



# Writing Samples

## Grade 12

**Expository &  
Argumentative  
essays**

*Second Term  
2020 / 2021*



People's physical, mental and psychological well-being can be realized through a positive change in their lifestyle. In sense, leading healthy lifestyle is the secret of enjoying a long life without diseases.

- Plan and write an essay of 14 sentences (160 words), stating the aspects of living a healthy long life and the effects of healthy lifestyle on people.

## Expository

### Introduction

**Hook:** It is said, "Healthy living isn't just what you eat or how much you exercise. It is also mental health."

**Thesis:** You already know that exercise is good for your body. But do you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more.

### Paragraph One

#### The aspects of living a healthy long life

- Following a good diet
- Doing sports regularly
- Having enough sleep
- Avoiding bad habits
- Doing puzzles
- Reading books
- Playing chess

### Paragraph Two

#### The effects of healthy lifestyle on people

- It increases energy.
- It improves your health.
- It makes you feel happier.
- It helps you to lose weight.
- It keeps your muscles supple.
- It reduces the risk of chronic disease.
- It improves your brain health and memory.

### Conclusion

To sum up, I would like to say that if you want to enjoy a long and healthy life, you have to take care of your diet and the amount of sleep you have. Besides, doing exercises regularly and avoiding bad habits.

## **Living a long life**

It is said, “Healthy living isn’t just what you eat or how much you exercise. It is also mental health.” You already know that exercise is good for your body. But do you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more.

You can stay physically and mentally active and enjoy a long life by following some tips. First, being physically active and that can be achieved by following a good diet. Eating good food which contains all types of nutrients is very important. Furthermore, it is essential to do sports regularly. You can go for a walk 30 min a day. Moreover, you should get enough amount of sleep every day. Having enough sleep helps you to stay active during the day. Finally, there are some bad habits you should avoid like staying up late, skipping breakfast, smoking and eating junk food. Second, being mentally active can be fulfilled by doing puzzles and crosswords. Besides, reading books and the Quran. In addition, you can play some games that refresh your mind like chess.

Staying active is good and beneficial for many reasons. First, it increases your energy. It makes your lungs, heart and your body work more efficiently. Second, it improves your mood and makes you feel happier. Third, exercise can help prevent excess weight gain and help maintain weight loss. Fourth, it improves your health and makes your muscles supple. Fifth, it reduces the risk of getting chronic diseases and makes your immune system be more active. Finally, it makes you have a sharp memory and enhances your brain health.

To sum up, I would like to say that if you want to enjoy a long and healthy life, you have to take care of your diet and the amount of sleep you have. Besides, doing exercises regularly and avoiding bad habits.

Life expectancy is an index to the advancement of both the country's health system and personal lifestyle."

- Plan and write an essay of 14 sentences (160 words) about how the personal behaviours and the improvement of medical care affect people's life expectancy.

## Expository

### Introduction

**Hook:** Do you agree that the increase in average life expectancy can be regarded as one of the society's greatest achievements?

**Thesis:** Of course, life expectancy has increased not only because of the improvements in personal behaviours but also due to the revolution in the medical field and health care.

### Paragraph One

**How the personal behaviours affect people's life**

- stop smoking
- having enough sleep
- avoiding fast food
- avoiding bad habits
- doing sport regularly
- Reading books
- following a good diet
- having good social life
- taking care of personal hygiene

### Paragraph Two

**The improvement of medical care affect people's life**

- modern hospitals and clinics
- cures for fatal diseases
- revolution in scientific research
- a rise in the field of surgeries
- large investments in the medical field

### Conclusion

To sum up, I think longevity has been increasing over the past century thanks to medical advances and lifestyle improvements. Not only has the average life expectancy increased since 1900, but a larger number of people are living to older ages nowadays.

## **Life expectancy**

Do you agree that the increase in average life expectancy can be regarded as one of the society's greatest achievements? Of course, life expectancy has increased not only because of the improvements in personal behaviours but also due to the revolution in the medical field and health care.

Life expectancy has increased in some countries due to the improvements in the personal behaviours. Areas with higher numbers of smokers generally have a lower healthy life expectancy. Thanks to anti-smoking campaigns which encourage many people to stop this bad habit. Nowadays, people tend to follow a healthy diet and to get enough amount of sleep daily. Today, you can find many people who are keen on doing sport or even going for a daily walk in their areas. Moreover, people now are aware of their personal hygiene and how to keep themselves safe from acquiring diseases. Furthermore, old people tend to have good social life by visiting their relatives and friends. They spend their free time reading books and doing puzzles also.

