



Writing موضوعات التعبير

Grade 8

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Keeping Fit

Ways of keeping fit

- important to keep fit
- study better
- easy to keep fit
- walk or play
- healthy food

Types of exercises

- types of exercise
- aerobic exercise
- stretching exercise
- resistance exercise
- a healthy lifestyle

Keeping Fit

It's important to keep fit. Keeping fit helps you to study better. It is easy to keep fit. If you walk or play a sport, you will keep fit. You need to eat healthy food, too. You should sleep well. You shouldn't watch TV for a long time.

There are three types of exercise. Aerobic is like swimming. Stretching is like yoga. Resistance is like press ups. These types of exercises are necessary for a healthy lifestyle.

Overweight and Keeping Fit

Unhealthy regimen

- people less fit
- overweight and unfit
- overuse cars
- computer games
- fast food

How to be healthy

- do many things
- practise sports
- aerobic exercises
- resistance exercises
- eat healthy food

Overweight and Keeping Fit

No doubt, modern life made people less fit and overweight. People became overweight and unfit for many reasons. People overuse cars. They sit on chairs and play computer games for a long time. People eat a lot of fast food. Some people don't do sports regularly.

It's important to keep fit and healthy. People do many things to enjoy a healthy body. They can practise sports. They can do aerobic exercises to make the heart work harder. They should do resistance exercises to build the muscles. Finally, they need to eat healthy food to have a healthy body.



Vegetarianism and Balanced Diet

Advantages

- key to healthy life
- eat fruits, vegetables
- stop eating meats
- prevents obesity
- more energy

Disadvantages

- some downsides
- low in calcium and iron
- badly affects your health
- not enough for healthy living
- follow a balanced diet

Vegetarianism and Balanced diet

Vegetarianism is the key to healthy life. We can eat fruits, vegetables, nuts and sometimes eggs. We stop eating meats. Vegetarian diet has some advantages. It prevents obesity and heart disease. It gives you more energy. It includes high amounts of vitamin C.

Vegetarian diet has some downsides. This diet is low in calcium and iron. It can badly affect your health. It's not enough for healthy living. We should follow a balanced diet to keep fit.

Blogs

Advantages

- very important
- some advantages
- connect you to the world
- voice is heard, and images are seen
- easy and free to create

Disadvantages

- some downsides
- waste our time and money
- badly on our values
- low quality products
- use blogs in a positive way.

Blogs

Blogs are very important in our life. They have some advantages. They connect you to the world. Your voice is heard, and your images are seen. The blog is easy and free to create. You can share your ideas with your friends.

Blogs have some downsides. They sometimes waste our time and money. They affect badly on our values. Some blogs advertise low quality products. We should use blogs in a positive way.



Inspired People–Defying the Odds

Juri Al-Azmi

- right to dream
- two examples
- 16 –year–old girl
- lost her sight
- 50 books

Ghanim Al Muftah

- Qatari teenager
- rare disease
- inspired young people
- famous Paralympian
-

Inspired People–Defying the Odds

Everyone has a right to dream. We will talk about two examples of inspired persons. **Juri Al- Azmi** is a 16 –year–old girl. She lost her sight, but she didn't lose her hope. She read 50 books. She won the first prize in reading.

Ghanim Al Muftah is a Qatari teenager. He was born with a rare disease. He inspired young people around the world. He became a famous Paralympian. We should achieve our dreams by working hard and never be desperate.



Life in the Space

How life in space like camping

- like camping
- take everything
- take parachutes
- take food and water
- no gravity in space

How astronauts live there

- live and work
- go in shuttles
- special suits
- dried food
- special equipment

Life in the Space

Life in the space is like camping. We need to take everything. We should take parachutes and Oxygen. We also should take food and water. There is no gravity in space. It's so hard to live in space.

