

The **Expert**

Grade **12**

Writing **التعبير**

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Healthy lifestyle /long life

الحياة الصحية (Expository)

Outline

Introduction: "Health is better than wealth", an old saying that means being healthy is better than being rich.

Body: P1. Healthy body:

- eat healthy food
- avoid fast food
- drink more water
- do exercise



P2. Healthy mind:

- read books or solve puzzles
- play chess, do math problems
- recite the Holy Quran

Conclusion: In short, we need to have both a healthy body and mind to enjoy a long life.

Mr. Mohamed Sayed

"Health is better than wealth", an old saying that means being healthy is better than being rich. There are different ways to make both our bodies and minds healthy. This essay will discuss some ways to have a healthy body and mind to ensure a long life.

Firstly, we need to eat healthy food. We should avoid eating fast food. Moreover, we should drink more water to stay hydrated. We should also do exercise to make our bodies fit and strong. This way, we can have healthier bodies. Indeed, we can avoid having diseases by following those tips.

Secondly, there are also many ways to be mentally fit. For example, we may read books or solve puzzles. Reading improves our imagination and memory. Moreover, we may play chess, do math problems or recite the Holy Quran.

In short, we need to have both a healthy body and mind to enjoy a long life.

صفوة معلم الكويت

The importance of sleep

أهمية النوم (Expository)

Outline

Introduction: Experts advise us that sleep is vital for a person's wellbeing.

Body:

P1. Reasons for sleep:

- sleep when tired
- amount of sleep needed
- age/genetic make-up
- having a good memory/avoiding mistakes

P2. Lack of sleep:

- many health problems
- bad memory and fatal mistakes
- low quality of life



Conclusion:

In short, having enough sleep makes us enjoy our life and be healthy.

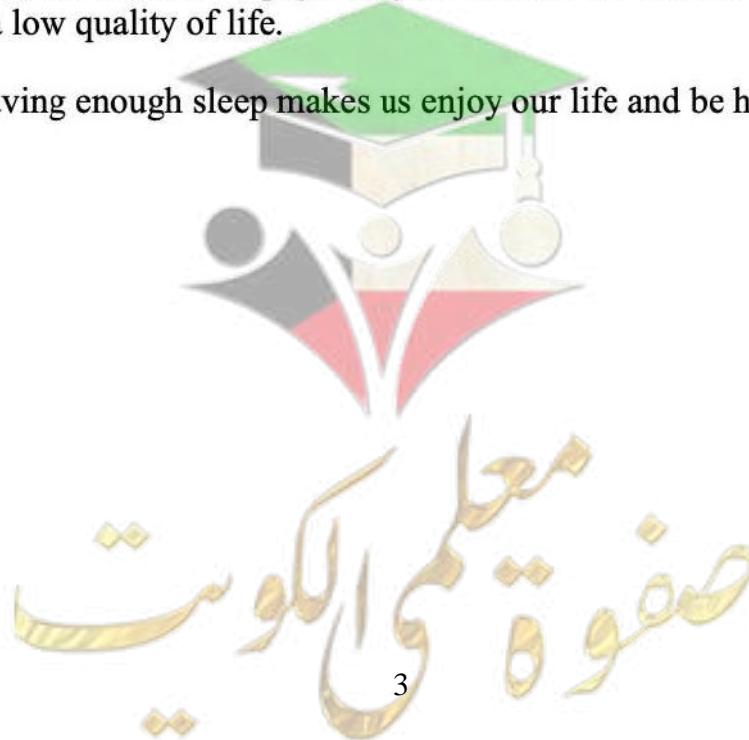
Mr. Mohamed Sayed

Experts advise us that sleep is vital for a person's wellbeing. They also warn that sleep loss leads to many health problems. This essay will explain why we need sleep and problems caused by the lack of it.

We need to sleep when we get tired after doing much effort. However, the amount of sleep needed varies based on several factors. Some of those are age and the genetic make-up. Getting enough sleep helps us have a good memory and avoid fatal mistakes. That is why having enough sleep is vital to our wellbeing.

But what will happen if we had a lack of sleep? We will suffer from a bad memory or the ability to focus will be affected. This will result in making fatal mistakes at work or study. Moreover, we will not be physically fit because we will be very tired. This in turn will lead to a low quality of life.

In short, having enough sleep makes us enjoy our life and be healthy.



Respecting the elderly

احترام كبار السن (Expository)

Outline

Introduction:

To care for the elderly who once cared for us is a noble act.

Body:

P1. Reasons for caring for them:

- cared for us
- worked hard to provide for us
- Islam urges us to respect and honour them
- they became weak and helpless.