We can't neglect the role of medical care in raising the average of life expectancy. Now, the government has built many modern hospitals and clinics all over the country and improves the service offered there. Besides, many diseases which used to be fatal in the past, can now be cured in a short time. In addition, the revolution in the scientific research has contributed greatly in increasing the life expectancy. Every day, scientists find cures for mysterious diseases like Covid-19 virus. Even in the field of surgeries, surgeons can operate many operations that were impossible to be done in the past. Many big companies now are investing in the medical field. They build high-end scientific labs and provide them with the latest equipment.

To sum up, I think longevity has been increasing over the past century thanks to medical advances and lifestyle improvements. Not only has the average life expectancy increased since 1900, but a larger number of people are living to older ages nowadays.

Sleep is undoubtedly one of the most essential requirements for the human body to function properly.

- Plan and 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.

## Expository

### Introduction

**Hook:** It is said, “Sleep is a golden chain that binds health and our bodies together.”

**Thesis:** Sleep is essential not only for our bodies to work well but also, for minds to work properly. The amount of sleep we need depends on some factors we should know.

### Paragraph One

#### Different factors that affect sleep

- Age
- Daily routine
- Genetic make-up
- Quality of sleep

### Paragraph Two

#### Importance of sleep and the bad consequences of lack of sleep

- It makes us retain information easily
- It makes us stay active all day
- It improves our immune system
- It makes us think better
- Feeling drowsy during daytime
- Gaining weight
- Causing work mistakes
- Causing car accidents
- Causing failure at school
- Affecting the immune system negatively

### Conclusion

To sum up, I think that sleep and health are strongly related - poor sleep can increase the risk of having poor health, and poor health can make it harder to sleep. Sleep is important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health.

# Sleep

It is said, "Sleep is a golden chain that binds health and our bodies together." Sleep is essential not only for our bodies to work well but also, for minds to work properly. The amount of sleep we need depends on some factors we should know.

There are many factors, both internal and external, that can influence the quantity and quality of the sleep we get. First, our age, sleep patterns tend to change as you age. A child needs more sleep than a teenager. When we grow older, the amount of sleep our bodies need becomes less. Second, your daily routine also affects your sleep. Your behavior during the day, and especially before bedtime, can have a major impact on your sleep. What you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings can significantly impact your sleep. Third, some scientists say that certain genes are linked to how much sleep a person needs to function while feeling rested. Finally, the quality of sleep which is affected by the sleeping environment and the schedule of your sleep.

Sleep is important for many reasons. First, it makes us retain and restore information easily. Moreover, it improves our immune system and makes us active during the day. Besides, it makes us think better and affects our mood positively. On the other hand, lack of sleep has many bad consequences. First, it makes you feel sleepy during the day. Feeling drowsy can result in serious mistakes at work or failure at school. Second, it is the main reason for many car accidents. Third, it affects your immune system negatively and makes your body gain more weight.

To sum up, I think that sleep and health are strongly related - poor sleep can increase the risk of having poor health, and poor health can make it harder to sleep. Sleep is important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health.

Being grateful and helpful to the elderly are among the most common characteristic of humanity all over the world irrespective of cultural and social differences so family values are a part of people's lifestyle.

Plan and write an essay of 14 sentences (160 words), about the ways and reasons of showing gratitude and respect to the elderly.

## Expository

### Introduction

**Hook:** "Your elders didn't leave you when you were young, so don't leave them when they are old."

**Thesis:** We have to show respect and gratitude to the elders as they cared for us when we were young, they deserve that.

### Paragraph One

#### Reasons for caring for the elderly

- to repay them
- Islam orders us to do so
- to show them gratitude
- to be respected when we grow old

### Paragraph Two

#### Ways of showing gratitude to them

- By helping them to do simple tasks.
- By standing when they enter a room.
- By holding doors open for them.
- By listening carefully to their advice.
- By lowering your voice when talking to them.
- By treating them in a friendly way.
- By not interrupting them while talking.

### Conclusion

To sum up, I think we shouldn't forget that we as Muslims must show our respect and honour to our parents. It's a great sin in Islam to disobey them. when we grow old, we would like to be respected as we respect our elders today.