Astronauts go to space to live and work. They go to space in shuttles. They wear special suits. They eat tinned and dried food. They drink water by straw. They use special equipment. They travel to space from space station. They collect samples. Finally, I'd like to travel to space



Handicapped People

Handcapped problems

- important to our society
- many problems
- ignore them
- unable to learn
- parking and jobs

How we help them

- respect them
- special parking for them
- freedom to learn
- special schools and clubs
- shouldn't ignore them

Handicapped People

Handicapped people are very important to our society now. They face many problems. Our society ignore them. People think that they are unable to learn. Some people think that they are different from us. They face problems in parking and jobs.

We should respect them. We need to make special parking for them. There should be special schools and clubs for them. We should give them freedom to learn and play. Finally, societies shouldn't ignore them.

Pearl Diving Luwait in the Past and Nowadays

Life in the past

- famous for pearl diving
- small shiny balls
- formed in shells
- social system
- worked hard

- is famous for oil
- main source
- easy and simple
- technology
- Kuwait now

Pearl Diving (Kuwait in the Past and Nowadays)

In the past, Kuwait was famous for pearl diving. Pearls are small shiny balls. They are formed in shells. They are very expensive. Pearl diving was a social system. Life in the past was different from life nowadays. The people worked hard and were happy in the past.

Nowadays, Kuwait is famous for oil. The main source in Kuwait is oil. Life now is easy and simple. Technology makes the life easier. I like life in Kuwait now.



Jobs

Importance of jobs

- very important in our life
- have a job
- earn money
- stay long
- achieve our goals

Problems of jobs

- many problems
- lose interest
- going to work late
- dislike jobs
- living happily.

Jobs

Jobs are very important in our life. Everyone should have his own job. People work to earn money for living. Other people work to help others. Some people work hard to achieve their goals.

We face many problems in work. We sometimes lose interest. We sometimes go to work late. Not all people like their jobs. We should love our jobs to live happily.



Incredible Places

Luxor City

- incredible places to visit
- Luxor city
- in Egypt
- third of temples
- capital of Egypt

Souq Al-Mubarakiya

- Souq Al-Mubarakiya
- oldest market
- in shopping
- eating and walking
- like Souq Al-Mubarakiya

Incredible Places

There are some incredible places to visit. The first place is Luxor city. It is in Egypt. It has a third of temples in the world. It was the capital of Egypt in ancient times. Tourists come from all over the world to visit Luxor.

The second place is Souq Al-Mubarakiya. It is the oldest market in Kuwait. Visitors can spend hours in shopping. They enjoy eating and walking. I like Souq Al-Mubarakiya.



Famous Museums

Tarek Rajab Museum

- museums in the world
- Tarek Rajab Museum
- Islamic calligraphy museum
- thirty thousand items
- early gold pieces

The Louvre

- Louvre in Paris
- from all over the world
- ancient Egyptian and Roman items
- sculptures and furniture
- visit the Louvre

Famous Museums

There are some famous museums in the world. The first one is Tarek Rajab Museum. It is the largest Islamic calligraphy museum in Kuwait. It has over thirty thousand items. There are early gold pieces. There are also metal and glass objects.

The second museum is the Louvre. It is in Paris. Tourists come from all over the world to visit it. It has ancient Egyptian and Roman items. It also has sculptures and furniture objects. I'd like to visit the Louvre Museum.

National Library of Kuwait

Importance of libraries

- very important
- source of knowledge
- numerous public libraries
- to get the information
- read and borrow books

National library of Kuwait

- oldest library
- in the Gulf Road
- books, references, dictionaries
- researchers and students
- visit that great library

National Library of Kuwait

Libraries are very important. They are a source of knowledge. There are numerous public libraries in Kuwait. They help students to get the information they need. They go there to read and borrow books.

The National library of Kuwait is the oldest library in Kuwait. It's situated in the Gulf Road. It includes a lot of books, references, dictionaries, newspapers and magazines. A lot of researchers and students go there. I'd like to visit that great library. I like libraries very much.