P2. Ways of showing gratitude:

- help them do simple tasks.
- hold doors for them.
- listen to their advice.
- help them visit or call their friends



Conclusion:

In short, we would like to be cared for as we do with our elders today.

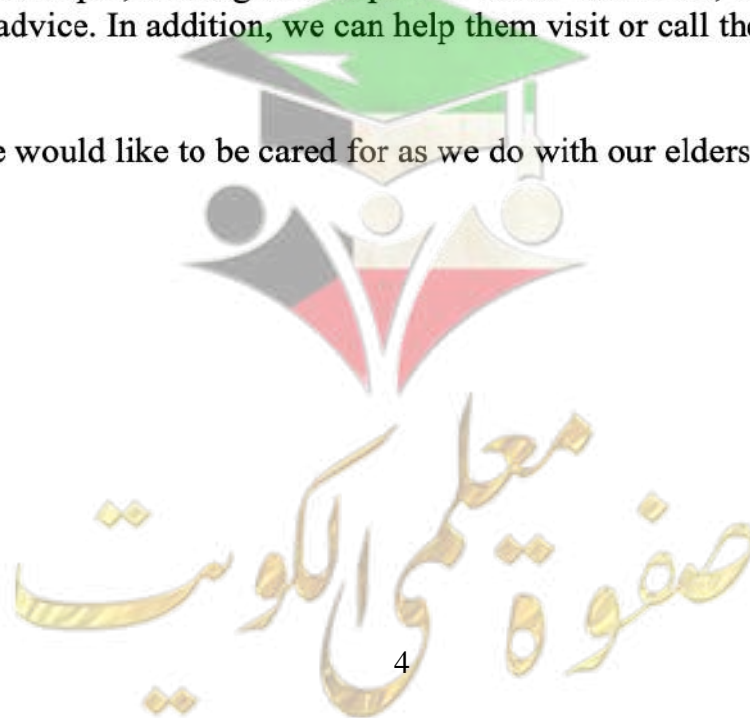
Mr. Mohamed Sayed

To care for the elderly who once cared for us is a noble act. We have to show them respect and gratitude. This essay will discuss reasons for showing them respect and ways for doing that.

First of all, they deserve our respect and gratitude. They used to work hard to provide for us. They used to spend all their time caring for us. Above all, Islam urges us to respect and honour our elders. Finally, they need our care and help as they became weak and helpless.

Second of all, we can show them gratitude in many ways. We can help them do simple tasks. For example, holding doors open for them. Moreover, we should listen carefully to their advice. In addition, we can help them visit or call their friends and loved ones.

In short, we would like to be cared for as we do with our elders today.



Geriatric homes for/against دور كبار السن (Argumentative) Outline

Introduction: Geriatric homes are not common in the Arab world.

Body: P1. People for:

- they need medical care
- good healthcare
- can't do simple tasks
- a burden to their families

P2. People against:

- duty of the family to look after them
- they feel unwanted
- younger people benefit from their experience
- Islam teaches children to care for their parents

Conclusion:

In short, I believe we must give the elderly the care and respect they deserve by living among their families.



Mr. Mohamed Sayed

Geriatric homes are not common in the Arab world. Nowadays, some people are for sending the elderly to geriatric homes. Others are against the idea. This essay will present both views and state my own position on the issue.

On the one hand, some people claim that old people usually need medical care. Such homes often have good healthcare available. Moreover, the elderly can't do simple tasks alone. Therefore, they can be a burden to their busy families.

On the other hand, others say that it is the duty of the family to look after its old members. Moreover, old people feel **unwanted** by their families if they stay in geriatric homes. In addition, younger people **benefit from the experience** of older people when they live together. Add to this, they can **look after their grandchildren** and help raise them. Above all, Islam teaches children to care for their parents at old age.

In short, I believe we must give the elderly the care and respect they deserve by living among their families.



City and village القرية والمدينة (Argumentative) Outline

Introduction

Would you prefer to live in the city or in the country?

Body: Paragraph 1 : life in the city:

- fun places
- well-paid jobs
- good public services
- crowded/ pollution and heavy traffic

Paragraph 2 : life in the village:

- green lands
- cheaper and healthier
- fewer jobs
- poor public services

Conclusion:

To sum up, I believe that choosing a place to live depends on what we are looking for in life.



Mr. Mohamed Sayed

Would you prefer to live in the city or in the country? Many people enjoy living in cities while others prefer to live in villages. This essay will discuss both views and state my position on the issue.

On the one hand, some people say that a city has a lot of fun places like cinemas and shopping malls. A city has also good public services. Moreover, it is easy to get good paid jobs in cities. However, a city has some disadvantages, as it is crowded. A city is full of pollution and heavy traffic, as well.

