

# State of Kuwait Ministry of Education



Al Jahra Educational Area

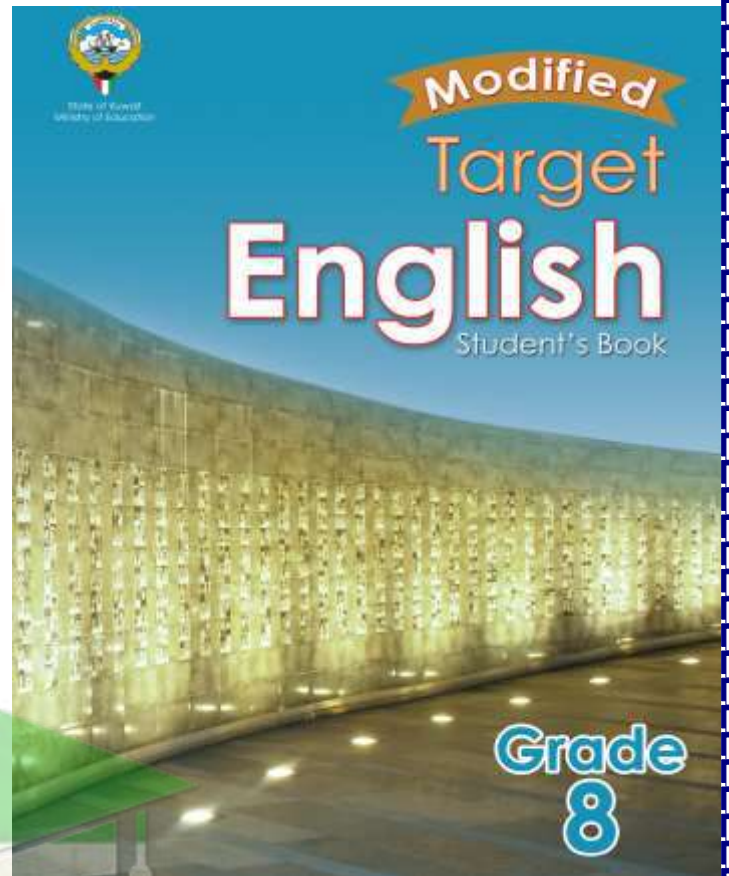
**Grade 8**

**Composition**

(موضوعات التعبير)

**First Course**

الكورس الأول



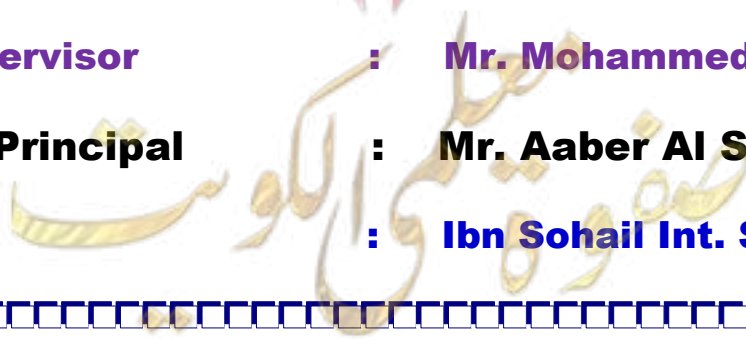
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**Plan and write** a report of two paragraphs (not less than 10 sentences) **about** **Keeping Fit** " explaining **the importance of sports** and **the healthy diet**.  
**Your writing should include a topic sentence, supporting details and a conclusion.**  
 plan your writing here

## Keeping Fit

### the importance of sports

- 1- makes us healthy, strong
- 2- fit and flexible
- 3- builds up muscles
- 4- do tasks better
- 5- avoid diseases
- 6- improves thinking
- 7- enjoy life, good body image

### the healthy diet

- 1- balanced diet
- 2- all the food groups
- 3- fruits, vegetables, protein etc.
- 4- no fast food
- 5- no fizzy drinks
- 6- more water/ fresh juice, green tea
- 7- home-made meals

**A healthy mind is in a healthy body. Keeping fit is necessary for everyone.**

**We can keep fit in many ways. Sport is very important in our life. Sport makes us healthy. It helps us to be fit and flexible. It builds up our muscles. It helps us study better and do daily tasks better. It helps us avoid diseases. It improves our thinking. It helps us enjoy our life. It gives us a good body image.**

**Eating a healthy diet keeps us fit. The healthy diet is the balanced diet. We should eat from the five food groups. We should eat fruits, vegetables, grains, protein and dairy. We shouldn't eat fast food. We shouldn't drink fizzy drinks. We should avoid fats and sweets. It's healthy to drink 8 glasses of water daily. It's important to drink fresh juice and green tea. Home-made meals are tasty and healthy.**

## Grade 8 2 - COMPOSITION

Plan and write a composition of two paragraphs (not less than 10 sentences) about “ **The vegetarian diet** ” explaining its advantages and its disadvantages .

