



# Spider Diagrams

2021 / 2022

*Grade 10*

**First Term**

# Unit One "We Are What We Eat"

## Important things you should add to your diet



*Probiotic Drinks*



*Green Tea*



*Dark Chocolate*



**Probiotic Drinks**

**They improve the immune system.**

**They help the digestive process.**

**They neutralise bad bacteria.**

**They contain good bacteria.**

**They absorb nutrients.**



**Green Tea**

**It improves the immune system.**

**It is full of antioxidants.**

**It treats many illnesses.**

**It lowers cholesterol.**

## **Good Bacteria** *VS* **Bad Bacteria**

- ✓ They help in improving digestion.
- ✓ They absorb nutrients.
- ✓ They neutralise bad bacteria.

- ✓ They cause illnesses and infections.



**Dark Chocolate**

**It improves the immune system.**

**It lowers blood pressure.**

**It can metabolise sugar.**

# Food Elements



## Why do some people prefer eating home-made food?

It is healthy and full of healthy ingredients.

**but**

It is costly and takes much time to be prepared.



## Why do some people prefer eating fast food?

It is fast, cheap, tasty and prepared easily.

**but**

It is rich in fats and causes many health problems.



## Proteins

Found in meat, pulses, eggs and fish

It builds and repairs muscle tissue.



## Vitamins

Found in fruits, juices and smoothies

They help concentration, enable you to stay calm and make quick decisions.



## Carbohydrates

Found in pasta, cereal and potatoes

They are the main source of energy to the body.



## Fats

Found in Olive oil, dairy products, nuts and fish.

It can improve your skin and fuel your brain power.



## Water

It prevents dehydration and removes toxins from the body.



## Minerals

Found in fruit, vegetables and fish

They help strengthen bones, support your body and prevent fatigue.



# Vegetarian Lifestyle



## Disadvantages

It is low in calcium, proteins, iron, vitamin B12 and zinc.

It lacks vitamin D, which is found in dairy products.

It contains nutrients but in small amounts.

It can lead to malnutrition and health problems.

## Vitamins

**A**

**Promotes good vision**

**B**

**Increases energy production**

**C**

**Helps keep skin healthy**

**D**

**Strengthens bones and teeth**

## Advantages

There is less risk of obesity and heart disease.

It helps the digestion, as it is rich in fibre.

It helps to avoid diseases because it is rich in antioxidants.

It is good for weight loss and having a fit and healthy body.

Vegetables provide the body with the main source of energy.

It includes high amounts of vitamin C, folic acid and water.



