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2nd Period

The **Expert**

Grade 12

التعبير للاختبار القصير
Writing



Healthy lifestyle /long life

الحياة الصحية

Outline

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

Supporting details : - eat healthy food, do sports and exercise
- read books or solve puzzles
- play chess, do math problems, or recite the Holy Quran

Concluding sentence:

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

"Health is better than wealth", an old saying that means being healthy is better than being rich. Firstly, we need to eat healthy food, do sports and exercise to make our bodies healthy. Secondly, there are many ways to train our minds and be mentally fit. For example, we may read books or solve puzzles. 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 and healthy life.

The importance of sleep أهمية النوم

Outline

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

Supporting details : - lack of sleep leads to many health problems
- the amount of sleep needed varies – age/genetic make-up
- Getting enough sleep helps with memory, focus and avoid fatal mistakes

Concluding sentence:

In short, if we use sleep properly, we can enjoy our life both mentally and physically.

Experts advise us that sleep is vital for a person's wellbeing. They also warn that lack of sleep leads to many health problems. However, the amount of sleep needed varies from one person to another based on several factors. Some of those are age and the genetic make-up. Getting enough sleep helps us have a good memory, focus and avoid fatal mistakes at work or school. In short, if we use sleep properly, we can enjoy our life both mentally and physically.

You Tube <https://youtube.com/user/msno2020able>

١- قناة اليوتيوب

<https://t.me/practicenglishtime>

٢ - قناة (English for you) على التليجرام.

<https://t.me/mosayed75>

٣- قناة التميز - لغة إنجليزية ثانوي لطلاب المرحلة الثانوية



Respecting the elderly احترام كبار السن (Expository)



Outline

Introductory sentence:

To care for the elderly who once cared for us is one of the highest honours.

Supporting details : Reasons for caring for the elderly

- They cared for us
- They worked hard to give us food /made us safe
- Islam urges us to respect and honour them

Ways of showing gratitude to them

- helping them to do simple tasks.
- holding doors open for them.
- asking for their advice.

Concluding sentence:

In short, when we grow old, we would like to be respected as we respect our elders today.

Respecting the elderly

To care for the elderly who once cared for us is one of the highest honours. We have to show them respect and gratitude for many reasons. They used to work hard to give us food and make us safe. Moreover, Islam urges us to respect and honour our elders. We can show them gratitude by helping them do simple tasks, holding doors open for them, and asking for their advice. In short, when we grow old, we would like to be respected as we respect our elders today.

دور كبار السن Geriatric homes for/against (Argumentative)

Outline

Introductory sentence: An old parent staying in an old age home is not common in the Arab world.

Supporting details :

- difficulty to perform daily activities
- doctors and emergency services are available 24-7
- Islam teaches children to care for their parents
- those homes can be expensive

Concluding sentence:

In short, while there are definite advantages of the elderly living in old age homes, there is no substitute for a full and happy life at home.

Geriatric homes for/against

An old parent staying in an old age home is not common in the Arab world. On the one hand, some people claim that the elderly find it difficult to do daily tasks alone. Furthermore, such homes have doctors and emergency services available 24-7. On the other hand, others say that Islam teaches children to care for their parents at old age. Moreover, those homes can be expensive. In short, while there are advantages of old age homes, there is no substitute for a full and happy life at home.

القرية والمدينة City and village

Outline



Introductory sentence:

Have you ever thought about leaving your hometown and live in the country or vice versa?

Supporting details :

- better life - a lot of entertainment places - well-paid jobs
- good public services - crowded, full of pollution and expensive
- enjoy seeing the green lands - healthy fresh food.
- fewer jobs and services

Concluding sentence:

In short, choosing a place to live depends on what we are looking for.

City and in the village

Have you ever thought about leaving your hometown and live in the country or vice versa? A city has a lot of entertainment places, good public services and well paid jobs. On the other hand, it is crowded, full of pollution and expensive. Others prefer life in the country where they enjoy green areas, and fresh air. However, the village has its own cons as it lacks good jobs and public services and entertainment places. In short , choosing a place to live depends on what we are looking for in life.

الحياة في الماضي والآن Life in the past and nowadays

Outline

Introductory sentence:

People usually describe their past as happier while others think life nowadays is better.

Supporting details : life in the past:

- simple but hard - lacked comfort and luxury
- more social life - physical activities.

life nowadays:

- more comfortable- using technology
- Transport, communication and travel have become easier/ faster

Concluding sentence:

In short, people will always see life differently based on their experiences and memories.

Life in the past and nowadays

People usually describe their past as happier while others think life nowadays is better. On the one hand, life in the past was simple but hard because it lacked comfort and luxury. However, people had more social life and did more physical activities. On the other hand, life nowadays is more comfortable due to using technology which saves time, effort and money. Transport, communication and travel have become easier and faster. In short, people will always see life differently based on their experiences and memories.