Your writing should include a topic sentence, supporting details and a conclusion.

### The vegetarian diet

#### its advantages

- 1- avoid obesity, heart diseases
- 2- a lot of vitamins, fiber
- 3- avoid some illnesses
- 4- improves the immune system
- 5- digestive process
- 6- much energy

#### its disadvantages

- 1- affects health badly
- 2- low protein, iron, zinc
- 3- lack vitamin D
- 4- health problems
- 5- body weak
- 6- no strong muscles

The vegetarian diet is popular worldwide. Some people stop eating meat.

They only eat fruits, vegetables and grains. It has got many advantages.

Vegetarians avoid obesity and heart diseases. This diet has got a lot of vitamin c and fiber. It helps them to avoid illnesses. It improves the immune system. It helps the digestive process too. Vegetarians gain much energy from fruits and vegetables.

It has many disadvantages too. It affects your health badly. This diet is low in calcium, proteins, iron, vitamin B12 and zinc. Vegetarians lack vitamin D as well. They suffer from many health problems. Their body is very weak. They don't have strong muscles. Athletes for instance cannot be vegetarians. Finally, the balanced diet is important as it keeps us healthy. We should eat from all the food groups.

## **Grade 8 3-COMPOSITION**

Plan and write a composition of two paragraphs (not less than 10 sentences) about “**Healthy Lifestyle**” explaining why it is important and how to achieve a healthy lifestyle. Your writing should include a topic sentence, supporting details and a conclusion.

### **Healthy Lifestyle**

#### **Why is it important**

- 1- gives us a strong body
- 2- active, healthy
- 3- keep fit and flexible
- 4- study /do daily tasks better
- 5- avoid diseases/boost immunity
- 6- live longer and happier/enjoy life
- 7- better body image/boost mood
- 8- improves memory / concentration

#### **How to achieve a healthy lifestyle?**

- 1- eat a balanced diet
- 2- fruits, vegetables, grains, dairy, protein
- 3- drink 8 glasses of water
- 4- sleep 8 hours
- 5- avoid fast food, fizzy drinks
- 6- do a sport/exercise/walking
- 7- avoid smoking
- 8-visit the doctor regularly

The healthy lifestyle is very important in our life. It gives us a strong body. It makes us active and healthy. It keeps us fit and flexible. It helps us study better. It helps us do daily tasks better. It helps us avoid diseases. It makes us live longer and happier. It gives us a better body image. It boosts our mood. It helps us enjoy our life. It improves our memory and concentration.

There are many ways to have a healthy lifestyle. We should eat a balanced diet. It's important to eat fruits, vegetables, grains, protein and dairy. It's healthy to drink 8 glasses of water daily. We have to sleep 8 hours a day. We shouldn't eat fast food. We shouldn't drink fizzy drinks. It's useful to do a sport or exercise almost daily. It's important to avoid smoking. We should visit the doctor regularly.

Plan and write a composition of two paragraphs (not less than 10 sentences) about **Life in Space** explaining why life in space is like camping and the food and clothes in space.

Your writing should include a topic sentence, supporting details and a conclusion.

## Life in Space

### Why life in space is like camping

- 1- life, amazing
- 2- live, work
- 3- stay 3 months
- 4- a bit like camping
- 5- take everything
- 6- use special equipment
- 7- dispose of your rubbish

### The food and clothes in space

- 1- tins or dried
- 2- drink through a straw
- 3- eat from the package
- 4- don't use forks
- 5- zero gravity
- 6- special suits
- 7- casual clothes

**Life in space is amazing. Astronauts travel into space to live and work. They travel 350 km and stay about 3 months in space. Life in space is a bit like camping. You have to take zero gravity everything you need. You use special equipment. You dispose zero gravity of your rubbish.**

**Almost all their food is in tins or dried. They drink through a straw, or liquids float around the cabin. They don't have a fridge so they don't have cold drinks. They eat directly from the package. They get three meals and a snack a day. Things float in zero gravity. They don't use forks or knives. When they go into space in the shuttle or re-inter the earth's atmosphere they wear special suits. They have oxygen, water, parachutes, inflatable boat and a flare gun kit. Inside the station, they wear casual clothes.**

## **Grade8 5- COMPOSITION**

**Plan and write a composition of two paragraphs (not less than 10 sentences) about ( **travelling to another country**) with your family explaining how you prepare and the activities you do abroad.**

Your writing should include a topic sentence, supporting details and a conclusion.