## **Respecting the elderly**

To care for those who once cared for us is one of the highest honours. Your elders didn't leave you when you were young, so don't leave them when they are old. We have to show respect and gratitude to the elders as they cared for us when we were young, they deserve that.

We have to show them respect and gratitude for many reasons. We owe too much to our parents. When we talk about respecting parents, we have a lot to say. Old people whom we see today are those who were one day young. They used to spend all their time caring for us. They used to help us. They stayed up late to give us medicine. They worked hard to give us food. They made us safe and secure. Today, they are old. It's our role now. They need our care. Good people take extra care for their parents. We have a duty towards them. We have to repay them. Moreover, Islam urges us to respect and honour our elders.

We can show them reverence and gratitude in many ways. First, we can help them do simple tasks. Today they rely on us. They can't do things easily. Moreover, we can hold doors open for them. Furthermore, it is some kind of respect when we stand when they enter a room. Besides, we should listen carefully to their advice. What's more, we should never interrupt them while talking. We should treat them well as they deserve that.

To sum up, I think we shouldn't forget that we as Muslims must show our respect and honour to our parents. It's a great sin in Islam to disobey them. when we grow old, we would like to be respected as we respect our elders today.

Most of rich people prefer living in the countryside where they can enjoy a restful life in the picturesque natural views of their farms, while a great number of people think that living in the city is necessity rather than a luxury.

Plan and write an essay of 14 sentences (160 words), to highlight the pros and cons of living in the city and the countryside.

## Expository

### Introduction

**Hook:** Would you prefer to live in the city or in the country?

**Thesis:** A lot of people decide to move to the countryside nowadays. However, there are still many people who prefer staying in the town and say that they couldn't live anywhere else.

### Paragraph One

**Advantages and disadvantages of living in the city.**

- many ways of entertainment
- easy to find jobs
- better services
- high crime rate
- heavy traffic
- crowded places

### Paragraph Two

**Advantages and disadvantages of living in the country.**

- peaceful life
- less stressful life
- more greenery places
- no entertainment places
- fewer job chances

### Conclusion

To sum up, I would like to say that both countryside and city have some advantages and disadvantages. Both city and country may be a good place to live. I think that everyone of us will take into consideration all aspects before he decides to move to the country.

## **City life and village life**

Would you prefer to live in the city or in the country? A lot of people decide to move to the countryside nowadays. However, there are still many people who prefer staying in the town and say that they couldn't live anywhere else. So which place is better to live?

Living in such a big city has a lot of advantages. There is a big offer how to spend free time. There are many ways of entertainment. There is always a lot to do and visit! There are a lot of shopping centres where you can buy whatever you want. What is more, there are a lot of working places in a city, so it is much easier to find a job in a big city. On the other hand, there are some disadvantages of living in a big city. Cities are very crowded. Everywhere there are crowds: on the pavements and in the buses. What is more, the traffic is heavy and city's car parks are always very full. Moreover, there are big crime rates in cities. So, you have to be very careful at nights when you leave your home.

Life in the countryside is more peaceful and slower. There aren't so many people, and they usually know each other well so the crimes rates are very low. What is more, it is less stressful. There isn't any time pressure, and the traffic conditions are better. Besides, in the countryside there are a lot of breathtaking views. People in the countryside are quite different than people living in the city: they are relaxed and friendly. People in the city are like ants. They are always in hurry, busy and out of time. In the country people enjoy their lives and take pleasure in their daily activities. As a disadvantage of living in the countryside, people who stay there don't get high salaries. Moreover, there aren't enough entertainment places to enjoy their time in.

To sum up, I would like to say that both countryside and city have some advantages and disadvantages. Both city and country may be a good place to live. I think that everyone of us will take into consideration all aspects before he decides to move to the country.

City life is desirable to many people as it has many advantages but there is also a dark side for living there.

Plan and write an essay of 14 sentences (160 words), to highlight the pros and cons of living in the city and how we can make it less stressful.

## Expository

### Introduction

**Hook:** Would you prefer to live in the city or in the country?  
**Thesis:** Many people prefer staying in the town and say that they couldn't live anywhere else. However, city life has some disadvantages which drive people to leave the city and move to the country.

### Paragraph One

#### Advantages and disadvantages of living in the city.

- many ways of entertainment
- easy to find jobs
- better services
- high crime rate
- heavy traffic
- crowded places

### Paragraph Two

#### How we can make city life less stressful

- planting more trees.
- solving the problem of noise.
- enforcing stricter laws.
- solving the problem of pollution.
- building more parks and clubs.
- providing better and faster ways of commuting.

