

## Unit One

Your food choices each day may affect your health - how you feel today, tomorrow, and in the future.

Plan and write an **Expository** essay of 12 sentences (140 words) explaining what a healthy diet should include **and** how it can affect your health in the future.

### Outline

#### **Introduction:**

**Hook:** Healthy eating doesn't have to be overly complicated.

**Thesis:** In this essay, I will write about what a healthy diet should include and how it can affect our health in the future.

#### **Body:**

##### Paragraph one

##### **What a healthy diet should include**

- home-made meals الوجبات المنزلية
- fresh vegetables and fruits الخضار و الفواكه الطازجة
- fish, nuts and olive oil السمك و المكسرات و زيت الزيتون

##### Paragraph two

##### **How it can affect health in the future**

- boost immunity يقوي جهاز المناعة
- lower risk of obesity يقلل من مخاطر السمنة
- may help live longer يساعد في العيش لفترة أطول

**Conclusion:** To sum up, our choice of food now can greatly affect our health in the future. Therefore, one should be selective when consuming food.

## (الأكل الصحي و تأثيره على الصحة)

Healthy eating doesn't have to be overly complicated. In this essay, I will write about what a healthy diet should include and how it can affect our health in the future.

According to dieticians, a healthy diet should include a lot of natural and nutritious elements. For example, it should include home-made meals. Also, it should comprise fresh vegetables and fruits. In addition, a healthy diet shouldn't exclude fish, nuts and olive oil.

Healthy food has great effects on our health. First, it can boost the immune system. Second, it can lower the risk of obesity and heart diseases. Finally, it may help us live longer.

To sum up, our choice of food now can greatly affect our health in the future. Therefore, one should be selective when consuming food.

## Unit One

Your food choices each day may affect your health - how you feel today, tomorrow, and in the future.

Plan and write an **Expository** essay of 12 sentences (140 words) explaining why it is important to have healthy food and the risk of having too much fast food.

### **Introduction:**

**Hook:** Did you know that the first fast food was fried fish in ancient Greece?

**Thesis:** In this essay, I will write about why it is important to have healthy food and the risk of having too much fast food.

### **Body:**

#### Paragraph one

#### **Why it is important to have healthy food**

- maintain healthy يحافظ على الصحة
- reduce the risk of diabetes يقلل من مخاطر الإصابة بمرض السكر
- better mood يحسّن المزاج

#### Paragraph two

#### **The risk of having too much fast food**

- obesity and heart diseases السمنة و أمراض القلب
- lack of focus on tasks قلة التركيز
- lead to addiction يسبب الإدمان

**Conclusion:** To sum up, our choice of food can greatly affect our health. Therefore, we should be selective when consuming food because we are what we eat.

## ( فوائد الأكل الصحي و أضرار الوجبات السريعة )

Did you know that the first fast food was fried fish in ancient Greece? In this essay, I will write about why it is important to have healthy food and the risk of having too much fast food.

Eating healthy food is very important to our health for different reasons. First, it can help us maintain good health both physically and mentally. Second, consuming healthy food reduces the risk of diabetes as it contains less amounts of sugar. Finally, a healthy balanced diet can help promote a balanced mood.

On the other hand, consuming too much fast food on a regular basis can have a lot of risks to our health. For example, eating fast food can lead to obesity and heart diseases. It can also cause lack of focus on tasks. Finally, people who have fast food regularly tend to be addicted to this type of food.

To sum up, our choice of food can greatly affect our health. Therefore, we should be selective when consuming food because we are what we eat.

## Unit Two

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

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

### Outline

#### **Introduction:**

**Hook:** Did you know that life without tolerance and mutual understanding could be meaningless?

**Thesis:** In this essay I will write about why promoting tolerance and mutual understanding among people is important and how it can be achieved.

#### **Body:**

##### Paragraph one

##### **Why promoting tolerance is important**

- it is what makes us human
- remove barriers
- less stress and greater happiness

إنه ما يميزنا كبشر

يزيل الحواجز

توتر أقل و سعادة أكبر

##### Paragraph two

##### **How it can be achieved**

- holding seminars and conferences
- interfaith dialogue
- raising awareness

عقد المؤتمرات و الندوات

حوار الأديان

رفع الوعي

**Conclusion:** To sum up, tolerance and mutual understanding are very important for social harmony. Therefore, we should tolerate and respect people of other faiths and religions.

