



# Grade 12

## Compositions 2<sup>nd</sup> Term



2021 - 2022



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## Composition

### Health and Healthy Mind (How do you ensure a long life?)



It's been said that "Health is better than wealth." People also said "A man dies simply because he doesn't know how to live longer". Write an essay of (14 sentences/160 words) about the secret of a long life, ways of keeping fit mentally and physically and how life expectancy has reached a high level in the recent days.

#### Plan / Writing outline

##### **Introduction:**

1. General background about the topic.
2. Thesis: Living longer and enjoying a healthy life isn't something difficult.

##### **Body:**

**Paragraph 1:** Eating healthy food and following a balanced diet.

- Vegetables, fruits, dates and Homemade.
- Junk foods and fizzy drinks.

**Paragraph 2:** How can we make our minds flexible?

- Doing sports.
- Reading books, Doing crossword puzzles and playing chess.

**Conclusion:** a summary of the main ideas in the article. 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. 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.

In my opinion, as we 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.



Sleep is undoubtedly one of the most essential requirements for the human body to function properly. Write an essay of (14 sentences/160 words) about the different factors that affect sleep, importance of sleep and the bad consequences of lack of sleep.

Plan / Writing outline**Introduction:**

1. General background about the topic.
2. Thesis: Experts frequently advise us that sleep is very important and essential

**Body:**

**Paragraph 1:** What experts said about sleep.

- Essential for a person's health.
- Warning that sleep loss leads to problems.

**Paragraph 2:** Why we need sleep? (The importance of sleep).

- having a good memory.
- Keeping fit and avoiding mistakes in work.

**Paragraph 3:** What would happen if we didn't get enough sleep?

- Bad memory.
- Bad health and Unfit.

**Conclusion:** a summary of the main ideas in the article and your opinion. 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. Sleep is essential and important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health. Sleeping helps us to recover from mental as well as physical exertion

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. Some of the most serious potential problems associated with chronic sleep deprivation are high blood pressure, diabetes, heart attack, heart failure or stroke. Other potential problems include obesity, depression and reduced immune system function.

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



Living in the countryside and living in a town or a city have a lot of advantages but also many disadvantages. Write an essay of 4 paragraphs (14 sentences/160 words) about the advantages and the disadvantages of living in either the countryside or the city.

### Plan / Writing outline



#### Introduction:

1. General background about the topic.
2. Thesis: Nowadays, people move from villages to the cities trying to find better jobs.

#### Body:

**Paragraph 1:** There are many advantages:

- Better jobs and better life.
- Enjoying good services.

**Paragraph 2:** There are many disadvantages:

- The country deserted and empty.
- Pollution and crimes..

**Conclusion:** a summary of the main ideas in the article and your opinion. I prefer village life because it is healthier, active and simpler in habits than people living in towns. People who live in villages breathe pure air.

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.

To sum up, I prefer village life because it is healthy and calm, and I think we can make city life less stressful. I also prefer village life because it is healthier, active and simpler in habits than people living in towns. People who live in villages breathe pure air.

## Rural Depopulation

A large number of people move from their homes in country areas to live in cities. Plan and write a report of (14 sentences 160 words) discussing the causes of rural depopulation and its negative effects.

## Plan / Writing outline

**Introduction:**

1. General background about the topic.
2. Thesis: Nowadays, people move from villages to the cities trying to find better jobs.

**Body:**

**Paragraph 1:** There are many advantages:

- Better jobs and better life.
- Enjoying good services.

**Paragraph 2:** There are many disadvantages:

- The country deserted and empty.
- Pollution and crimes..

**Conclusion:** a summary of the main ideas in the article and your opinion. I prefer village life because it is healthier, active and simpler in habits than people living in towns. People who live in villages breathe pure air.



Nowadays, more and more people are moving from the country into the city. This is called Rural Depopulation. In this essay, I am going to discuss the causes of Rural Depopulation and its negative effects.

Many people prefer the city to rural areas. There are many reasons for them to move to the city. One of the biggest reasons is that they seek better public services and education for their children. They even believe to have better paying jobs there. The multiple and vast types of entertainment there such as cinemas, malls, theatres and restaurants play a big factor in people moving to the city.

People do not realise that their move to the city can have a negative effect on the areas they leave. As people leave from rural areas to cities, the amount of people living there decreases. This is called rural depopulation. It can result in people going out of business and even in farms being deserted. Moreover, as more and more people move into the city, they risk the chance of causing overcrowding.

Living in a city can offer you many things but at the same time you have to be willing to cope with the overcrowding. You need to understand that your choice will not affect you but others as well. For even though you may find great opportunities, you may be robbing your old area from some!