## Qualities of A Good Restaurant



**Good service**



**Good location**



**Healthy meals**



**Atmospheric setting**



**Varied menu**



**Cleanliness**



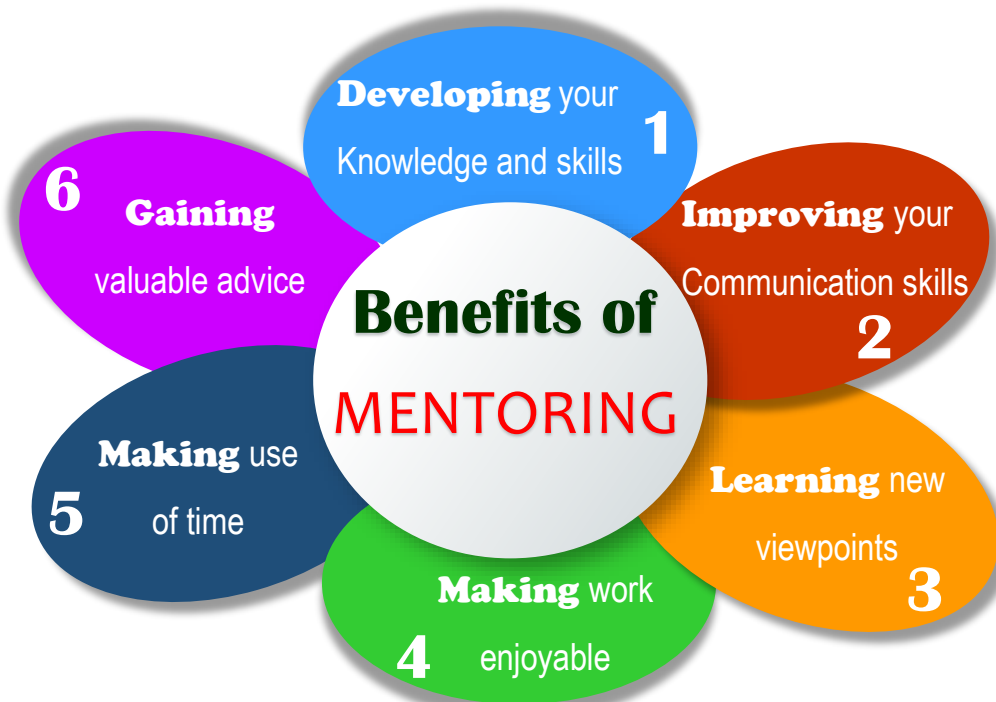
**Reasonable price**

# Unit Two “Respecting Cultures”

## Responsibilities of A Mentor



- He encourages us to use our skills and abilities.
- He helps in breaking barriers in community.
- He guides people to achieve their goals.
- He encourages individual aspiration.
- He works on creative projects.
- He helps us work with others.
- He saves our time.



## The United Nations Organization



### Its logo

The **map** represents that it is a world organization.

The **olive branches** represent peace.

### Its purposes

- Discussing disagreements between countries
- Agreeing on laws that enable countries to work together

# The role of Kuwait in furthering the culture of peace

## Outside Kuwait

- Emphasising the importance of interfaith dialogue between different cultures

## Inside Kuwait

- Holding conferences
- Promoting mutual understanding and respect.
- Arranging seminars to raise awareness among people



### How should countries treat each other?

- They should respect and co-operate with each other.

### How should we deal with other different people?

- We should respect and listen to them.
- We should engage in interfaith dialogues.
- We should be helpful and appreciate others' work.



# Unit Three “Inspiring Architecture”

## Impressive Buildings Across the World

**The Kingdom  
Centre**

**The Guggenheim  
Museum**

**The Petronas  
Towers**

**National Assembly  
Building**

**The Sydney Opera  
House**

**The Rose Tower**



**Riyadh, KSA**

**New York, USA**

**Kuala Lumpur  
Malaysia**

**Kuwait**

**Sydney, Australia**

**Dubai, UAE**

**The importance of  
constructing such  
impressive buildings**

**1 They attract tourists.**

**2 They reflect the culture  
of a country.**

**3 They are landmarks to  
any country.**



**360° Kuwait**

**Described as  
monumental**

- It contains many shops.
- It has many facilities like cinemas and cafes.
- It has the latest edutainment technology for children.
- It has different restaurants.

# Building A New Airport in Al Wafra

## Advantages

It will be good for the economy of the area.

It will create a valuable commuter link to other Gulf countries.

The area will be badly affected by the noise.

It will bring an unwelcome influx of traffic to the area.

## Disadvantages



## Focus on

### Traditional Dress in Kuwait



People prefer wearing the traditional dress

*because*

1

It is a symbol of equality.

2

It is suitable for the climate.

3

It is a part of their heritage.





# Unit Four “Computer Games”



## Advantages

They develop imagination.

They improve thinking skills.

They help you learn new skills.

Modern games can help you stay fit.

It is a good way to spend your free time.

They help improve hand-eye coordination.

They improve your memory and concentration.



## Disadvantage

They are time waster.

They cause health problems.

They make children more violent.

They make children less sociable.

They can make children lazy and unfit.

They make children neglect their studies.

Gaming addiction negatively affects the brain growth.

## What will computer games be like in the future?

More convoluted

More realistic

More naturalistic

More attractive

More expensive



## Traditional computer games

They make children idle and out of shape as players use only their fingers

They build up the players' muscles because they have to move their whole bodies

## Modern computer games



# Unit Five “Sports Psychology”



The Paralympics is an international competition for athletes with physical disability.