## ( أهمية التسامح )

Did you know that life without tolerance and mutual understanding could be meaningless? In this essay I will write about why promoting tolerance and mutual understanding among people is important and how it can be achieved.

Promoting tolerance and mutual understanding among people is important for different reasons. First, it is what makes us humans. Second, it can remove barriers in community and lead to good relationships. Finally, tolerance leads to less stress and greater happiness in society.

Promoting tolerance and mutual understanding can be achieved by many ways. For example, regular seminars and conferences should be held to further the culture of peace. Also, it can be achieved through interfaith dialogue. Last but not least, governments should raise people awareness regarding tolerance and respect.

To sum up, tolerance and mutual understanding are very important for social harmony. Therefore, we should tolerate and respect people of other faiths and religions.

## Unit Three

Airports are built all over the world every year to facilitate passengers and goods transport.

Plan and write an **Expository** essay of 12 sentences (140 words) explaining the advantages of building a new airport near a residential area and the bad effects it might have on that area.

### Outline

#### **Introduction:**

**Hook:** Have you ever thought of what effects building a new airport can have on your area?

**Thesis:** In this essay, I will write about the advantages of building a new airport near a residential area and the bad effects it might have on the area.

#### **Body:**

##### Paragraph one

##### **The advantages of building a new airport**

- saves time and effort يوفر الوقت و الجهد
- improve the economy يحسّن الاقتصاد
- provides jobs for local community يوفر فرص عمل للمجتمع المحلي

##### Paragraph two

##### **The bad effects of building a new airport on the area**

- can lead to traffic jams يسبب ازدحامات مرورية
- can cause pollution يسبب التلوث
- disturbance and noise مصدر إزعاج

**Conclusion:** To sum up, building a new airport is a double-edged weapon. Therefore, the governments must take the interests of local residents into consideration before proceeding with the construction of a new airport.

## ( إيجابيات و سلبيات بناء مطار جديد )

Have you ever thought of what effects building a new airport can have on your area? In this essay, I will write about the advantages and disadvantages of building a new airport near a residential area.

On the one hand, building a new airport can have a lot of good effects on residential areas. For example, it can save a lot of time and effort. Also, it can play a vital role in improving the economy of the country. In addition, it will provide jobs for local community.

On the other hand, building a new airport can have a lot of bad effects on residential areas. First, it can lead to traffic jams. Second, it can cause pollution due to the large number of planes taking off and landing every day. Finally, it can cause disturbance and noise especially for schools and colleges that are located near the airport.

To sum up, building a new airport is a double-edged weapon. Therefore, the government must take the interests of local residents into consideration before proceeding with the construction of a new airport.





## Unit Four

“Computer games have become very popular among children nowadays”

Plan & write an **Expository** essay of not less than 12 sentences (140 words) explaining why it is not recommended to spend too much time playing computer games and how they can be used wisely.

### Outline

#### **Introduction:**

**Hook:** Did you know that the number of young people who are addicted to playing computer games is shockingly high?

**Thesis:** In this essay, I will write about why it is not recommended to spend too much time playing computer games and how they can be used wisely.

#### **Body:**

##### Paragraph one

##### **The bad effects of playing computer games**

- cause addiction and waste time
- lazy and out of shape
- health problems

تسبب الإدمان و تضييع الوقت

كسول و غير لائق بدنياً

مشاكل صحية

##### Paragraph two

##### **How they can be used wisely**

- set limits
- play as a reward
- choose games wisely

تخصيص وقت محدد

اللعب كمكافأة

اختيار الألعاب بحكمة

**Conclusion:** To sum up, playing computer games is a double-edged weapon. Therefore, it is highly recommended that parents should use them wisely.

## ( ألعاب الكمبيوتر )

Did you know that number of young people who are addicted to playing computer games is shockingly high? In this essay, I will write about why it is not recommended to spend too much time playing computer games and how they can be used wisely.

