

## Health and healthy mind (How do you ensure a long life?)

طول العمر والصحة الجيدة

### OUTLINE

<b>Introduction:</b> Living longer and enjoying a healthy life isn't something difficult.
<b>Body:</b> 1- Eating healthy food and following a balanced diet... (Vegetables, fruits, dates. Homemade –not junk foods- fizzy drinks) 2- How can we make our minds flexible? (Reading a book -crossword puzzle -play chess .....)
<b>Conclusion:</b> We must be aware of the importance of healthy habits and leading a healthy life style.

"Health is better than wealth." This is a very old proverb. It means that there is nothing better than good health and nothing worse than bad health. As we know that we can't separate healthy body from healthy mind as they are interrelated together.

Healthy body and being physically healthy comes from eating healthy food and following a balanced diet `such as vegetables, fruit, dates, fish and avoiding unhealthy or junk food. In my opinion, we should drink more water and milk. Also, we should do exercises to make our bodies fit and strong. Indeed, we can avoid so many diseases by applying a healthy life style.

How can we make our minds flexible? It is very important to relax our minds. Reading a book or doing a crossword puzzle exercise is a useful way to exercise our minds and help to keep us mentally fit. Moreover, we may play chess, and of course recite the Holy Quran.

Medical advances and great improvements in medicine play a vital role in keeping us healthy and in helping people live longer lives. They, also, help to cure from fatal diseases.

As you know, early to bed, early to rise makes you healthy, wealthy and wise. So, we must be aware of the importance of adopting healthy habits and leading a healthy life style.

### The importance of sleep:

أهمية النوم

<b>Introduction:</b> Experts frequently advise us that sleep is very essential...
<b>Body:</b> 1-The reasons why computer crimes increase... 2-Why we need sleep... (The importance of sleep) 3-What would happen if we didn't get enough sleep...bad memory. Bad health. Unfit
<b>Conclusion:</b> Sleep is a blessing indeed.

Experts frequently advise us that sleep is very essential for a person's health and wellbeing. They also warn that sleep loss leads to many health problems.

We need sleep when we are tired or drowsy after too much work or efforts. The amount of sleep varies from one to another depending on several factors such as; age, daily routine, the quality of our sleep and the genetic make-up. The great importance of having enough sleep is that we can have a good memory, keep fit and avoid mistakes in work.

But what would happen if we didn't get enough sleep? We would have a bad memory and suffer the inability to remember or concentrate on our lessons. Moreover, we will not be physically fit.

Finally, sleep is a blessing indeed from God. If we use it properly, we can enjoy our life mentally and physically.

## Living in a town or living in a city:

الحياة في المدينة والريف

### OUTLINE

**Introduction:** Nowadays, people move from villages to the cities trying to find better jobs...

**Body:** 1-Advantages: better jobs, better life. enjoying good services.  
2-The disadvantages: the country deserted and empty. Pollution...crimes

**Conclusion:** I prefer village life because...

Nowadays, people move from villages to the cities trying to find better jobs and work. This is called rural depopulation. They leave the country moving to the city leaving the country empty to some extent and causing major problems in the city.

There are some advantages of this phenomenon such as; finding better paid jobs and enjoying good services. Also, they contribute in constructing the nation and their country.

On the other hand, there are some disadvantages of this phenomenon; such as leaving the country deserted and empty. Moreover, it will lead to some more problems in the city such as pollution or even crimes. This leads also to the collapse of farming in the village as it becomes deserted and neglected because the farmers move to live in the city.

Nowadays, some businessmen move to live in the country escaping from the problems of pollution and traffic, and enjoying the fresh air, virgin nature, leafy streets and calm in the country that thing they miss in the town or the city.

Finally, I prefer village life because it is healthy and calm, and I think we can make city life less stressful.

## Spending leisure time in the past and nowadays:

اوقات الفراغ في الماضي و الحاضر

### OUTLINE

**Introduction:** It is not a surprise when we discover that we have less free time than we had in the past because...

**Body:** 1-Leisure (free) time in the past...Paying visits...domestic *منزلية* games.  
2- Leisure (free) time in the present: Computer games...shopping... online chatting...social media

**Conclusion:** To conclude, I think spending your free time wisely is very important.

It is not a surprise when we discover that we have less free time than we had in the past because life became very busy and stressful or tiring. But of course, they had leisure time in the past and they were enjoying it for sure.

The question is; How were they spending their free time? They were spending their free time in telling stories, visiting relatives, playing their simple games such as; Dama, Ambar and Al Khabsah...etc. and they were playing chess as well. They made their games from simple items from their daily life because they had a lot of time to utilize them. They used stones, rocks, shells, sand and almost any other everyday item you can think of. They enjoyed their time very well during their play.

