simple yet so different, that it makes it easy for children to understand what he is trying to convey. Moreover, all of his books had lessons worth learning.

Everyone must read at least one Roald Dahl book for the sheer joy they bring. In addition, we must suggest children read his books for going on exciting adventures full of giants, witches, and more. In conclusion, the illustrations in Roald Dahl's books made it even more interesting to read them. His books are relevant even today and the lessons still apply to this world and will do for good.