

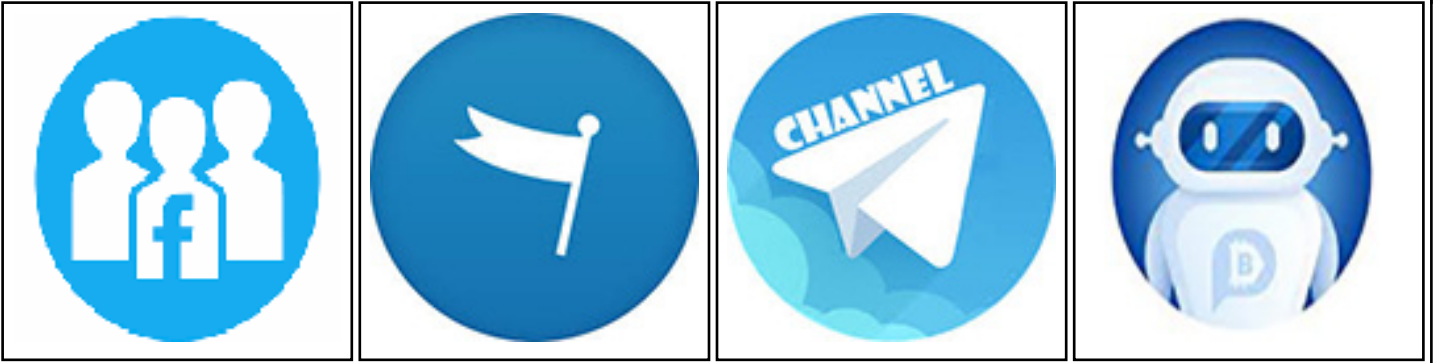
تم تحميل هذا الملف من موقع المناهج الكويتية



الملف جميع مفردات الفصل الأول مع ترجمتها

[موقع المناهج](#) ← [المناهج الكويتية](#) ← [الفصل العاشر](#) ← [لغة انجليزية](#) ← [الفصل الأول](#)

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

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[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

كتاب الطالب في مادة اللغة الانكليزية	1
مواضيع التعبير لصف العاشر	2
مذكرة قواعد رائعة ومفيدة في مادة اللغة الانكليزية	3
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UNIT ONE

Words to remember

Lesson (1&2)

	Word	Meaning		Word	Meaning
1	absorb (V)	يمتص	11	iron (N)	حديد
2	antioxidant (N)	مضاد للأكسدة	12	metabolise (V)	يحوّل الطعام إلى طاقة
3	arthritis (N)	التهاب المفاصل	13	neutralise (V)	يبطل مفعول
4	caffeine (N)	الكافيين	14	nutrition (N)	تغذية - غذاء
5	calcium (N)	كالسيوم	15	probiotic (adj)	يحتوي على البكتريا النافعة
6	cholesterol (N)	الكوليسترول	16	protein (N)	بروتين
7	combat (V)	يقاوم - يكافح	17	saturated fat (N)	دهون مشبعة
8	dietician (N)	أخصائي تغذية	18	stimulant (N)	مادة منبهة
9	digestive (adj)	متعلق بالهضم	19	unsaturated fat(N)	دهون غير مشبعة
10	fibre (N)	ألياف	20	vitamin (N)	فيتامين

Lesson (4&5)

	Word	Meaning		Word	Meaning
1	deficiency (N)	نقص - عجز	5	pomegranate (N)	فاكهة الرمان
2	grilled (adj)	مشوي	6	RDA (N)	الحصة الغذائية اليومية الموصى بها
3	metabolism (N)	تحويل الطعام إلى طاقة	7	sodium (N)	الصوديوم
4	organic (adj)	عضوي	8	supplement (N)	مكمل غذائي

Lesson (7&8)

	Word	Meaning		Word	Meaning
1	appeal to (V)	يروق لـ - يعجب	7	malnutrition (N)	سوء تغذية
2	atmospheric (adj)	جميل - رائع	8	salad bar (N)	بوفيه السلطة
3	crammed (adj)	مزدحم - مليء بـ	9	speciality (N)	اختصاص
4	eatery (N)	مطعم	10	vegetarian (adj)	نباتي
5	fanatic (N)	متعصب	11	wholesome (adj)	مفيد - صحي
6	irresponsibly (adv)	بشكل غير مسؤول			

UNIT TWO

Words to remember

Lesson (1&2)