On the other hand, others prefer life in the country for many reasons. There are many green areas and fresh air in villages. Life is cheaper and healthier there. However, the village has its own disadvantages. It is difficult to get a good job in villages. In addition, villages have poor public services like those in cities.

To sum up, I believe that choosing a place to live depends on what we are looking for in life.



Life in the past and nowadays الحياة في الماضي والآن (Argumentative) Outline

Introduction:

People often talk about the past with regret, describing their past as happier.

Body: P1. life in past:

- people were simple
- no electricity or clean water
- travel using animals
- better social life

P2. life nowadays:

- more comfortable
- using technology
- travel /communication easier, faster



Conclusion: In short, I believe life nowadays is more enjoyable than life in the past.

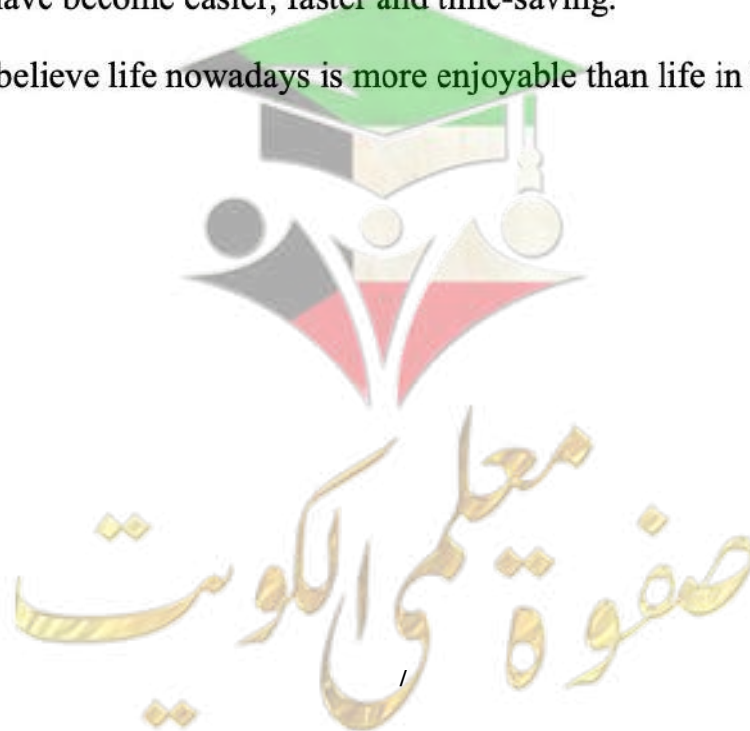
Mr. Mohamed Sayed

People often talk about the past with regret, describing their past as happier. Others think life nowadays is better. This essay will discuss both views and state my position on the issue.

On the one hand, some people say that life in the past was simpler but harder. Most people had no electricity or clean water in their homes. Moreover, people used to travel using animals. In addition, their games were simple and in groups. However, people had better social life. Finally, physical activities made them healthier.

On the other hand, others believe that life nowadays is more comfortable. People use technology everywhere. This saves their time, effort, and money. Also, travel and communication have become easier, faster and time-saving.

In short, I believe life nowadays is more enjoyable than life in the past.



Leisure activities **أنشطة وقت الفراغ قديماً والآن (Expository)** **Outline**

Introduction: How has the way people spend their free time changed over the years?

Body: **P1. Leisure activities in the past**

- playing cards.
- practicing handcrafts
- going fishing
- playing simple games

P2. Leisure activities nowadays

- watching T.V.
- surfing the net.
- using social media
- playing video games
- going shopping

Conclusion: In short, we should always spend our free time in a useful way.



Mr. Mohamed Sayed

How has the way people spend their free time changed over the years? Leisure activities of the past are different from the ones of nowadays. This essay will compare those activities now and then.

In the past, people spent more time outdoors. Old people used to meet in diwanis. They used to play cards or chat about daily issues. Some of them used to practice some handcrafts. Furthermore, people used to go fishing and pearl diving. Children used to play simple games in groups like Dawama and amber.

Nowadays, people rely on technology in everything. People spend their free time watching TV or surfing the Internet. Besides, many young people spend their time using social media and playing video games. Finally, some people prefer going shopping at malls.

In short, we should always spend our free time in a useful way.

صفوة معلم الكويت

Extreme Sports

الرياضات الخطرة (Argumentative)

Introduction: What do you think of people who take part in extreme sports?

Body: P1. People for doing such sports:

- to seek fame
- to overcome fears
- to set world records
- to gain money

P2. People against doing such sports:

- losing lives
- serious injuries
- being sick, or exhausted
- lose contact and get lost.

Conclusion: In short, I think there is no need to risk our lives for doing such sports.