### Conclusion

To sum up, I would like to say that, in order to improve the living standard in cities and have a promising future, we have to improve the quality of life in cities and put an end to all the problems that ruin the city life.

# **City life**

Would you prefer to live in the city or in the country? Many people prefer staying in the town and say that they couldn't live anywhere else. However, city life has some disadvantages which drive people to leave the city and move to the country.

Living in such a big city has a lot of advantages. There is a big offer how to spend free time. There are many ways of entertainment. There is always a lot to do and visit! There are a lot of shopping centres where you can buy whatever you want. What is more, there are a lot of working places in a city, so it is much easier to find a job in a big city. On the other hand, there are some disadvantages of living in a big city. Cities are very crowded. Everywhere there are crowds: on the pavements and in the buses. What is more, the traffic is heavy and city's car parks are always very full. Moreover, there are big crime rates in cities. So, you have to be very careful at nights when you leave your home.

But, how can we make city life less stressful? We have to plant more trees to purify the air and reduce the rate of pollution. It is also important to build wider roads and flyovers to overcome the problem of traffic jams. Moreover, we can build more parks and clubs to make people more relaxed and refreshed. We also can end the problem of noise by moving factories and airports outside cities. Furthermore, the government can provide city dwellers with faster and better ways of commuting.

To sum up, I would like to say that, in order to improve the living standards in cities and have a promising future, we have to improve the quality of life in cities and put an end to all the problems that ruin the city life.

If you want to live a peaceful life and enjoy the beauty of nature, then the village should be your destination.

Plan and write an essay of 14 sentences (160 words), to highlight the pros and cons of living in the village and how we can improve the quality of life there.

## Expository

### Introduction

**Hook:** Living in the city and enjoying modern life and luxury isn't everyone's dream.

**Thesis:** Some people prefer living in the village and want their life to be simple and easy-going. However, village life has some problems which drive people to leave the village and move to the city.

### Paragraph One

#### Advantages and disadvantages of village life

- enjoy the fresh air
- many greenery places
- life is quiet and away from stress
- enjoy good health and peace of mind
- poor public services
- few job chances
- boring life for young people

### Paragraph Two

#### how we can improve the quality of life there

- provide more paid jobs
- build more schools
- make farming more profitable
- build more clubs
- improve the village infrastructure.

### Conclusion

To sum up, I think the living conditions in the village can be better so as to reduce the rate of rural depopulation and avoid the bad consequences that are relevant to that phenomenon.

# Village life

Living in the city and enjoying modern life and luxury isn't everyone's dream. Some people prefer living in the village and want their life to be simple and easy-going. However, village life has some problems which drive people to leave the village and move to the city.

Life in the countryside is more peaceful and slower than in the city. There aren't so many people, and they usually know each other well so the crime rates are very low. What is more, it is less stressful. There isn't any time pressure, and the traffic conditions are better. Besides, in the countryside there are a lot of breathtaking views. People in the countryside are quite different than people living in the city: they are relaxed and friendly. People in the city are like ants. They are always in hurry, busy and out of time. In the country people enjoy their lives and take pleasure in their daily activities. As a disadvantage of living in the countryside, people who stay there don't get high salaries. Moreover, there aren't enough entertainment places to enjoy their time in, so it is a boring life for the youth. Furthermore, the public services are poor in the country.

It is important to improve the quality of life in the village. The government should improve the poor infrastructure there. They should build more hospitals, schools and roads. They should provide a well-planned network for transportation. Many clubs and shopping malls should be built for the village residents to enjoy their free time. Many job chances should be provided for the people there to improve their living standards. The government can make farming more profitable by encouraging importing the agricultural products.

To sum up, I think the living conditions in the village can be better so as to reduce the rate of rural depopulation and avoid the bad consequences that are relevant to that phenomenon.

Leisure activities have changed from the past than nowadays.

Plan and write an essay of 14 sentences (160 words), explaining the leisure activities in the past and how they have changed over the time.

## Expository

### Introduction

**Hook:** How has the way people spend their free time changed over the years?

**Thesis:** The activities that people used to do in the past are very different from the leisure ones in the present, although some of them haven't changed.

### Paragraph One

#### Leisure activities in the past

- Diwaniya meetings.
- Playing cards.
- Practicing handcrafts.
- Reading Quran.
- Telling stories.
- Going fishing.
- Visiting relatives.