	Word	Meaning		Word	Meaning
1	aspiration (N)	طموح	6	interfaith (N)	متعلق بالأديان
2	creed (N)	معتقدات - مبادئ	7	mentor (N)	مرشد - موجه - معلم
3	delegate (N)	مندوب - ممثل عن	8	seminar (N)	مؤتمر - ندوة
4	diversity (N)	تنوع - اختلاف	9	tolerance (N)	التسامح
5	initiative (N)	مبادرة			



Lesson (4&5)

	Word	Meaning		Word	Meaning
1	calligraphy (N)	فن الخط	4	inspirational (adj)	ملهم - إلهامي
2	consistently (adv)	بشكل دائم - باستمرار	5	master (V)	يتقن - يجيد
3	diverse (adj)	متنوع - متعدد	6	richly (adv)	بشكل وافر - بسخاء

Lesson (7&8)

	Word	Meaning		Word	Meaning
1	account (N)	وصف - تقرير	6	high-ranking (adj)	رفيع المستوى
2	conduct (V)	يقوم بـ - ينفذ	7	pilgrimage (N)	الحج
3	cover (V)	يقطع مسافة	8	relevant (adj)	ذو صلة بـ
4	figure (N)	شخصية مهمة	9	review (N)	مراجعة - تنقيح
5	ground-breaking (adj)	غير مسبوق			

UNIT THREE

Words to remember

Lesson (1&2)

	Word	Meaning		Word	Meaning
1	concrete (N)	خرسانة اسمنتية	8	framework (N)	هيكل البناء - إطار
2	design (N)	تصميم	9	geometric (adj)	هندسي
3	drill (V)	يحفّر - يثقب	10	renowned (adj)	مشهور - معروف
4	evoke (V)	يستحضر الذكريات	11	slightly (adv)	بشكل خفيف / قليلاً
5	expressionist (N)	معبرّ - تعبيرى	12	studio (N)	ستديو
6	forecourt (N)	الباحة الأمامية	13	venue (N)	موقع - مكان - قاعة
7	foundation (N)	أساسات البناء			

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Lesson (3)

	Word	Meaning		Word	Meaning
1	boutique (N)	محل صغير	4	gourmand (N)	محب للأكل - نهم
2	brand (N)	ماركة-علامة تجارية	5	mainstream	سائد - رائج - منتشر
3	edutainment (N)	التعليم الترفيهي	6	state-of-the-art	الأحدث

Lesson (4&5)

	Word	Meaning		Word	Meaning
1	chic (adj)	أنيق	6	spacious (adj)	واسع - فسيح
2	governmental (adj)	حكومي	7	state (adj)	حكومي
3	modernistic (adj)	حديث - عصري	8	sturdy (adj)	قوي - متماسك - متين
4	public (adj)	عام	9	substantial (adj)	كبير - مهم - أساسي
5	residential (adj)	سكني			

Lesson (7&8)

	Word	Meaning		Word	Meaning
1	advocate (V)	يدعم - يؤيد	6	influx (N)	تدفق
2	apprehensive (adj)	خائف - متوجس	7	objective (N)	هدف - غاية
3	benefit (V)	يفيد - يستفيد	8	profitable (adj)	مربح - نافع - مفيد
4	council (N)	مجلس	9	voice (V)	يعبر عن
5	detrimental (adj)	ضار - مؤذٍ			

UNIT FOUR

Words to remember

Lesson (1&2)

	Word	Meaning		Word	Meaning
1	anti-reflective (adj)	مضاد للانعكاس	9	naturalistic (adj)	طبيعي
2	Artificial Intelligence (AI) (N)	الذكاء الصناعي	10	perception (N)	إدراك - فهم
3	compete (V)	ينافس - يتنافس	11	rival (adj)	منافس - خصم
4	competitive (adj)	تنافسي	12	sensor (N)	جهاز استشعار
5	console (N)	جهاز مخصص للألعاب	13	simulate (V)	يقلد - يحاكي
6	convoluted (adj)	معقد - صعب	14	speech recognition (N)	تمييز الكلام
7	discourse (N)	الحديث - الحوار	15	visual effects (N)	مؤثرات بصرية
8	employ (V)	يوظف	16	wizard (N)	داهية - نابغة

Lesson (4&5)

	Word	Meaning		Word	Meaning
1	analogue (adj)	غير رقمي	4	hold button (N)	زر الإيقاف
2	computer-friendly (adj)	يمكن التحكم به بالكمبيوتر	5	touchscreen (N)	شاشة تعمل باللمس
3	drive (N)	قارئة الأقراص المدمجة (CD)	6	wireless (adj)	لا سلكي

Lesson (7&8)