Nowadays, we spend our time in a very different way. We can play computer games, play online, go shopping, chat on the internet or even communicate via the social media using facebook, Whatsapp, Instagram twitter ...etc.

Finally, I think we should enjoy our leisure time to lead a happy life. It helps us to refresh our minds and bodies.

## Adventure / Extreme Sport / Preparations before expedition

### المغامرة والرياضات الخطيرة

**Introduction:** Some people like to take adventures and push themselves to extreme...

**Body:** 1- **Reasons:** to be famous, looking for money, drawing the attention

2- **Effects** (dangers) losing their lives, getting injured, bad weather, getting lost.

3- **Preparations** :how to face these dangers? hard training, telling someone where they are going, should take a mobile or a compass.

**Conclusion:** In conclusion, recycling has become an important issue because it helps us to get rid of the wastes.

Some people like to take adventures and push themselves to extreme limits in sport. They like to climb high mountains or even swim in frozen water.

Those people have their reasons and motives. They want to be famous. Some look for money and want to be rich. Others want to draw the attention to the problems in their countries.

These types of sport are very dangerous. People may lose their lives or even get badly injured. That's because of the risky conditions they face. They may face bad weather conditions, like strong winds or freezing temperature. They may also face dizzying heights, lack of oxygen, shortage of food or water, or sometimes getting lost.

They usually overcome these problems by hard training and getting ready before any adventure. There are certain preparations people and sportsmen should do before going on a journey, expedition or adventure. They should tell someone where they are going. They should take a well-checked first aid kit. They should take a mobile or a compass. They shouldn't forget food and water.

To conclude, adventures, challenges and expeditions are all sources of fun and enjoyment to people, but they should be careful and well prepared in order to avoid their dangers.

## Space exploration / Tourism

### استكشاف و سياحة الفضاء

**Introduction:** Long time ago people wondered if there is life on other planets or not.

**Body:** 1-**Reasons:** knowing if there is any sign of life on other planets ... They also made experiments which may serve people on Earth.

**Advantages:** It will help in solving many problems on Earth... wireless communication and in aircraft industry... helping doctors

**Disadvantages:** useless ... a waste of time and waste of money... dangerous for astronauts.

**Conclusion:** Finally, I think we shouldn't stop thinking, exploring and discovering for the welfare of all humanity and making their life better.

Long time ago people wondered if there is life on other planets or not. Man's fascination and imagination led him to think deeply in exploring outer space. Scientists thought of ways of sending people into other planets or into space.

Man thought of going into space for many different reasons. First, scientists wanted to know if there is any sign of life on other planets. They wanted to know which planet may support human life. They also made experiments which may serve people on Earth.

So, some people are in favor of space exploration. They say that it will benefit humanity in general. It will help in developing all fields of life. It will help in solving many problems on Earth. It will benefit Mankind in the field of wireless communication and in aircraft industry. It will also help doctors save many lives by monitoring patients from remote places.

Other people are totally against space exploration or space tourism. They think it is useless and has no benefit at all. They argue that it is a waste of time and waste of money. They add that it is too dangerous for astronauts as they may lose their lives.

Finally, I think we shouldn't stop thinking, exploring and discovering for the welfare of all humanity and making their life better.

# A child prodigy

الطفل المعجزة

## OUTLINE

**Introduction:** A child prodigy is a person who has an outstanding talent or skill at a very early age

**Body:** 1-The advantages, being known and famous, being rich, being distinguished.

2- The disadvantages, coping with normal friends, feeling isolated, difficult to enjoy his childhood.

**Conclusion:** parents, families and governments have a duty towards those child prodigies

A child prodigy is a person who has an outstanding talent or skill at a very early age. All people like to see their children smart and intelligent. People educate their children at early age so that they can develop their talents and skills. A few children show these extraordinary talents at a very early age. We can't deny that these prodigies benefit children, their parents, the society and humanity in general. Being a child prodigy has advantages and disadvantages.

When we talk about advantages, we start with the most important one which is being known and famous. A child prodigy will be known around the world. Child prodigy will also be rich. He will get lots of money through his creative ideas and creative thinking. The advantages also include being distinguished. Prodigies also get a lot of rewards.

On the other hand, there are some disadvantages of being a prodigy. First, it is always difficult to cope with normal friends, normal classes or schools. So, a child prodigy will always feel isolated. Children of the same age will always be different from him. So, a child prodigy will find it difficult to enjoy his childhood.

To conclude, parents, families and governments have a duty towards those child prodigies. They should give them extra care. They should provide all necessary materials to help them.