### Paragraph Two

#### Leisure activities nowadays

- Watching T.V.
- Going shopping.
- Using social media.
- Going to cinemas.
- Going to the gym.
- Playing computer games.
- Surfing the net.

### Conclusion

To sum up, I think that leisure activities may have changed from the past to the present days, but, in my opinion, we all can spend our free time the way we like without forgetting that there's always something interesting and new to experience and to enjoy.

## **Leisure Activities In The Past And Nowadays**

How has the way people spend their free time changed over the years? The activities that people used to do in the past are very different from the leisure ones in the present, although some of them haven't changed.

In the past, people spent more time out of their homes because they didn't have so many videogames, computers and televisions as we have now. Old people used to meet in diwaniyas. They used to play cards or have chats about many issues. Some of them used to practice some handcrafts like making Sadu or making boats. Furthermore, some people used to go fishing and pearl diving. Children used to play simple games in groups like Dawama, amber and Khabsa. Moreover, some people used to visit their relatives and spent their time telling stories to the young children.

Nowadays, we are too dependent on technologies to communicate with others. People can spend their free time watching televisions or surfing the internet. Besides, many young people kill their time by using social media like Facebook, Instagram and Twitter. Many teenagers spend their leisure time playing computer games. As for women and young girls, some of them prefer going shopping or going to the cinema.

To sum up, I think that leisure activities may have changed from the past to the present days, but, in my opinion, we all can spend our free time the way we like without forgetting that there's always something interesting and new to experience and to enjoy.

**“The measure of any society is how it treats its women.”**

Plan and write an essay of 14 sentences (160 words), to highlight the importance of women’s role and set examples of successful women through history.

## **Expository**

### **Introduction**

**Hook:** You educate a man; you educate a man. You educate a woman; you educate a generation.

**Thesis:** Women are the most important part of the society and can’t be neglected due to their less power and authority.

### **Paragraph One**

**The importance of women’s role in the society**

- bringing up the future generation
- half of the society
- integral part of any community
- the child’s first school

### **Paragraph Two**

**Examples of successful women**

- Masouma Al Mubarak
- Maha Al Gunaim
- Marie Curie
- Amelia Earhart

### **Conclusion**

To sum up, I think that in modern countries, men and women are working shoulder to shoulder in the same pace and both are contributing and playing their parts equally in the developmental processes. They are given basic education as well as fundamental and higher education without any restriction from the society.

## **Women's Role**

You educate a man; you educate a man. You educate a woman; you educate a generation. Women are the most important part of the society and can't be neglected due to their less power and authority.

Woman is created as a companion for man. Man has to make her walk with him in the course of life. Woman plays many roles as a mother, a sister, a wife and a daughter. She plays her roles with great responsibilities in bringing up a healthy and solid society. She is the basic unit of any society. As a woman makes a family, a family makes a home, and a home makes a society. So, we should never think that a society would come into existence without the contribution of woman. We all know that without education, no development is possible. We shouldn't forget that the first and best school for a child is his mother.

There are many examples for successful women through history. For example, Masouma Al Mubarak who was the first Kuwaiti female minister. She with three other women were the first to enter the Kuwaiti Parliament. Another example, Maha Al Gunaim who is an extremely successful Kuwaiti businesswoman. She is one of the stars of the Arab business world, commanding a company with an estimated worth of over KWD1.7 billion. Also, we have Marie Curie, the French scientist who won the Nobel Prize in chemistry and physics. She was well known for her contributions to find a cure for cancer. Finally, Amelia Earhart, the first American female pilot. She set many flying records. She became the first woman to fly solo across the Atlantic Ocean.

To sum up, I think that in modern countries, men and women are working shoulder to shoulder in the same pace and both are contributing and playing their parts equally in the developmental processes. They are given basic education as well as fundamental and higher education without any restriction from the society.

**“Fear is what stops you, courage is what keeps you going”**

Plan and write an essay of 14 sentences (160 words), showing the reasons for doing such expeditions and challenges and the dangers of extreme sports.

## **Expository**

### **Introduction**

**Hook:** Have you ever thought of doing an extreme sport?  
**Thesis:** Extreme sports can be thrilling and exciting, and when done with precautions, you could have a great time challenging yourself.