	Word	Meaning		Word	Meaning
1	arcade (N)	لعبة تحتاج إلى عملة	6	exclusive (adj)	حصري
2	bonus (adj)	زيادة	7	helpline (N)	خط المساعدة
3	breathhtaking (adj)	مذهل - يحبس الأنفاس	8	joystick (N)	عصى التحكم باللعبة
4	built-in (adj)	داخلي - مدمج	9	keypad (N)	لوحة مفاتيح
5	caller (N)	المتصل	10	mode (N)	طور - نمط - وضعية

UNIT FIVE

Words to remember

Lesson (1&2)

	Word	Meaning		Word	Meaning
1	able-bodied (adj)	قوي البنية	7	phenomenon (N)	ظاهرة
2	adversity (N)	كارثة - شدة - ضرر	8	physiotherapy (N)	المعالجة الفيزيائية
3	equestrian (adj)	متعلق بالفروسية	9	rehabilitation (N)	إعادة التأهيل
4	neurologist (N)	طبيب أعصاب	10	self-discipline (N)	الانضباط الذاتي
5	observe (V)	يرصد - يراقب	11	virtue (N)	فضيلة - ميزة
6	Paralympics (N)	الألعاب الأولمبية لذوي الإعاقة			

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Lesson (4&5)

	Word	Meaning		Word	Meaning
1	aggression (N)	عنف - عدائية	7	motivation (N)	الحافز - الدافع
2	determination (N)	التصميم - الإرادة	8	opponent (N)	خصم - منافس
3	extrovert (N)	منفتح اجتماعياً	9	sportsmanship (N)	الروح الرياضية
4	feedback (N)	ملاحظات - تعقيبات إفادة بالرأي	10	stimulation (N)	تحفيز - تنشيط
5	introvert (N)	انطوائي	11	teammate (N)	زميل الفريق
6	mentality (N)	عقلية - ذهنية			

Lesson (7&8)

	Word	Meaning		Word	Meaning
1	application (N)	طلب - استمارة	4	member (N)	عضو - فرد
2	badminton (N)	تنس الريشة	5	sauna (N)	حمام البخار
3	gymnastics (N)	رياضة الجمباز	6	solarium (N)	حجرة التشميس

UNIT SIX

Words to remember

Lesson (1&2)

	Word	Meaning		Word	Meaning
1	conservation (N)	الحماية - الحفظ	7	hectare (N)	هكتار (وحدة مساحة)
2	deserve (V)	يستحق	8	marsh (N)	مستنقع
3	effluent (N)	مجرى مائي	9	propagation (N)	إكثار - تكاثر
4	fauna (N)	الأنواع الحيوانية	10	sanctuary (N)	محمية - ملجأ
5	fence off (Phr. V)	يحيط بسور	11	vegetation (N)	الغطاء النباتي
6	flora (N)	الأنواع النباتية			

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Lesson (4&5)

	Word	Meaning		Word	Meaning
1	aggressive (adj)	عدائي - هجومي	5	proud (adj)	فخور
2	fierce (adj)	مفترس - عنيف	6	stubborn (adj)	عنيد - متصلب
3	herbivore (N)	آكل العشب	7	sustenance (N)	طعام - غذاء
4	hostile (adj)	عدواني	8	tame (adj)	أليف - وديع

Lesson (7&8)

	Word	Meaning		Word	Meaning
1	adjacent (Adj)	قريب - مجاور	8	imperative (Adj)	ضروري
2	bed out (V)	ينقل النبات للتربة	9	mammal (N)	ثدييات
3	carbon monoxide(N)	أول أكسيد الكربون	10	nest (N)	عش الطائر
4	cleanup (N)	تنظيف	11	on behalf of	بالنيابة عن
5	exotic (Adj)	غريب - دخيل	12	toxin (N)	مادة سامة
6	finance (V)	يمول	13	wasteland (N)	الأرض القاحلة
7	global (Adj)	عالمي			

Unit One

1- Which type of food do you prefer, fast food or home-made meals? Why?

ما نوع الطعام الذي تفضله (الوجبات السريعة أم الوجبات المنزلية) ولماذا؟

I prefer home-made meals because they are healthier.

أفضّل الوجبات المنزلية لأنها صحية أكثر

I prefer fast food because it is tasty and cheap.

أفضّل الوجبات السريعة لأنها لذيذة ورخيصة

2- How can you keep your mind and body in tip top shape?

كيف تحافظ على عقلك وجسمك بأفضل حالة؟ كيف تحافظ على صحتك؟

By doing exercise and eating healthy food.

ممارسة الرياضة وتناول الأكل الصحي

By getting enough sleep

الحصول على النوم الكافي

3- How can we boost (improve) our immune system?

كيف نقوي جهاز المناعة؟

By eating healthy food

تناول الطعام الصحي

By drinking green tea

تناول الشاي الأخضر

4- What are the benefits of antioxidants found in green tea?