## Spending Leisure Time in the Past and Nowadays

It is very important to keep in touch with our past. It is said that "Those who have no past have no present or future." Write a report of about (14 sentences 160 words) about the importance of keeping our past. Also, how people used to spend their time in the past in comparison with nowadays.

### Plan / Writing outline

#### **Introduction:**

1. General background about the topic.
2. Thesis: It is not a surprise when we discover that we have less free time than we had in the past because current life updates.

#### **Body:**

**Paragraph 1:** Leisure (free) time in the past:

- Paying visits.
- Domestic games.

**Paragraph 2:** Leisure (free) time in the present:

- Computer games and shopping.
- Social media and online chatting.

**Conclusion:** a summary of the main ideas in the article and your opinion. To conclude, I think spending your free time wisely is very important.



It is very important to keep in touch with our past. It is said that "Those who have no past have no present or future." Our past, present and future are very important as well so we should have a good use to our time. 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.



Throughout history, people have used leisure time in different ways to balance the stress of work and everyday life. In not less than 14 sentences (160 words), plan and write an essay comparing between pastime activities in the past and in the present time and their impact on people's life.

### Plan / Writing outline

#### Introduction:

1. General background about the topic.

2. Thesis: Throughout history, people have proved that it is important to have a pastime activities.

#### Body:

Paragraph 1: Leisure (free) time in the past:

- Paying visits.
- Domestic games.

Paragraph 2: Leisure (free) time in the present:

- Computer games and shopping.
- Social media and online chatting.

**Conclusion:** a summary of the main ideas in the article and your opinion. To conclude, I think spending your free time wisely is very important.



Throughout history, people have proved that it is important to have a pastime activity. Even though times have changed, there are, however, similarities as well as differences in pastime activities. People have always enjoyed pastime activities both in past and present time. In this essay, I will compare how people spent their pastime activities in the past and present time.

One would think that people did not have many resources to create multiple activities in the past, however, they are mistaken. In the past, people had to rely on their creativity to create pastime activities. They had many activities that involved great skills such as weaving carpets, embroidery and even carving things out of wood. These were fun activities that had a useful outcome. They also enjoyed playing fun games such as Khabsa, Amber and Dawama. These activities were simple yet entertaining.

Nowadays, people still enjoy leisure activities. Some activities are very similar to those in the past, yet some are quite different. With the development of technology, people spend much of their leisure time on the internet as well as social media and watching TV. Nevertheless, people still enjoy some skillful activities such as painting and even arts and crafts. Moreover, people also enjoy playing games, however, these games have developed into computer games.

To sum up, people have always found ways to enjoy themselves whether in the past or now. However, as times change so do the types of activities. Games in the past were simple and group socialising, whereas nowadays they are more

individual.

## Adventure/Extreme Sport/Preparations before expedition



Fans of adventure or extreme sports are becoming more and more every year, despite its dangers. Plan and write a report of about (14 sentences 160 words) showing the advantages and disadvantages of these sports, the reasons why athletes choose such sports and how they prepare themselves before practising them.

## Plan / Writing outline

**Introduction:**

1. General background about the topic.
2. Thesis: Some people like to take adventures and push themselves to their passion.

**Body:****Paragraph 1: Reasons and Effects (dangers):**

- To be famous, looking for money and drawing the attention.
- Losing their lives, getting injured, bad weather and getting lost.

**Paragraph 2: The advantages and disadvantages:**

- Providing with new experiences and helping build confidence.
- Losing lives or even getting badly injured.

**Paragraph 3: Preparations: how to face these dangers?**

- Hard training and telling someone where we are going.
- Should take a mobile or a compass.

**Conclusion:** a summary of the main ideas in the article and your opinion. In conclusion, extreme sports may help get rid of monotonous life as well as frustration, stress, bad emotions, etc.

Fans of adventure or extreme sports are becoming more and more every year, despite its dangers. 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.

For the advantages of extreme sports; these types of sport can provide with new experiences. These sports can also help build confidence and motivation. For the disadvantages of extreme sports; 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.



Many people like to push themselves to extreme limits. Plan and write an essay in not less than (14 sentences/160 words) discussing the arguments for and against why people push themselves to extreme limits and stating your position.

### Plan / Writing outline

#### Introduction:

1. General background about the topic.
2. Thesis: Many people like to push themselves to extreme limits.

#### Body:

##### Paragraph 1: Reasons and Effects (dangers):

- To be famous, looking for money and drawing the attention.
- Losing their lives, getting injured, bad weather and getting lost.

