



Grade 10 Ideas For Writing 2023 / 2024



Unit 1

“ 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 **what should you do to be in a tip-top shape** and **how this can affect your health in the future.**

Introduction : Everyone knows that a sound mind is in a sound body. In this essay, I'm going to write about what healthy diet should include and how it can affect your health in the future.

1- What should you do to stay in a tip-top shape :

- You should do exercises.
- You should eat healthy food like fruits & vegetables.
- You should practice your favourite sport.
- You should drink green tea as it is rich in antioxidants.
- You shouldn't forget to drink a lot of water.

2- How this can affect your health in the future :

- We will avoid obesity.
- We will be in a tip-top shape.
- We will be fit and strong.
- We will be active and live longer.
- Our immune system will be stronger.

Conclusion : To sum it all up, I advise all people to do their best to stay healthy .

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Introduction : Everyone knows that a sound mind is in a sound body. In this essay, I’m going to write about what healthy diet should include and how it can affect your health in the future.

1- What healthy diet should include :

- Green tea is rich in antioxidants.
- Dark chocolate helps to metabolize sugar.
- Probiotic drinks are full of good bacteria.
- Fruits and vegetables are rich in vitamins.
- We shouldn’t forget to drink a lot of water.

2- How it can affect your health in the future :

- We will avoid obesity.
- We will be in a tip-top shape.
- We will be fit and strong.
- We will be active and live longer.
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Conclusion : To sum it all up, I advise all people to do their best to stay healthy .

Unit 2

“ The UN is trying hard to promote the culture of tolerance and mutual understanding.”

Plan and write an essay of 12 sentences (140 words) explaining **why promoting tolerance and mutual understanding is important** and **how it can be achieved**.

Introduction : Did you know that the UN is trying hard to promote the culture of tolerance and mutual understanding? In this essay, I’m going to write about why promoting tolerance and mutual understanding is important and how it can be achieved.

1- Why promoting tolerance is important :

- We will live in peace.
- We will love each other.
- The world will be a better place to live in.
- Islam orders us to respect other cultures.

2- How it can be achieved :

- We should share their celebrations.
- We should read about other cultures.
- We can try their food and clothes.
- Governments should organize seminars.
- We should raise awareness about the importance of respecting cultures.

Conclusion : To sum it all up, I believe that respecting other cultures is very important.

Unit 3

“ Building a new impressive building adds a lot to the heritage of the country.”

Plan and write an essay of 12 sentences (140 words) explaining **the importance of building impressive buildings** and **the characteristics which can make them more attractive**.

Introduction : Building a new residential area adds a lot to the heritage of the country. In this essay, I’m going to write about the importance of building impressive buildings and the characteristics which can make them more attractive.

1- The importance of building impressive buildings :

- They attract tourists.
- They raise the national income.
- They are a source of relaxation.
- They beautify the country.
- They make us proud.

2- Characteristics which can make them more attractive :

- They must contain many shops.
- They should be surrounded by beautiful views.
- They must special and beautiful.
- They should be designed carefully.
- They should reflect our culture.

Conclusion : To sum it all up, I believe that building impressive buildings is important.

Unit 3

“ Traffic jam can simply be defined as vehicles stuck on the road and having difficulties in moving smoothly.”

Plan and write an essay of 12 sentences (140 words) explaining **the problems caused by traffic jam** and **the different ways to solve this problem**.

Introduction : Traffic jam can simply be defined as vehicles stuck on the road and having difficulties in moving smoothly. In this essay, I’m going to write about the problems caused by traffic jam and the different ways to solve this problem.

1- Problems caused by traffic jam :

- It leads to car accidents.
- Many people will be exposed to death.
- It causes air and noise pollution.
- streets will be noisy.
- We will be late for work and school.

2- Ways to solve this problem :

- We can share cars.
- We can use buses.
- We should respect traffic rules.
- Governments should widen streets.
- They also should build bridges.

Conclusion : To sum it all up, I believe that we should all work hand in hand to put an end to this serious problems.

Unit 4

“ Computer games have become very popular among children nowadays.”

Plan and write an essay of 12 sentences (140 words) explaining **the positive effects of playing computer games** and **how they will look like in the future**.

Introduction : Computer games have become very popular among children nowadays . In this essay, I’m going to write about the positive effects of playing computer games and how they will look like in the future.

1- Positive effects of playing computer games :

- They develop our language especially English.
- They improve our hand-eye coordination.
- They help us learn new skills.
- They are a good way to spend our free time.
- Modern games help us to stay fit.

2- How they will look like in the future :

- They will be completely different.
- They will be more realistic.
- They will be more naturalistic.
- They will be more convoluted.
- They will have amazing visual effects.

Conclusion : To sum it all up, I believe that computer games are fun but we should play them wisely.

Unit 4

“ Computer games have become very popular among children nowadays.”

Plan and write an essay of 12 sentences (140 words) explaining **the negative effects of playing computer games** and **how they can be used wisely**.

Introduction : Computer games have become very popular among children nowadays . In this essay, I’m going to write about the negative effects of playing computer games and how they can be used wisely.

1- Negative effects of playing computer games :

- They waste our time.
- They cause some health problems especially to our eyes.
- They make us lazy and unfit.
- They make us neglect our studies.
- They make children violent.

2- How they can be used wisely :

- We can play computer games for a short time.
- We should choose the games wisely.
- We should play after doing our homework as a reward.
- We should finish our studies first.
- We should set a time limit.

Conclusion : To sum it all up, I believe that computer games are fun but we should play them wisely.

Unit 5

“ Paralympics is a sport event that involves people with disabilities. “

Plan and write an essay of 12 sentences (140 words) explaining **the importance of holding such event** and **the role of the society towards the disabled**.

Introduction : Paralympics is a sport event that involves people with disabilities . In this essay, I’m going to write about the importance of holding such event and the role of the society towards the disabled.

1- Importance of paralympics :

- It makes the disabled more confident.
- It is used to rehabilitate them.
- It makes them more social.
- It encourages them to prove themselves.
- It helps them to act like normal people.

2- The role of the society towards the disabled :

- They should value and support them.
- They should build special clubs for them.
- They should hold competitions for them.
- They should reward them.
- We should raise awareness about their role in the society.

Conclusion : To sum it all up, I believe that the disabled are an important part in our society and we must care for them.

Unit 6

“ Saving endangered species is a noble job. “

Plan and write an essay of 12 sentences (140 words) explaining **the dangers that face animals and birds worldwide** and **how to save endangered species**.

Introduction : Saving endangered species is a noble job . In this essay, I'm going to write about the dangers that face animals and birds worldwide and how to save endangered species.

1- Dangers that face animals and birds worldwide :

- People hunt and kill them.
- They cut down trees.
- They cause all kinds of pollution.
- They destroy their natural habitat.
- Scientists use animals in labs to try experiments on them.

2- How to save endangered species :

- We should raise awareness about their importance in our life.
- We should stop hunting them.
- We shouldn't buy exotic animals and birds.
- Governments should build natural reserves.
- Governments should put strict laws against illegal hunting.

Conclusion : To sum it all up, I believe that animals and birds are very important in our life . We should do our best to protect them .

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