### **Paragraph One**

#### **The reasons for doing extreme sports**

- To seek fame
- To overcome fears
- To feel superior
- To develop skills
- To set world records
- To gain money
- To be the centre of attention

### **Paragraph Two**

#### **The dangers of extreme sports**

- Sickness
- Losing contact
- Extreme exhaustion
- Serious injuries
- Bad weather
- Getting lost

### **Conclusion**

To sum up, based on all the facts mentioned above, I think that practicing extreme sports is a healthy activity, but only if you remain extremely careful. Also, those activities must be done within reasonable limits, and you shouldn't get too fond of them.

## **Extreme Sports**

Have you ever thought of doing an extreme sport? Extreme sports can be thrilling and exciting, and when done with precautions, you could have a great time challenging yourself.

Many people who are looking for a little excitement are drawn to the thrill of doing extreme sports. Many people push themselves to extreme limits for many reasons. First, some young people seek fame and eager to be well-known worldwide. Moreover, some of them, tend to practice these sports to feel superior and to overcome their fears. Furthermore, breaking world records and gaining much money could be reasonable reasons for them. In addition, some young people claim that they push their limits to prove their abilities and to be the centre of attention.

These activities are hazardous and risky. Extreme athletes put their lives in danger by doing such sports. Even when all the safety precautions are taken, plenty of things can go horribly wrong. These athletes may be exposed to serious injuries. Many even die trying and performing these feats. For example, mountaineers may face bad weather conditions as extreme cold and frostbite. They even may lose their contact with the world. Some of them get lost or face natural disasters like avalanches. They may experience extreme exhaustion and sickness.

To sum up, based on all the facts mentioned above, I think that practicing extreme sports is a healthy activity, but only if you remain extremely careful. Also, those activities must be done within reasonable limits, and you shouldn't get too fond of them.

**“The Earth is the cradle of humanity, but mankind can’t stay in the cradle forever.”**

Plan and write an essay of 14 sentences (160 words), showing the benefits we get from space exploration and the features of astronauts' life.

## Expository

### Introduction

**Hook:** Do you think there is another life outside our planet Earth?

**Thesis:** Scientists are developing more and more modern machines to know more about the outer space. They do their best to understand the world around us and provide people with knowledge about space.

### Paragraph One

#### Benefits humans get from space exploration

- Help in solving many problems on Earth
- Aircraft industry
- Wireless communication
- Medical field
- Satellite Television
- Weather forecasting

### Paragraph Two

#### Features for astronauts' life

- Hard type of life
- Getting rid of the trash
- Packed and dried food
- Drinking using straws

### Conclusion

To sum up, I think space exploration has many benefits for humans on Earth. Besides, being an astronaut is not an easy job. It is so risky and it requires special qualifications.

## **Space Exploration**

Do you think there is another life outside our planet Earth? Scientists are developing more and more modern machines to know more about the outer space. They do their best to understand the world around us and provide people with knowledge about space.

There are a lot of examples of the effect of space technology on human lives on the Earth. The first example is the Aircraft Technology. Space Technology has made aircraft lighter, faster and more economical. The plane engines have become quieter and have lowered fuel consumption and emissions. The second example is the Wireless technology. The wireless technology was first developed to solve the communication problems between the Earth and space. Because of space technology it is now used in medicine to monitor heart activity. There are a lot of benefits we could get from space technology such as Satellite Television, Weather forecasting, GPS systems, Mobile phones, Air-Conditioning Units, etc. All these inventions are called "spin- offs.". As a matter of fact, investments into space exploration create real economic benefits on earth. It gives us more information about our solar system, galaxy, and universe.

Living in space is not the same as living on Earth. Many things are different. Our bodies change in space. The way we stay clean and neat is different too. In space, astronauts float. They do not use their legs much. Their lower backs begin to lose strength. Their leg muscles do too. The bones begin to get weak and thin. So, they must exercise in space every day. Astronauts have to get rid of their garbage. Imagine going camping for more than a week with several of your close friends. You would make sure you have plenty of food and the gear to cook and eat it with. The food would have to be stored properly. Astronauts basically do the same thing when they go to space. There are no refrigerators in space, so space food must be stored and prepared properly to avoid spoilage, especially on longer missions.

To sum up, I think space exploration has many benefits for humans on Earth. Besides, being an astronaut is not an easy job. It is so risky and it requires special qualifications.

Some people like living in cities for many reasons, while others prefer living in the countryside.

Plan and write an essay in not less than 14 sentences (160 words), expressing both arguments and stating your own opinion.