##### Paragraph 2: The advantages and disadvantages:

- Providing with new experiences and helping build confidence.
- Losing lives or even getting badly injured.

##### Paragraph 3: Preparations: how to face these dangers?

- Hard training and telling someone where we are going.
- Should take a mobile or a compass.

**Conclusion:** a summary of the main ideas in the article and your opinion. In conclusion, extreme sports may help get rid of monotonous life as well as frustration, stress, bad emotions, etc.



Many people like to push themselves to extreme limits. Some people argue that it has a lot of benefits, whereas others disagree. In my opinion, pushing yourself to the limits is the only option as it results in great accomplishments and even wealth.

Pushing yourself to the limits has many benefits. In fact, there are many examples of people pushing themselves and making amazing accomplishments as well as fame and wealth. Zaid Al-Refaie is a great example. Ever since he has got a lot of attention and has become an example of people pushing their limits. That is why people are encouraged to push themselves out of the comfort zone.

On the other hand, some people are against pushing themselves to activities like these. Doing extreme sports can result in many difficulties such as exhaustion and can even be dangerous. Moreover, they may have potential problems like injury, frost-bite and even getting lost. However, this is not an enough excuse for not pushing yourself as fear will leave you with nothing.

In conclusion, it is true that beating the record is exciting. However, it is not easy. In fact, if you are willing to push yourself to the limits, then you need to know how to deal with the results.

Man's fascination led him to think deeply in exploring outer space. Scientists are desperate to know about space. In four paragraphs, plan and write an essay about (14 sentences/160 words) about the benefits we can get from space technology and how astronauts sacrifice their lives for the sake of the development of humanity on earth.

### Plan / Writing outline

#### Introduction:

1. General background about the topic.
2. Thesis: Long time ago people wondered if there is life on other planets or not.

#### Body:

##### Paragraph 1: Reasons:

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

##### Paragraph 2: Advantages and Disadvantages:

- It will help in solving many problems on Earth. Wireless communication and in aircraft industry and helping doctors.
- Useless, a waste of time, waste of money. Dangerous for astronauts.

**Conclusion:** a summary of the main ideas in the article and your opinion. 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.

Therefore, 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.



Advances in technology designed especially for space have enabled people to revolutionise their lives on Earth. Plan and write an essay of (14 sentences 160 words) about the space technological advances and their possible effects on our life on Earth.

### Plan / Writing outline



#### **Introduction:**

1. General background about the topic.
2. Thesis: Advances in technology designed especially for space have enabled people to revolutionise their lives on Earth.

#### **Body:**

##### **Paragraph 1: Reasons:**

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

##### **Paragraph 2: Advantages and Disadvantages:**

- It will help in solving many problems on Earth. Wireless communication and in aircraft industry and helping doctors.
- Useless, a waste of time, waste of money. Dangerous for astronauts.

**Conclusion:** a summary of the main ideas in the article and your opinion. Finally, I think we shouldn't stop thinking, exploring and discovering for the welfare of all humanity and making their life better.

Advances in technology designed especially for space have enabled people to revolutionise their lives on Earth. In this essay, I am going to write about the space technological advances and their possible effects on our life on Earth.

Space technology has revolutionised how airplanes are made. You can see how travel has changed throughout history. Nowadays, you can travel more easily and quickly to anywhere in the world. Because space technology has lowered fuel consumption, more people can now afford to travel. whereas, it was considered a luxury in the past.

Space technology has also made a change in wireless communication. This technology has allowed officials to carry out search and rescues more effectively, resulting in saving more lives. It has also allowed critical patients to be in contact with their physicians to get the required medical attention.

Many items have been improved by technology originally used in space. Not only has it made our lives easier but has resulted in saving more lives. Hopefully, these advances will continue to help us.

MR.MOHAMED DOUMA



A child prodigy is the one who outmatches adults in a chosen discipline, while still a child. Write an essay of about (14 sentences 160 words) about child prodigies and how we can benefit from their geniuses.

### Plan / Writing outline

#### **Introduction:**

1. General background about the topic.
2. Thesis: A child prodigy is a person who has an outstanding talent or skill at a very early age.

#### **Body:**

**Paragraph 1: The advantages:**

- Being known and famous.
- Being rich and being distinguished.

**Paragraph 2: The disadvantages:**

- Coping with normal friends, feeling isolated.
- Difficult to enjoy his childhood.

**Conclusion:** a summary of the main ideas in the article and your opinion. parents, families and governments have a duty towards those child prodigies.

A child prodigy is defined as a person under the age of ten who produces meaningful output in some domain to the level of an adult expert. The term is also applied more broadly to young persons who are extraordinarily talented in some field. A child prodigy is also 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.

