



GRADE10/ UNIT ONE

III. Writing (30 Marks)

Write a paragraph of 6 sentences about " How you can keep healthy".

(كيف تحافظ على صحتك)

Write your outline (5 Marks)

Introductory sentence:

There are many tips we can follow to keep healthy.

Supporting details:

- eating healthy food
- doing exercise
- getting enough sleep
- avoiding bad habits

Concluding sentence:

To sum up, following a healthy lifestyle is one of secrets to a happy and long life.

Write your topic here (25 Marks)

There are many tips we can follow to keep healthy. **For example**, we should eat healthy food. **Also**, doing exercise regularly can help us keep fit. **In addition**, it is recommended that we get enough sleep. **Finally**, we should avoid bad habits such as smoking and consuming too much fast food. **To sum up**, following a healthy lifestyle is one of secrets to a happy and long life.



GRADE10/ UNIT ONE

III. Writing (30 Marks)

Write a paragraph of 6 sentences about " Things you can add to your daily diet to keep your mind and body in tip-top shape".

(أشياء تضيفها إلى نظامك الغذائي اليومي لتحافظ على صحتك)

Write your outline (5 Marks)

Introductory sentence:

There are many things we can add to our daily diet to keep our minds and bodies in tip-top shape.

Supporting details:

- probiotic drinks / improve the immune system
- green tea / combat diseases / lower cholesterol
- dark chocolate / lower blood pressure

Concluding sentence:

To sum up, we should be selective when we consume food because we are what we eat.

Write your topic here (25 Marks)

There are many things we can add to our daily diet to keep our minds and bodies in tip-top shape. **For example**, drinking probiotic drinks can improve the immune system. **Also**, drinking green tea can combat diseases. **In addition**, it can lower cholesterol. **Finally**, eating dark chocolate in moderation can lower blood pressure. **To sum up**, we should be selective when we consume food because we are what we eat.



GRADE10/ UNIT ONE

III. Writing (30 Marks)

Write a paragraph of 6 sentences about " The advantages and disadvantages of fast food ". (إيجابيات وسلبيات الوجبات السريعة)

Write your outline (5 Marks)

Introductory sentence:

Having fast food has some advantages and disadvantages.

Supporting details:

- **Advantages: cheap / saves time / tasty**
- **Disadvantages: high in calories / cause obesity**

Concluding sentence:

To sum up, although it is tasty, we shouldn't have too much fast food because it can lead to many health problems.

Write your topic here (25 Marks)

Having fast food has some advantages and disadvantages. **On the one hand**, it is cheap and almost affordable to all people. **Also**, it saves time and it is very tasty. **On the other hand**, it is unhealthy because it is high in calories. **Besides**, it is one of the main reasons for obesity. **To sum up**, although it is tasty, we shouldn't have too much fast food because it can lead to many health problems.



GRADE10/ UNIT TWO

III. Writing (30 Marks)

Write a paragraph of 6 sentences explaining " How we can show respect to other people and cultures" (كيف نبين الاحترام)

Write your outline (5 Marks)

Introductory sentence:

We can show respect to other people and cultures by many ways.

Supporting details:

- be kind and polite
- respect differences in beliefs and opinions
- avoid imposing your own values
- use adequate greetings and gestures

Concluding sentence:

To sum up, it is very important to tolerate and respect other people and cultures so that we can live in peace.

Write your topic here (25 Marks)

We can show respect to other people and cultures by many ways. **First**, we should be kind and polite to others. **Second**, we should respect differences in beliefs and opinions. **Third**, we should avoid imposing our own values. **Finally**, we should use adequate greetings and gestures. **To sum up**, it is very important to tolerate and respect other people and cultures so that we can live in peace.



GRADE10/ UNIT TWO

III. Writing (30 Marks)

Write a paragraph of 6 sentences about " The main purposes of the United Nations (UN) " (الهدف من إنشاء منظمة الأمم المتحدة)

Write your outline (5 Marks)

Introductory sentence:

The UN is a worldwide organization which was founded to achieve many goals.

Supporting details:

- promote human rights
- stop wars and conflicts
- maintain peace and security
- develop friendly relations

Concluding sentence:

To sum up, the UN plays a vital role in furthering the culture of peace and tolerance.

Write your topic here (25 Marks)

The UN is a worldwide organization which was founded to achieve many goals. **First**, it aims to promote human rights. **Second**, it works hard to stop wars and conflicts between countries. **Third**, it tries to maintain peace and security. **Finally**, it seeks to develop friendly relations among nations. **To sum up**, the UN plays a vital role in furthering the culture of peace and tolerance.



GRADE10/ UNIT THREE

III. Writing (30 Marks)

Write a paragraph of 6 sentences about " A building you prefer most in Kuwait and why" (أكثر بناء تفضله بالكويت ولماذا)

Write your outline (5 Marks)

Introductory sentence:

My favourite building in Kuwait is the Avenues.

Supporting details:

- **a distinctive design**
- **largest shopping mall**
- **a lot of restaurants, cafés, stores ...**
- **large parking**

Concluding sentence:

To sum up, building impressive buildings is so important as it can attract tourists and improve the economy.

Write your topic here (25 Marks)

My favourite building in Kuwait is the Avenues. I prefer it most because it has a very distinctive design. Also, it is the largest shopping mall in Kuwait. In addition, it has a lot of restaurants, cafés and stores which makes it one of the best shopping destinations. Finally, it has a large parking that fits over 10,000 cars. To sum up, building impressive buildings is so important as it can attract tourists and improve the economy.