## Argumentative

### Introduction

**Hook:** Would you prefer to live in the city or in the country?

**Thesis:** A lot of people decide to move to the countryside nowadays. However, there are still many people who prefer staying in the city and say that they couldn't live anywhere else.

### Paragraph One

#### People who are for living in the city

- many ways of entertainment
- better paid jobs
- better services
- better health care
- better education

### Paragraph Two

#### People who are for living in the country

- peaceful life
- less pollution
- more greenery places
- low crime rate
- friendly people

### Conclusion

To sum up, I would like to say that both countryside and city have some advantages and disadvantages. Both city and country may be a good place to live. I think that everyone of us will take into consideration all aspects before he decides to move a certain place.

## **City life and village life**

Would you prefer to live in the city or in the country? A lot of people decide to move to the countryside nowadays. However, there are still many people who prefer staying in the town and say that they couldn't live anywhere else. So which place is better to live?

Many people prefer living in the city for many reasons. First, there is a big offer how to spend free time. There are many ways of entertainment. There is always a lot to do and visit! There are a lot of shopping centres where you can buy whatever you want. What is more, there are a lot of working places in a city, so it is much easier to find a job in a big city. City dwellers are privileged with better services. Moreover, in the city there is better health care, modern hospitals and clinics. In addition, modern schools and universities are found in the city.

There are some people who like to live in the country, and they have reasonable reasons. Life in the countryside is more peaceful and slower. There aren't so many people, and they usually know each other well so the crimes rates are very low. What is more, it is less stressful. There isn't any time pressure, and the traffic conditions are better. Besides, in the countryside there are a lot of breathtaking views. People in the countryside are quite different than people living in the city: they are relaxed and friendly. People in the city are like ants. They are always in hurry, busy and out of time. In the country people enjoy their lives and take pleasure in their daily activities.

To sum up, I would like to say that both countryside and city have some advantages and disadvantages. Both city and country may be a good place to live. I think that everyone of us will take into consideration all aspects before he decides to move to a certain place.

Is it better to reuse old buildings or build entirely new ones that perfectly suit the community's needs?

Plan and write an essay in not less than 14 sentences (160 words), expressing both arguments and stating your own opinion.

## Argumentative

### Introduction

**Hook:** If you had an old building in your area, would you be for reusing or demolishing it?

**Thesis:** Some people are for reusing and restoring old buildings, while others are against that they think demolishing them is the best idea.

### Paragraph One

#### People who are for reusing old buildings

- They attract tourists
- They reflect culture
- They revive heritage
- They have historical value

### Paragraph Two

#### People who are against reusing old buildings

- Increase Property Value
- The Foundation is Faulty
- The Building is Old
- The land could be used beneficially

### Conclusion

To sum up, I would like to say that reusing old buildings is very important because of their historical value. They reflect our traditions and culture. They can be reconstructed and used again.

## **Reusing Old Buildings**

If you had an old building in your area, would you be for reusing or demolishing it? Some people are for reusing and restoring old buildings, while others are against that. They think demolishing them is the best idea.

People who are for reusing old buildings opine that these buildings have great importance to us. First, they have historical value. They are a part of our history. Second, they revive heritage. They are landmarks that portray the history of generations before us. Old buildings help us to maintain a connection to our past. Third, they attract tourists. Many tourists like visiting old buildings as they represent the traditions of the place and the people who used to live there. Finally, they are a part of our culture. You can witness an area's cultural history just by looking at all the old buildings that line the streets. They allow us to better understand where we came from and who we are as a country.

On the other hand, some people are against reusing old buildings. They think that it is better to demolish them for many reasons. First, if the building looks old and deserted and you can't find any more reason to keep it erected, then you should have it demolished. Replacing it with a new one can help increase its market value. Second, some old buildings are too old and represent a threat to the people who live around. So, demolishing them may be a better idea. Finally, some people think that the lands on which these old buildings stand, should be used more beneficially. They can be sold, and the government can get a great value for them.

To sum up, I would like to say that reusing old buildings is very important because of their historical value. They reflect our traditions and culture. They can be reconstructed and used again.

**“Some people like to take adventures and push themselves to extreme limits.”**

Plan and write an essay of 14 sentences (160 words), discussing why some people are for dangerous sports while others are against and state your viewpoint.