Mr. Mohamed Sayed

What do you think of people who take part in extreme sports? Some people are for doing such sports. Others are against. This essay will discuss both views and state my position on the issue.

On the one hand, some people are for doing extreme sports for many reasons. First, some young people seek fame worldwide. Moreover, some tend to do these sports to overcome their fears. Setting world records and gaining much money are other strong reasons.

On the other hand, others are against doing such sports. First, they say that many young people lose their lives. Second, they may face serious injuries. Third, they may face other dangers like being sick, or exhausted. Finally, they may lose contact and get lost.

In short, I think there is no need to risk our lives for doing such sports.



صفوة معلم الكويت

Space Exploration

استكشاف الفضاء

(جدلي Argumentative)

Outline

Introduction: Space exploration is a great adventure that allows us to learn about the universe beyond Earth.

Body: P1. People who are for space exploration

- Help solve problems on Earth
- Aircraft industry
- Medical field
- spinoff benefits



P2. People who are against space exploration

- A waste of time
- Solve problems on earth
- Risky
- Away from family

Conclusion: In conclusion, space exploration has both pros and cons. However, I think it will be better if we help people in poor countries and solve our environmental problems.

Space Exploration

Space exploration is a great adventure that allows us to learn about the universe beyond Earth. However, Some people are for doing it, while others are against the idea. This essay will discuss both views and state my position on the issue.

On the one hand, some people are for space exploration. They claim that it helps solve many problems on earth. For example, space technology has made aircraft lighter and faster. In addition, space technology is now used in medicine, communications, GPS and more. Furthermore, the technologies developed for space exploration often have spinoff benefits to improve our daily lives on Earth.

On the other hand, other people argue that space exploration is a waste of time and money. They believe that such resources could be used to solve problems such as poverty and hunger. Additionally, space exploration is risky, as astronauts may suffer from health issues or lose their lives. Moreover, astronauts stay away from their families and friends for so long.

In conclusion, space exploration has both pros and cons. However, I think it will be better if we help people in poor countries and solve our environmental problems.

Space Exploration

استكشاف الفضاء

(تفسيري Expository)

Outline

Introduction: Space exploration is a great adventure that allows us to learn about the universe beyond Earth.

Body: **P1. Advantages of space exploration**

- Help solve problems on Earth
- Aircraft industry
- Medicine, communications
- Spinoff benefits

P2. Disadvantages of space exploration

- A waste of time
- Solve problems on earth
- Risky
- Away from family

Conclusion: In conclusion, space exploration has both pros and cons. However, it will be better if we help people in poor countries and solve our environmental problems.

Space Exploration

Space exploration is a great adventure that allows us to learn about the universe beyond Earth. It helps us expand our knowledge of the unknown although it has some disadvantages. This essay will discuss both the advantages and disadvantages of space exploration.

On the one hand, there are some advantages of space exploration. First, it helps solve many problems on earth. For example, space technology has made aircraft lighter and faster. In addition, space technology is now used in medicine, communications, GPS and more. Furthermore, spinoffs developed for space exploration often have benefits to improve our daily lives on Earth.

On the other hand, space exploration has also some disadvantages. For one, it is a waste of time and money. Moreover, such resources could be used to solve problems such as poverty and hunger. Additionally, space exploration is risky, as astronauts may suffer from health issues or lose their lives. Finally, astronauts stay away from their families and friends for so long.

In conclusion, space exploration has both pros and cons. However, However, it will be better if we help people in poor countries and solve our environmental problems.



Child prodigy (الطفل المعجزة (العبقري) Expository)

Outline

Introduction: A child prodigy is the one who has an outstanding talent or skill at a very early age.

Body: P1. Advantages:

- being famous
- being rich
- having creative ideas
- a lot of rewards

P2. Disadvantages:

- difficult to make friends
- feeling isolated
- may be treated differently
- difficult to enjoy childhood.

Conclusion: In short, parents, schools and governments have a duty towards those child prodigies.

Mr. Mohamed Sayed

A child prodigy is the one who has an outstanding talent or skill at a very early age. People educate their children at an early age to develop their talents and skills. However, being a child prodigy has advantages and disadvantages.

On the one hand, there are many advantages for being a talented child. A child prodigy will be famous. Therefore, he may also be rich. He will get lots of creative ideas to help the world. Finally, prodigies also get a lot of rewards.

On the other hand, there are some disadvantages for being a prodigy. First, it is always difficult to make friends. So, a child prodigy will always feel isolated. Second, he may be treated differently. So, A child prodigy will find it difficult to enjoy his childhood.

In short, parents, schools and governments have a duty towards those child prodigies.

YouTube

