اللغة الانجليزية

الصف العاشر

مواضيع تعبير مبسطة

الفصل الدراسي الأول

العام الدراسي 2027/2026

المذكرة خدمة تطوعية لمن يحتاجها وليست للبيع

إعداد:

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صفوف معلم الكويت

@NNASHIDALHAJ

UNIT 1

-Mindful Eating	- تناول الطعام بوعي
-Healthy Food	-الطعام الصحي
-The School Canteen	-المقصف المدرسي

Outline

I-Introduction

What do you think of mindful eating? Mindful eating is very important. In this essay, I will write about mindful eating.

II- Body paragraph 1: The physical benefits:

-Topic Sentence:

Mindful eating has many physical benefits.

Supporting Detail 1:

-It gives us energy.

Supporting Detail 2:

-It keeps us fit.

III- Body paragraph 2: The academic benefits:

-Topic Sentence:

Mindful eating has many academic benefits.

Supporting idea 1:

-It helps students learn better.

Supporting idea 2:

-It helps students focus better.

IV-Conclusion

To sum up, mindful eating keeps our bodies strong and helps us succeed at school. We should eat healthy food.

صفوة معلمي الكويت

إعداد: أ.ناشد الحاج

The Topic

What do you think of mindful eating? Mindful eating is very important. In this essay, I will write about mindful eating.

Mindful eating has many physical benefits. First, eating healthy food gives us energy. Second, it keeps us fit. Third, it makes us strong. Moreover, it keeps us fresh and active. It also helps us fight diseases.

Mindful eating also has academic benefits. Eating Healthy food helps students learn better. It also helps them focus better. It gives them energy. It keeps them alert. Moreover, it improves their memory.

To sum up, mindful eating is good for us. We should eat healthy food every day.



إعداد: أ.ناشد الحاج

UNIT 2

- Protecting the environment	- حماية البيئة
- Conserving/ Saving energy	- المحافظة على الطاقة
- Habits for a better world	-عادات من أجل عالم أفضل

Outline

I-Introduction

What do you think of protecting the environment? Protecting the environment is very important.

In this essay, I will write about protecting the environment.

II- Body paragraph 1: Indoor activities:

-Topic Sentence:

We can do simple things indoors.

Supporting Detail 1:

-We can save water.

Supporting Detail 2:

-We can recycle paper.

III- Body paragraph 2: Outdoor activities:

-Topic Sentence:

We can do simple things outdoors.

Supporting idea 1:

-We can plant trees.

Supporting idea 2:

-We can pick up litter.

IV-Conclusion

To sum up, we can protect the environment in simple ways. We should protect the environment.

صفوة معلمي الكويت

The Topic

What do you think of protecting the environment? Protecting the environment is very important. In this essay, I will write about protecting the environment.

We can do simple things indoors. First, we can save water. Second, we can recycle paper. Third, we can close taps after use. Moreover, we can turn off lights when we leave the house. Also, we can reuse bags.

We can do simple things outdoors. We can plant trees and flowers. We can also pick up litter in parks. In addition, we can clean schools. We can join clean-up campaigns. We shouldn't throw rubbish in the streets.

To sum up, we can protect the environment in simple ways. We should protect the environment.

صفوة معلمي الكويت

UNIT 3

- Preserving/ Protecting Heritage (Culture) - المحافظة على التراث (الثقافة)

Outline

I-Introduction

What do you think of heritage? Heritage is very important. In this essay, I will write about preserving heritage.

II- Body paragraph 1: Why it is important to preserve heritage:

-Topic Sentence: Preserving heritage is important for many reasons.

Supporting Detail 1:

-It helps us understand who we are.

Supporting Detail 2:

-It brings people together.

III- Body paragraph 2: How we can protect it:

-Topic Sentence:

-We can preserve heritage in many ways.

Supporting idea 1:

-We should teach our children our customs and traditions.

Supporting idea 2:

-We should protect historical places.

IV-Conclusion

To sum up, our heritage is our story. We should protect it.

صفوة معلمي الكويت

The Topic

What do you think of heritage? Heritage is very important. In this essay, I will write about preserving heritage.

Preserving heritage is important for many reasons. First, it helps us understand who we are. Second, it brings people together. Third, it reminds us of our history. Moreover, it is a part of our identity.

We can preserve heritage in many ways. We should teach our children our customs and traditions. We should protect historical places. We can share old family stories. Schools can teach students about their history.

To sum up, our heritage is our story. We should protect it.

صفوة معلمي الكويت

- Honouring distinguished people تكريم الناس المميزين-

Outline

I-Introduction

What do you think of distinguished people? Distinguished people are a part of our culture. In this essay, I will write about distinguished people.

II- Body paragraph 1: The role of distinguished people:

-Topic Sentence: Distinguished people play an important role.

Supporting Detail 1:

-They show our culture.

Supporting Detail 2:

- They create new ideas.

III- Body paragraph 2: Honouring distinguished people:

-Topic Sentence:

-We can honour distinguished people in many ways.

Supporting idea 1:

-We can give them awards.

Supporting idea 2:

-We can celebrate them.

IV-Conclusion

To sum up, distinguished people have a major role in society. We should honour them.

صفوة معلمي الكويت

The Topic

What do you think of distinguished people? Distinguished people are a part of our culture. In this essay, I will write about distinguished people.

Distinguished people play an important role. First, they show our culture. Second, they create new ideas. Third, they improve education. There are many distinguished Kuwaiti people. For example, Hamza Al-Khayat was a famous Arabic teacher. Mohammad Al Sharekh was an expert in Arabic computing.

We can honour distinguished people in many ways. We can give them awards. We should celebrate them. We can name places after them. We can invite them to special events. Also, we can write about them.

To sum up, distinguished people have a major role in society. We should honour them.



UNIT 4

- Citizenship **- المواطنة**

-Good Citizens **المواطنون الجيدون**

Outline

I-Introduction

What do you think of citizenship? Citizenship is very important. In this essay, I will write about citizenship.

II- Body paragraph 1: The qualities of a good citizen:

-Topic Sentence:

-A good citizen has many good qualities.

Supporting Detail 1:

-A good citizen is honest and respectful.

Supporting Detail 2:

-A good citizen respects the laws.

III- Body paragraph 2: Everyday actions they can take:

-Topic Sentence:

-Good citizens can do many good things every day.

Supporting idea 1:

-They can keep public places clean.

Supporting idea 2:

-They can help others.

IV-Conclusion

To sum up, good citizens can make their country better. We should all be good citizens.

صفوة معلمي الكويت

The Topic

What do you think of citizenship? Citizenship is very important. In this essay, I will write about citizenship.

A good citizen has many good qualities. First, a good citizen is honest and respectful. Second, good citizens should love their country. Third, a good citizen respects others. Moreover, A good citizen should be helpful.

Good citizens can do many good things every day. They can keep public places clean. They can help others. They should work hard every day. They should work together to make their country better.

To sum up, good citizens can make their country better. We should all be good citizens.

صفوة معلمي الكويت