### **travelling to another country**

#### **how we prepare**

- 1- book flight tickets**
- 2- book hotel rooms**
- 3- information about tourist attractions**
- 4- took passports, visa, money**
- 5- phones, cameras**
- 6- prepared luggage,**
- 7- went airport 3 hours before**

#### **activities we do abroad**

- 1- go shopping**
- 2- buy some gifts**
- 3- go sightseeing, photos, videos**
- 4- visit amazing places**
- 5- museums, parks, fun city**
- 6- ate local food**
- 7- learn language, make friends**

**Travelling to another country is great fun. We have to prepare before travelling. We should book the flight tickets. We should also book the hotel rooms. It's important to get information about the tourist attractions there. We should know about the weather. We have to take our passports, visa and money. We also need our phones and cameras. We need to tell someone before we go. We have to prepare our luggage. We have to go 3 hours before the flight.**

**There are many activities we do abroad. We go shopping. We buy some gifts for our friends. We go sightseeing and take photos. We make nice videos to make the visit memorable. We visit new places. We visit famous museums and parks. We have great time in the fun city. We also eat the local food. We have dinner on a cruise ship. We learn the local language and make friends.**

## **Grade8 6- COMPOSITION**

Plan and write a composition of two paragraphs (not less than 10 sentences) about **Pearl Diving**" explaining how it was a major part of Kuwait income and how the divers prepared for pearl diving.

Your writing should include a topic sentence, supporting details and a conclusion.

### **Pearl Diving**

#### **how it was a major part of Kuwait income**

- 1- famous for pearl diving
- 2- source of income
- 3- important for economy
- 4- collected pearls
- 5- daily activity
- 6- taught, next generation

#### **how the divers prepared for pearl diving?**

- 1- used many ships
- 2- the " Boom "
- 3- wore black suits, nose clip
- 4- tied securely
- 5- held the rope
- 6- pulled up to the surface

**Kuwait is famous for oil nowadays. In the past, Kuwait was famous for pearl diving. It was the source of income for Kuwaitis. It was important for Kuwait's economy. People worked as divers who collected pearls. It was a daily activity for divers and sailors. They worked about 12 hours a day. They earned a living this way. It was a social system. Every generation taught the next generation about pearl diving.**

**The divers used to prepare for pearl diving. Pearls hunters used many kinds of ships. The 'Boom' was the most famous one. Divers wore black suits, a nose clip and a neck basket. They were tied securely to the ship with a rope around their waists. They held the rope throughout the dive. When a diver was ready, he tugged on the rope and was pulled up to the surface.**

## **Grade8 7- COMPOSITION**

**Plan** and write a composition of two paragraphs (not less than 10 sentences) about “ **The Disabled People** ” explaining the challenges they face and how we can help them. Your writing should include a topic sentence, supporting details and a conclusion.

### **The Disabled People**

#### **the challenges they face**

- 1- health problems
- 2- treat them badly
- 3- helpless, weak
- 4- society ignores them
- 5- overlooks their needs
- 6- not accepted
- 7- no special equipment, schools

#### **how we can help them**

- 1- build them special schools
- 2- special clubs
- 3- simple jobs
- 4- good salary
- 5- support them
- 6- focus on their success
- 7- treat them well

**The disabled people are part of all societies. They are equal to us. They face many challenges. They suffer from health problems. They can't walk, see or hear. People look at them badly. They are helpless and weak. They always need someone for help. The society ignores them. It overlooks their needs. They are not accepted by people. They don't have special schools for them. They don't have special clubs either. They always need our support.**

**We can help the disabled in many ways. We should build them special schools. It's important to give them good education. It's a good idea to build them special clubs. It's important to give them simple jobs. They should have good salaries. We should give them special equipment like wheelchairs. We must provide them with special parking places. We should focus on their success. We should treat them well.**



## Grade 8 8- COMPOSITION

**Plan** and write a composition of two paragraphs (not less than 10 sentences) about “ **life in Kuwait** ’ **explaining life in Kuwait in the past and nowadays** explaining the similarities and the differences about jobs, houses, culture and facilities.