It is not recommended to spend too much time playing computer games for many reasons. First, playing computer games can cause addiction and waste time. Second, it makes children lazy and out of shape. Finally, it can lead to a lot of health problems such as poor eyesight and backache.

Playing computer games can be used wisely by many ways. For example, parents can restrict playing to a specific amount of time. Also, parents can offer games as a reward for doing homework or chores. Finally, games should be chosen wisely and parents should focus on games that help remove anxiety and stress and improve problem-solving skills.

To sum up, playing computer games is a double-edged weapon as it has a lot of pros and cons. Therefore, it is highly recommended that parents should use them wisely.



## Unit Five

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

Plan & write an **Expository** essay of not less than 12 sentences (140 words) about the importance of holding such events and the role of the society towards the disabled.

### Outline

#### **Introduction:**

**Hook:** Did you know that the Paralympics started at a UK hospital?

**Thesis:** In this essay, I will write about the importance of holding Paralympics and the role of the society towards the disabled.

#### **Body:**

##### Paragraph one

##### **The importance of holding Paralympics**

- improve abilities
- achieve goals
- inspiration and equality

تحسين القدرات

تحقيق الأهداف

الإلهام و المساواة

##### Paragraph two

##### **The role of society towards the disabled**

- make them feel confident
- helping them financially
- encouraging them

نجعلهم يشعرون بالثقة

مساعدتهم مالياً

تشجيعهم

**Conclusion:** To sum up, holding Paralympics is a good chance for people with disabilities to prove their abilities. Therefore, it is our duty to help them and make them feel normal.

## ( أولمبياد ذوي الإعاقة )

Did you know that the Paralympics started at a UK hospital? In this essay, I will write about the importance of holding Paralympics and the role of the society towards the disabled.

On the one hand, holding Paralympics is very important for the disabled for many reasons. First, it can help the disabled improve their abilities. Second, it can help the disabled achieve their goals. Finally, such events always focus on values of inspiration and equality.

On the other hand, we as members of the society have a great role towards the disabled. We should make them feel confident. Also, we should help them financially and provide them with the best medical care. Lastly, we should always support them and encourage them to make their lives better.

To sum up, holding Paralympics is a good chance for people with disabilities to prove their abilities. Therefore, it is our duty to help them and make them feel normal.

## Unit six

" Animals both large and small are a critical component to our environment."

Plan & write an **Expository** essay of not less than 12 sentences (140 words) about the main dangers that face animals and birds worldwide and how to save endangered species.

### Outline

#### **Introduction:**

**Hook:** Did you know that animals, both large and small, are a critical component to our environment?

**Thesis:** In this essay, I will write about the main dangers that face animals and birds worldwide and how to save endangered species.

#### **Body:**

##### Paragraph one

##### **The main dangers that face animals worldwide**

- |                       |              |
|-----------------------|--------------|
| - habitat destruction | دمار الموطن  |
| - poaching (hunting)  | الصيد الجائر |
| - extinction          | الانقراض     |

##### Paragraph two

##### **How to save endangered species**

- |                                    |                        |
|------------------------------------|------------------------|
| - banning poaching                 | منع الصيد              |
| - founding reserves                | إنشاء المحميات         |
| - minimizing the use of pesticides | تقليل استخدام المبيدات |

**Conclusion:** To sum up, animals are very important for ecological balance. Therefore, we should do our best to save them.

## ( الحيوانات المهددة بالانقراض )

Did you know that animals, both large and small, are a critical component to our environment? In this essay, I will write about the main dangers that face animals and birds worldwide and how to save endangered species.

Animals and birds worldwide are facing a lot of dangers in their natural habitat. For example, desertification and wildfires pose a real threat to animals as they can lead to animal habitat destruction. In addition, poachers hunt some animals such as tigers and elephants for their valuable fur and tusks. Finally, climate change and pollution can lead to animals' extinction.

In fact, we cannot remain passive and a lot of actions should be taken to save endangered species. First, banning poaching should be a top priority for the government to protect rare animals and birds. Second, the government should found reserves to save animals and help them live in peace. Lastly, farmers should minimize the use of pesticides because they can harm animals or kill them.

To sum up, animals are very important for ecological balance. Therefore, we should do our best to save them.