## Argumentative

### Introduction

**Hook:** What do you think of people who participate in extreme sports?

**Thesis:** Some people are for doing such sports and claim that they have many benefits, while others are against.

### Paragraph One

#### People are for doing such sports

- To seek fame
- To overcome fears
- To feel superior
- To develop skills
- To set world records
- To gain money
- To be the centre of attention

### Paragraph Two

#### People are against doing such sports

- Sickness
- Losing contact
- Extreme exhaustion
- Serious injuries
- Bad weather
- Getting lost
- Expensive equipment

### Conclusion

To sum up, I think there is no need to risk our lives for doing such sports. However, no matter how dangerous a sport may be, there will always be someone, somewhere willing to give it a go. A few weeks later someone else will be going higher, further, faster or bigger. There is a question here with no answer, do you risk your life for a thrill?

## **Pushing The Limits**

What do you think of people who participate in extreme sports? Some people are for doing such sports and claim that they have many benefits, while others are against.

People take part in dangerous sports, not to seek death, but to feel more alive. The bigger the danger, the bigger the thrill. Some people are for doing extreme sports for many reasons. First, some young people seek fame and eager to be well-known worldwide. Moreover, some of them, tend to practice these sports to feel superior and to overcome their fears. Furthermore, breaking world records and gaining much money could be reasonable reasons for them. In addition, some young people claim that they push their limits to prove their abilities and to be the centre of attention.

On the other hand, some people are against doing such sports and they have their reasonable reasons. First, many young people lose their lives while doing these sports despite of the safety precautions they take. Second, these athletes face serious injuries and may become paralyzed. Third, they may experience many dangers like being sick, or extremely exhausted. Fourth, they may lose contact and get lost. Finally, extreme sports equipment can be very expensive.

To sum up, I think there is no need to risk our lives for doing such sports. However, no matter how dangerous a sport may be, there will always be someone, somewhere willing to give it a go. A few weeks later someone else will be going higher, further, faster or bigger. There is a question here with no answer, do you risk your life for a thrill?

**“The Earth is the cradle of humanity, but mankind can’t stay in the cradle forever.”**

Plan and write an essay of 14 sentences (160 words), some people are for space explorations, while others are against the idea. Mention both arguments and state your viewpoint.

## Argumentative

### Introduction

**Hook:** Do you think there is another life outside our planet Earth?

**Thesis:** Some people are for space explorations, while others are against the idea. Each group has its own reasonable claims.

### Paragraph One

#### People who are for space exploration

- Help in solving many problems on Earth
- Aircraft industry
- Wireless communication
- Medical field
- Satellite Television
- Weather forecasting

### Paragraph Two

#### People who are for space exploration

- A waste of time
- A waste of money
- Health problems
- Shuttle explosions
- Psychological drawbacks

### Conclusion

To sum up, I think we must help people in poor countries and solve our environmental problems. We should reasonably spend money, but we must not give up discovering space because investments into space exploration create real economic benefits on earth.

## **Space Exploration**

Do you think there is another life outside our planet Earth? Some people are for space explorations, while others are against the idea. Each group has its own reasonable claims.

Some people are for space exploration. They claim that it has many disadvantages and benefit humanity so much. The first example is the Aircraft Technology. Space Technology has made aircraft lighter, faster and more economical. The plane engines have become quieter and have lowered fuel consumption and emissions. The second example is the Wireless technology. The wireless technology was first developed to solve the communication problems between the Earth and space. Because of space technology it is now used in medicine to monitor heart activity. There are a lot of benefits we could get from space technology such as Satellite Television, Weather forecasting, GPS systems, Mobile phones, Air-Conditioning Units, etc. All these inventions are called "spin- offs.". As a matter of fact, investments into space exploration create real economic benefits on earth. It gives us more information about our solar system, galaxy, and universe.

On the other hand, there are some people who are against that. They opine that it is a waste of time, money and effort. Our world is suffering from war, famine, and poverty; billions of people are struggling simply to live from day to day. Our dreams of exploring space are a luxury they cannot afford. Instead of wasting our time and effort on space explorations, we must set ourselves new targets. Moreover, astronauts face many health problems. Astronauts float, they do not use their legs much. Their lower backs begin to lose strength. Their leg muscles do too. Their bones begin to get weak and thin. In addition, astronauts face many psychological drawbacks due to being away from their families and friends for so long. Furthermore, the space shuttles itself may explode and astronauts lose their lives.

To sum up, I think we must help people in poor countries and solve our environmental problems. We should reasonably spend money, but we must not give up discovering space because investments into space exploration create real economic benefits on earth.