Why are antioxidants so good for our bodies?

ما هي فوائد مضادات الأكسدة الموجودة في الشاي الأخضر؟

لماذا مضادات الأكسدة مفيدة لأجسامنا؟

They combat disease and lower cholesterol.

تقاوم الأمراض وتخفّض الكوليسترول

They improve the immune system.

تقوي جهاز المناعة

5- What is the difference between “good” and “bad” bacteria?

ما هو الفرق بين البكتريا النافعة والبكتريا الضارة؟

Good bacteria can improve the immune system.

البكتريا النافعة تقوي جهاز المناعة

Bad bacteria can lead to infections and diseases.

البكتريا الضارة تؤدي للإصابات والأمراض

6- What are the pros and cons of a vegetarian menu?

ما هي فوائد وعيوب القائمة النباتية (الأطباق النباتية)؟

Pros: It helps us keep fit and lose weight.

الفوائد: تساعدنا على الحفاظ على اللياقة وفقدان الوزن

Cons: It can cause health problems and malnutrition.

العيوب: قد تسبب مشاكل صحية وسوء تغذية

7- Why is dark chocolate essential in a healthy diet?

لماذا تعتبر الشوكولاتة الداكنة ضرورية في الأكل الصحي؟

It can help the body metabolize sugar.

يمكن أن تساعد الجسم على حرق السكر

It can lower blood pressure.

يمكن أن تخفّف ضغط الدم

8- What are the characteristics / qualities of a good eating place?

ما هي صفات (ميزات) المطعم الجيد؟

It should have a good view.

تكون له إطلالة جيدة

It should serve healthy food.

يقدم أكل صحي

Unit Two

1- Why is it important to respect and tolerate other faiths and people?

لماذا من المهم أن نتسامح ونحترم الناس والأديان الأخرى؟

So that, we can live in peace and have mutual respect.

حتى نعيش بسلام ويكون لدينا احترام متبادل

2- How does Kuwait participate in furthering the culture of peace?

كيف تشارك الكويت بتعزيز ثقافة السلام؟

Kuwait holds seminars and conferences on culture of peace.

تقوم الكويت بعقد ندوات ومؤتمرات حول ثقافة السلام

3- In what way can we show respect to other cultures?

كيف نُظهر الاحترام للحضارات (الثقافات) الأخرى؟

We can show respect to other cultures by honoring them.

يمكن إظهار الاحترام للحضارات الأخرى عن طريق تكريمهم (الاحتراف بهم)

We should know something about their customs and traditions.

يجب أن نعرف شيئاً عن عاداتهم وتقاليدهم

4- How can we create a peaceful society?

كيف (نخلق) نصل إلى مجتمع مسالم؟

Through dialogue and tolerance and respecting others.

من خلال الحوار والتسامح واحترام الآخرين

5- How should Muslims treat people of other faiths?

كيف يجب على المسلمين التعامل مع الناس من الأديان والعقائد الأخرى؟

They should treat them with respect and honor.

يجب أن يتعاملوا معهم باحترام وتقدير

They should show them kindness and mercy.

يجب أن يُظهروا لهم المودة والرحمة

6- How can we achieve tolerance and mutual understanding between nations?

كيف يمكننا أن نحقق التسامح والتفاهم المتبادل بين الأمم؟

Through intercultural dialogue

من خلال الحوار بين الحضارات

Raising awareness among people

رفع الوعي بين الناس

7- What might happen if the culture of peace doesn't exist among people?

ماذا يمكن أن يحدث إذا لم توجد ثقافة السلام بين الناس؟

Wars and conflicts would start between people and countries.

ستبدأ الصراعات والحروب بين الناس و الدول

8- What can be done to ensure people treat each other with respect?

ما الذي يمكن فعله لضمان أن يعامل الناس بعضهم البعض باحترام؟

The government should make strict rules.

يجب على الحكومة أن تضع قوانين شديدة (صارمة)

Unit Three

1- There are many distinctively designed buildings in Kuwait, which one is your favourite? Why?

يوجد الكثير من المباني ذات التصميم المميزة في الكويت، أي بناء تفضل ولماذا؟

The Avenues Mall because it has a beautiful design.

مجمع الأفنيوز لأن له تصميم جميل

It has a lot of restaurants, cafés and shops.

فيه الكثير من المطاعم والمقاهي والمحلات

2- Why do countries build expressionist buildings?

لماذا تقوم الدول ببناء الأبنية التعبيرية؟

To attract visitors and reflect their culture.