## Introvert athletes

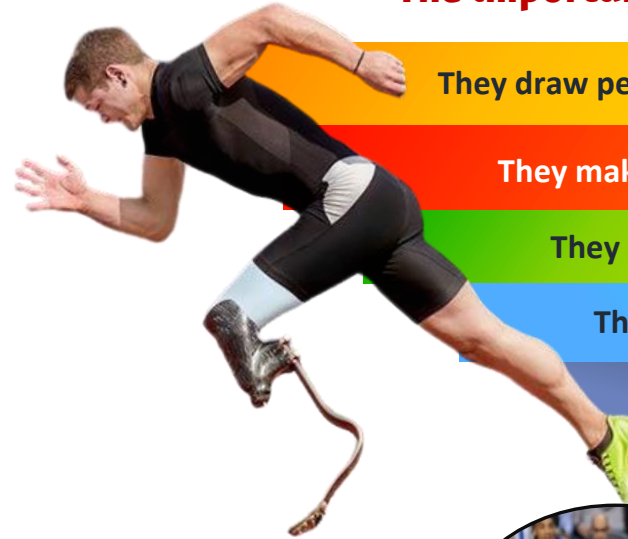
They are usually shy.

They prefer sports with fine movements.

They like individual sports with closed skills and regular routines.

They perform better at lower stimulation.

They like sports in which they can show indirect aggression.



## The importance of the Paralympics

They draw people's attention to the disabled.

They make the disabled more confident.

They help rehabilitate the disabled.

They help the disabled to socialise.

They give the disabled a chance to be an active part.



## Extrovert athletes

They are socially outgoing.

They need to feel excited.

They like team sports with open skills.

They need high stimulation levels to perform.

They like sports in which they can show direct aggression.



## Physiological factors sportsmen need for better performance

**Motivation**

**Feedback**

**Stimulation**



### Formula One

#### Qualities of Formula One driver

He should have courage, determination and self-confidence.

✓ It is dangerous because

- The cars go at breakneck speed.
- They drive so close to each other.



**Kuwait is a leading country in helping the disabled**



**1**

It started the first club for the disabled in the region.

**2**

This club is equipped with all facilities (a digital screen and a physiotherapy section).

**3**

Kuwait has organised competitions for them.



### Marathon

#### Qualities of a marathon runner

He should have willpower, stamina and endurance.

✓ They receive less media attention than other athletes.





## Unit Six “Nature”



### The Importance of Wildlife

Keeping the balance of the ecosystem

providing nutrients to humans

providing us with a lot of medicine

a part of our heritage

important for the economy



### Ways of Protecting Wildlife

Banning cutting trees

Planting more trees

Using organic fuel

Building nature reserves

Banning illegal hunting

Recycling wastes and used materials



## Al Jahra Pools Nature Reserve

### Benefits

- It provides the region with

Education

Conservation

Propagation

Research

Al Jahra Pools  
Nature Reserve has  
become a crucial  
sanctuary for birds.  
Explain!



It offers shelter and  
vegetation to all types  
of birds and animals.

It attracts thousands of  
migratory birds.



The **World Wildlife  
Fund** is a global  
organization that  
aims to stop the  
destruction of the  
natural world.

Birds and animals  
face many different  
dangers

Illegal  
hunting

Using  
pesticides

habitat  
destruction

Harsh  
climate

Forest  
fires



# Focus On

## Kuwait: A Shopper's Paradise



**Kuwait is a shopper's paradise.**

*Explain!*

**It has some of the best stores and shopping centres in the whole of the Middle East.**



**“Villa Moda” is a good place for shopping.** *Why?*

**It has exciting brands.**

**It has breathtaking designs.**

**It offers great customer service.**

**How do you know that someone is shopaholic?**

**They always go shopping to buy things they don't need.**

**They always eel fun during shopping.**