Your writing should include a topic sentence, supporting details and a conclusion.

### life in Kuwait

#### in the past

- 1- was hard
- 2- no electricity, oil lamps
- 3- no schools, Al Katateeb
- 4- small mud houses
- 5- Dishdasha, Abaya
- 6- divers, sailors, fishermen
- 7- camels, horses/ local food

#### nowadays

- 1- electricity, home appliances
- 2- TVs, computers, fridges
- 3- modern schools, universities
- 4- big villas
- 5- casual clothes
- 6- pilots, teachers, doctors
- 7- cars, planes/ fast food /internet

Life in Kuwait in the past was different from life nowadays. In the past, life was hard. People didn't have electricity. They used oil lamps at night. They didn't have schools. They went to Al Katateeb. Houses were small and made of mud and rocks. People wore Dishdasha and Abaya. They worked as divers, sailors, fishermen and traders. They ate fresh food. They travelled by camels and horses. Kids played Hajlah and Derfa.

Nowadays, Life in Kuwait is fun. We have electricity and home appliances. We have TVs, computers, fridges and ovens. We have hundreds of modern schools and universities. People live in big villas. Some people wear casual wear. People work as pilots, doctors, teachers, policemen, etc. We have fast food restaurants. People travel by cars and planes. Kids play video games. We call others by phones. We have internet and social media to connect to the world around us.

## **Grade8 9- COMPOSITION**

**Plan and write a composition of two paragraphs (not less than 10 sentences) about " Museums " explaining the importance of museums and what exhibits we can see there.**

Your writing should include a topic sentence, supporting details and a conclusion.

### **Museums**

#### **the importance of museums**

- 1- keep our heritage**
- 2- protect our culture**
- 3- show our history**
- 4- attract tourists**
- 5- national income**
- 6- entertainment**
- 7- educate the public**

#### **what exhibits we can see there**

- 1- very old items**
- 2- gold and jewelry**
- 3- mummies, old costumes**
- 4- gallery, paintings, pictures**
- 5- sculptures, arts, crafts**
- 6- old books, documents equipment**
- 7- artifacts, monuments**

Museums are very important in each country. They keep our heritage. They protect our culture. They show our history to the young. They attract tourists. They increase the national income. They are a landmark for a country. They are also great fun. They educate the public and give information about the past times.

You can see many exhibits in a museum. You can see very old items. You can also see gold and jewelry. You can see old costumes. There are galleries, paintings and pictures. There are sculptures, arts and crafts. You can see very old books, documents and equipment too. There are some artifacts and monuments.

There are many rules we should follow in a museum. We shouldn't touch the artifacts. We shouldn't make noise. We shouldn't throw rubbish. It's important to keep in clean. We should talk quietly with one another. We shouldn't eat, drink or smoke in the museum. We shouldn't play games or tricks. We shouldn't take photos without permission. Respect the museum and the people around you. Kids must be accompanied by elders.

## **Grade 8 8- COMPOSITION**

**“ We are surrounded by great people who are always there to inspire us.”**

**Plan and write** a report of two paragraphs (not less than 10 sentences) about **“ An Inspiring Person’** you admire, stating **what he/she does in life and why you admire him\ her .**  
Your writing should include a topic sentence, supporting details and a conclusion.

### **An Inspiring Person**

#### **what he/she does in life**

- 1- Abdul Rahman Al Sumait**
- 2- born in Kuwait in1947**
- 3- studied Medicine**
- 4- charity work**
- 5- received more than 12 prizes**
- 6- Direct Aid**

#### **why you admire him\ her**

- 1- helps the poor and the needy**
- 2- make people happy**
- 3- good Muslim**
- 4- kindness and generosity**
- 5- good deeds**
- 6- role model**

**Abdul Rahman Al Sumait was born in Kuwait. He was born in1947. He studied Medicine at the University of Baghdad. He was a doctor. He worked in charity work. He received more than 12 prizes. He was honored worldwide. He established a human organization known as Direct Aid. It built more than 800 schools, 4 universities, 200 medical clinics and 2,200 mosques. It drilled thousands of wells. He also constructed many agricultural projects. He passed away in 2013.**

**I admire him for many reasons. He always helps the poor and the needy. He did his best to make people happy. He We learn a lot from him. We learn how a good Muslim should be. We learn moral lessons like kindness and generosity. He spent his life serving humanity and helping the poor around the world. He is known for his good deeds care and charity work. We should follow his footsteps. He is always a role model for all Muslims.**