لجذب السياح (الزوار) ونشر ثقافتها

3- What are the benefits of building an airport near a residential area?

ما هي إيجابيات بناء مطار جديد قرب منطقة سكنية؟

It saves time and effort.

يوفر الوقت والجهد

It provides jobs for locals.

يوفر فرص عمل للسكان المحليين

4- What are the disadvantages of building an airport in a residential area?

ما هي سلبيات بناء مطار جديد قرب منطقة سكنية؟

It can lead to traffic jams.

يمكن أن يؤدي للازدحامات المرورية

It can cause noise and pollution.

يمكن أن يسبب الإزعاج والتلوث

Focus on

1- Why is the traditional dress important within Kuwait?

لماذا اللباس التقليدي مهم في الكويت؟

It is so suited to the climate.

مناسب جداً للمناخ

It is an important symbol of equality.

يعتبر رمز مهم للمساواة

2- How do Kuwaitis take pride in their country and its traditions?

كيف يفتخر الكويتيون ببلدهم وبتقاليده؟

They wear traditional dress.

يرتدون اللباس التقليدي

They take part in patriotic events.

يشاركون بالمناسبات الوطنية

Unit Four

1- What will computer games be like in the future?

كيف ستصبح ألعاب الكمبيوتر في المستقبل؟

They will be more realistic.

سوف تكون واقعية أكثر

They will be more convoluted.

سوف تكون معقدة أكثر

2- Why do you think computer games are so popular?

لماذا تعتقد أن ألعاب الكمبيوتر واسعة الانتشار؟

They are interesting and easy to play.

لأنها ممتعة وسهل أن تلعبها

3- How can computer companies make computer games more attractive?

كيف يمكن لشركات الكمبيوتر أن تجعل ألعاب الكمبيوتر أكثر جاذبية؟

By adding more visual effects and graphics.

بإضافة المزيد من المؤثرات البصرية والصور

4- What positive effects can playing computer games have on young people?

ما هي الآثار الإيجابية لألعاب الكمبيوتر على الشباب؟

They develop imagination and problem-solving skills.

تطور (تنمي) الخيال ومهارات حل المشكلة

5- What are the bad effects of playing computer games on young people?

ما هي الآثار السلبية لألعاب الكمبيوتر على الشباب؟

They make them idle and out of shape.

تجعلهم كسولين وغير لائقين صحياً

They cause addiction.

تسبب الإدمان

6- How do computer games look like nowadays?

كيف تبدو ألعاب الكمبيوتر في هذه الأيام؟

They look realistic and the characters are intelligent.

تبدو واقعية والشخصيات فيها ذكية

7- How are computer games detrimental to children's social development?

كيف تكون ألعاب الكمبيوتر ضارة على تطور الأطفال الاجتماعي؟

They make children isolated from the real world.

تجعل الأطفال منعزلين عن عالمهم الحقيقي



Unit Five

1- In Your opinion, why are the Paralympic Games important?

برأيك ما أهمية الألعاب الأولمبية للمعاقين؟

They give the disabled power and self-confidence.

تمنح المعاقين القوة والثقة بالنفس

2- What games would you advise introverts to play? Why?

ما هي الألعاب التي تنصح الانطوائيين بممارستها ولماذا؟

Chess and golf, because introverts prefer individual games.

الشطرنج والجولف لأنّ الانطوائيين يفضلون الألعاب الفردية

3- How did Kuwait encourage the disabled to practise sports?

كيف شجعت الكويت المعاقين على ممارسة الرياضة؟

Kuwait developed one of the best sports clubs in the region.

قامت الكويت ببناء وتطوير واحد من أفضل النوادي الرياضية في المنطقة

4- Which sports are more suitable for extroverts?

ما هي الرياضات المناسبة للاجتماعيين؟

All team games like football and basketball.

جميع ألعاب الفريق مثل كرة القدم وكرة السلة

5- What skills are important to athletes, whatever their abilities?

ما هي المهارات المهمة للرياضيين (مهما كانت قدراتهم) ؟

They should have patience and self-discipline.

يجب أن يتمتعوا بالصبر وضبط النفس

Unit Six

1- How important do you think animals are in the modern world?

ما هي أهمية الحيوانات في العالم الحديث؟

They are a source of food and fun.

تعتبر مصدر للغذاء والترفيه

They are important for science research.

مهمة للأبحاث العلمية

2- Why are some animals endangered?

لماذا بعض الحيوانات مهددة بالانقراض؟

Because of poaching and habitat destruction.

بسبب الصيد ودمار الموطن

3- How can we protect endangered species?

كيف نحمي الأنواع المهددة بالانقراض؟

By banning hunting and founding reserves.

منع الصيد وإنشاء المحميات

4- Should we spend money on protecting wildlife? Why? Why not?

هل ينبغي إنفاق المال لحماية الحياة البرية؟ لماذا؟ لماذا لا؟

No, money should be spent on education and health care.

لا، بل يجب إنفاق المال على التعليم و الرعاية الصحية

5- What can you do to help protect wildlife in your area?

ماذا تستطيع أن تفعل للمساعدة بحماية الحياة البرية في منطقتك؟

We can have an environmental cleanup.

يمكن أن نقوم بتنظيف البيئة

We should teach others why protecting animals is important.

يجب أن نعلم الآخرين لماذا حماية الحيوانات مهمة

Focus on

1- Why is Kuwait considered a great place to go shopping?

لماذا تعتبر الكويت مكاناً رائعاً للتسوق؟

Because it has a lot of great shopping malls.

لأنّ فيها الكثير من مراكز التسوق الكبيرة (الرائعة)

2- How can shopping malls satisfy their customers?

كيف تستطيع مراكز التسوق إرضاء الزبائن؟

By selling famous brands

بيع الماركات المعروفة

Making sales and good offers

إجراء تنزيلات وعروض جيدة

Offering good customer service

تقديم خدمة زبائن مميزة

Unit One

Your food choices each day may affect your health - how you feel today, tomorrow, and in the future.

Plan and write an **Expository** essay of 12 sentences (140 words) explaining what a healthy diet should include **and** how it can affect your health in the future.

Outline

Introduction:



Hook: Healthy eating doesn't have to be overly complicated.

Thesis: In this essay, I will write about what a healthy diet should include and how it can affect our health in the future.

Body:

Paragraph one

What a healthy diet should include

- home-made meals الوجبات المنزلية
- fresh vegetables and fruits الخضار و الفواكه الطازجة
- fish, nuts and olive oil السمك و المكسرات و زيت الزيتون

Paragraph two

How it can affect health in the future

- boost immunity يقوي جهاز المناعة
- lower risk of obesity يقلل من مخاطر السمنة
- may help live longer يساعد في العيش لفترة أطول

Conclusion: To sum up, our choice of food now can greatly affect our health in the future. Therefore, one should be selective when consuming food.

(الأكل الصحي وتأثيره على الصحة)

Healthy eating doesn't have to be overly complicated. In this essay, I will write about what a healthy diet should include and how it can affect our health in the future.

According to dieticians, a healthy diet should include a lot of natural and nutritious elements. For example, it should include home-made meals. Also, it should comprise fresh vegetables and fruits. In addition, a healthy diet shouldn't exclude fish, nuts and olive oil.

Healthy food has great effects on our health. First, it can boost the immune system. Second, it can lower the risk of obesity and heart diseases. Finally, it may help us live longer.

To sum up, our choice of food now can greatly affect our health in the future. Therefore, one should be selective when consuming food.

Unit One

Your food choices each day may affect your health - how you feel today, tomorrow, and in the future.

Plan and write an **Expository** essay of 12 sentences (140 words) explaining why it is important to have healthy food and the risk of having too much fast food.

Introduction:

Hook: Did you know that the first fast food was fried fish in ancient Greece?
المناهج الكويتية
almanahj.com/kw

Thesis: In this essay, I will write about why it is important to have healthy food and the risk of having too much fast food.

Body:

Paragraph one

Why it is important to have healthy food

- maintain healthy يحافظ على الصحة
- reduce the risk of diabetes يقلل من مخاطر الإصابة بمرض السكر
- better mood يحسّن المزاج

Paragraph two

The risk of having too much fast food

- obesity and heart diseases السمنة و أمراض القلب
- lack of focus on tasks قلة التركيز
- lead to addiction يسبب الإدمان

Conclusion: To sum up, our choice of food can greatly affect our health. Therefore, we should be selective when consuming food because we are what we eat.

(فوائد الأكل الصحي وأضرار الوجبات السريعة)

Did you know that the first fast food was fried fish in ancient Greece? In this essay, I will write about why it is important to have healthy food and the risk of having too much fast food.

Eating healthy food is very important to our health for different reasons. First, it can help us maintain good health both physically and mentally. Second, consuming healthy food reduces the risk of diabetes as it contains less amounts of sugar. Finally, a healthy balanced diet can help promote a balanced mood.

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On the other hand, consuming too much fast food on a regular basis can have a lot of risks to our health. For example, eating fast food can lead to obesity and heart diseases. It can also cause lack of focus on tasks. Finally, people who have fast food regularly tend to be addicted to this type of food.

To sum up, our choice of food can greatly affect our health. Therefore, we should be selective when consuming food because we are what we eat.

Unit Two

"The UN is trying hard to promote the culture of tolerance and mutual understanding."

Plan and write an **Expository** essay of 12 sentences (140 words) explaining why promoting tolerance and mutual understanding among people is important , and how it can be achieved.

Outline

Introduction:

Hook: Did you know that life without tolerance and mutual understanding could be meaningless?

Thesis: In this essay I will write about why promoting tolerance and mutual understanding among people is important and how it can be achieved.

Body:

Paragraph one **Why promoting tolerance is important**

- | | |
|-------------------------------------|-----------------------|
| - it is what makes us human | إنه ما يميزنا كبشر |
| - remove barriers | يزيل الحواجز |
| - less stress and greater happiness | توتر أقل و سعادة أكبر |

Paragraph two **How it can be achieved**

- | | |
|------------------------------------|-------------------------|
| - holding seminars and conferences | عقد المؤتمرات و الندوات |
| - interfaith dialogue | حوار الأديان |
| - raising awareness | رفع الوعي |

Conclusion: To sum up, tolerance and mutual understanding are very important for social harmony. Therefore, we should tolerate and respect people of other faiths and religions.

(أهمية التسامح)

Did you know that life without tolerance and mutual understanding could be meaningless? In this essay I will write about why promoting tolerance and mutual understanding among people is important and how it can be achieved.

Promoting tolerance and mutual understanding among people is important for different reasons. First, it is what makes us humans. Second, it can remove barriers in community and lead to good relationships. Finally, tolerance leads to less stress and greater happiness in society.

Promoting tolerance and mutual understanding can be achieved by many ways. For example, regular seminars and conferences should be held to further the culture of peace. Also, it can be achieved through interfaith dialogue. Last but not least, governments should raise people awareness regarding tolerance and respect.

To sum up, tolerance and mutual understanding are very important for social harmony. Therefore, we should tolerate and respect people of other faiths and religions.

Unit Three

Airports are built all over the world every year to facilitate passengers and goods transport.

Plan and write an **Expository** essay of 12 sentences (140 words) explaining the advantages of building a new airport near a residential area and the bad effects it might have on that area.

Outline

Introduction:

Hook: Have you ever thought of what effects building a new airport can have on your area?

Thesis: In this essay, I will write about the advantages of building a new airport near a residential area and the bad effects it might have on the area.

Body:

Paragraph one **The advantages of building a new airport**

- | | |
|-------------------------------------|-----------------------------|
| - saves time and effort | يوفر الوقت و الجهد |
| - improve the economy | يحسّن الاقتصاد |
| - provides jobs for local community | يوفر فرص عمل للمجتمع المحلي |

Paragraph two **The bad effects of building a new airport on the area**

- | | |
|----------------------------|----------------------|
| - can lead to traffic jams | يسبب ازدحامات مرورية |
| - can cause pollution | يسبب التلوث |
| - disturbance and noise | مصدر إزعاج |

Conclusion: To sum up, building a new airport is a double-edged weapon. Therefore, the governments must take the interests of local residents into consideration before proceeding with the construction of a new airport.

(إيجابيات وسلبيات بناء مطار جديد)

Have you ever thought of what effects building a new airport can have on your area? In this essay, I will write about the advantages and disadvantages of building a new airport near a residential area.

On the one hand, building a new airport can have a lot of good effects on residential areas. For example, it can save a lot of time and effort. Also, it can play a vital role in improving the economy of the country. In addition, it will provide jobs for local community.

On the other hand, building a new airport can have a lot of bad effects on residential areas. First, it can lead to traffic jams. Second, it can cause pollution due to the large number of planes taking off and landing every day. Finally, it can cause disturbance and noise especially for schools and colleges that are located near the airport.

To sum up, building a new airport is a double-edged weapon. Therefore, the government must take the interests of local residents into consideration before proceeding with the construction of a new airport.

Unit Four

“Computer games have become very popular among children nowadays”

Plan & write an **Expository** essay of not less than 12 sentences (140 words) explaining why it is not recommended to spend too much time playing computer games and how they can be used wisely.

Outline

Introduction:

Hook: Did you know that the number of young people who are addicted to playing computer games is shockingly high?

Thesis: In this essay, I will write about why it is not recommended to spend too much time playing computer games and how they can be used wisely.

Body:

Paragraph one **The bad effects of playing computer games**

- cause addiction and waste time تسبب الإدمان و تضيع الوقت
- lazy and out of shape كسول و غير لائق بدنياً
- health problems مشاكل صحية

Paragraph two **How they can be used wisely**

- set limits تخصيص وقت محدد
- play as a reward اللعب كمكافأة
- choose games wisely اختيار الألعاب بحكمة

Conclusion: To sum up, playing computer games is a double-edged weapon. Therefore, it is highly recommended that parents should use them wisely.

(ألعاب الكمبيوتر)

Did you know that number of young people who are addicted to playing computer games is shockingly high? In this essay, I will write about why it is not recommended to spend too much time playing computer games and how they can be used wisely.

It is not recommended to spend too much time playing computer games for many reasons. First, playing computer games can cause addiction and waste time. Second, it makes children lazy and out of shape. Finally, it can lead to a lot of health problems such as poor eyesight and backache.

Playing computer games can be used wisely by many ways. For example, parents can restrict playing to a specific amount of time. Also, parents can offer games as a reward for doing homework or chores. Finally, games should be chosen wisely, and parents should focus on games that help remove anxiety and stress and improve problem-solving skills.

To sum up, playing computer games is a double-edged weapon as it has a lot of pros and cons. Therefore, it is highly recommended that parents should use them wisely.

Unit Five

"Paralympics is a sport event that involves people with disabilities."

Plan & write an **Expository** essay of not less than 12 sentences (140 words) about the importance of holding such events and the role of the society towards the disabled.

Outline

Introduction:

Hook: Did you know that the Paralympics started at a UK hospital?

Thesis: In this essay, I will write about the importance of holding Paralympics and the role of the society towards the disabled.

Body:

Paragraph one

The importance of holding Paralympics

- | | |
|----------------------------|--------------------|
| - improve abilities | تحسين القدرات |
| - achieve goals | تحقيق الأهداف |
| - inspiration and equality | الإلهام و المساواة |

Paragraph two

The role of society towards the disabled

- | | |
|----------------------------|----------------------|
| - make them feel confident | نجعلهم يشعرون بالثقة |
| - helping them financially | مساعدتهم مالياً |
| - encouraging them | تشجيعهم |

Conclusion: To sum up, holding Paralympics is a good chance for people with disabilities to prove their abilities. Therefore, it is our duty to help them and make them feel normal.

(أولمبياد ذوي الإعاقة)

Did you know that the Paralympics started at a UK hospital? In this essay, I will write about the importance of holding Paralympics and the role of the society towards the disabled.

On the one hand, holding Paralympics is very important for the disabled for many reasons. First, it can help the disabled improve their abilities. Second, it can help the disabled achieve their goals. Finally, such events always focus on values of inspiration and equality.

On the other hand, we as members of the society have a great role towards the disabled. We should make them feel confident. Also, we should help them financially and provide them with the best medical care. Lastly, we should always support them and encourage them to make their lives better.

To sum up, holding Paralympics is a good chance for people with disabilities to prove their abilities. Therefore, it is our duty to help them and make them feel normal.

Unit six

" Animals both large and small are a critical component to our environment."

Plan & write an **Expository** essay of not less than 12 sentences (140 words) about the main dangers that face animals and birds worldwide and how to save endangered species.

Outline

Introduction:

Hook: Did you know that animals, both large and small, are a critical component to our environment?

Thesis: In this essay, I will write about the main dangers that face animals and birds worldwide and how to save endangered species.

Body:

Paragraph one

The main dangers that face animals worldwide

- | | |
|-----------------------|--------------|
| - habitat destruction | دمار الموطن |
| - poaching (hunting) | الصيد الجائر |
| - extinction | الانقراض |

Paragraph two

How to save endangered species

- | | |
|------------------------------------|------------------------|
| - banning poaching | منع الصيد |
| - founding reserves | إنشاء المحميات |
| - minimizing the use of pesticides | تقليل استخدام المبيدات |

Conclusion: To sum up, animals are very important for ecological balance. Therefore, we should do our best to save them.

(الحيوانات المهددة بالانقراض)

Did you know that animals, both large and small, are a critical component to our environment? In this essay, I will write about the main dangers that face animals and birds worldwide and how to save endangered species.

Animals and birds worldwide are facing a lot of dangers in their natural habitat. For example, desertification and wildfires pose a real threat to animals as they can lead to animal habitat destruction. In addition, poachers hunt some animals such as tigers and elephants for their valuable fur and tusks. Finally, climate change and pollution can lead to animals' extinction.

In fact, we cannot remain passive, and a lot of actions should be taken to save endangered species. First, banning poaching should be a top priority for the government to protect rare animals and birds. Second, the government should found reserves to save animals and help them live in peace. Lastly, farmers should minimize the use of pesticides because they can harm animals or kill them.

To sum up, animals are very important for ecological balance. Therefore, we should do our best to save them.