

Restaurant

In fact people's opinions differ because each one has his own opinion about eating at home or in a restaurant .

For me and my family, we like to spend the weekend outdoors and there are many places to go . In particular we every now and then go to Fridays restaurant and I definitely like it very much . It resides next to the sea in Salimya and it looks out on the sea .

Moreover it services all kinds of food like grilled meat , chicken , soups and salads. If you try it you will see that there are a lot of people in it , because of its tasty and delicious food . I like beef and fish burgers. I love their onion rings.

I like to go to Salimya beach to enjoy eating in this restaurant. It is quiet and a nice place to eat in . I advise you to try it and you will see.

Healthy food

Healthy food is very important for a healthy life. We must pay attention to the food we eat and the water we drink.

Healthy food should be clean. You must wash the vegetables and fruit well before eating them. You must cover the food to prevent flies and insects from touching it. Healthy food should also be natural and organic. It is not good to eat food that was made by using dangerous additives.

Organic food is better than inorganic ones. Foods which are prepared at home are better than fast foods. Because fast food has a lot of fats and calories and bad bacteria which are bad and unhealthy .

Finally ,The most important thing about healthy food is that it must contain all the vital substances like vitamins, proteins, carbohydrates and fats

Respecting cultures .

Culture organizes people dealings with each other in society. Every society has a culture. Culture is mainly the basic habits and customs of individuals in society like what they wear, eat, how they cook their food, how they dance and sing during their celebrations,. It is also relates to what is allowed and what is forbidden to say and do.

In other words, we have to understand that others differ from us in many ways. We should respect these differences. They just do and say things in different ways, first , develop an open mind and open the doors of your mind to accept what other people believe in. Study religion and don't humiliate others religions .Take a look at history like the way some civilizations developed can be fascinating. The last thing try some new cuisines and enjoy different foods and the different ways meals are prepared. Don't restrict yourself, try everything!

A- Writing composition: Unit 4

All of us, from time to time, need a plunge into freedom and novelty, after which routine and discipline will seem delightful by contrast. So people nowadays spend their free time playing computer games. It is said "The obvious objective of video games is to entertain people by surprising them with new experiences." This is one side of the opinions."

In 10 sentences (120 words), plan and write a report of two paragraphs about to what extent do **you agree or disagree** with the previous words focusing on the advantages and disadvantages of computer games .

The following ideas may help :

- Computer games in the past and in the future.
- State the advantages and disadvantages of computer games.
- Suggest other useful ways to spend your free time giving your own reasons.

Write your plan here

Introduction:

Computer games were very simple in the past. Now, they are very complex. And they have many advantages and disadvantages.

Body:

1-computer games in the past were very simple,easy..

Now they are very interesting ...in the future they will be more complicated.

Characters...graphics...

2-advantages: *teaching, fun time*

disadvantages *wasting time and money. Backache headache, bad for the health*

3-other useful ways:

going out with family, friends...picnic. Gym sport reading writing

Conclusion:

We should keep balance, and we have to make use of our time in the best way.

Write your topic here

In the past computer games used to be very simple. Today, games have become very complicated. And in the future they will be more complicated. Computer games have many advantages and disadvantages.

In the past we used to play Super Mario, Mortal combat and some few simple games. Then more developed games like Vice City appeared. Now young children and adults play very complex games like Clash of Clans and so. These new games depend on conversation and character discourse.

There are many advantages and disadvantages of computer games. First, computer games help develop many skills of children. They learn a lot from the games. They can spend fun times competing with their friends. The disadvantages, on the other hand are also many, young people can spend long hours. Playing games for long time may cause backache, headache and many health problems.

Finally, we should know how to make use of our free time by maybe going out with our families and friends, going to gyms and going to libraries.

B- Writing composition: Unit 6

"Endangered species are our friends" is a slogan in some societies. In spite of this fact, human development in some other societies is more important than animal welfare. As a result, some species of animals are becoming rare and in danger.

In 10 sentences (120 words), plan and write a report of two paragraphs about how animals are important in the modern world and how to protect them.

The following ideas may help you:

- Mention some threats which make each rare animal in danger.
- Suggest some solutions which help save rare animals and birds.
- Why is it important to have a crucial sanctuary for animals and birds?
- The role of Kuwait in saving some rare birds.

Write your plan here

Introduction:

There are many threats that make each rare animal in danger. We should be more careful about animals.

Body:

- 1- some threats: poaching, habitat destruction...

2- Building nests, shelters. Providing dripping water, cleaning, not buying exotic animals, teaching....

3- Building sanctuaries is very important...

4- Kuwait played a vital role in protecting animals. Aljahra pools reserve.

Conclusion:

People should know about the threats and the suggestions to protect as much animals as possible to protect animals

Write your topic here

There are many threats that make each rare animal in danger. We should take more care and responsibility about protecting animals.

There are many threats to animals today. One of them is poaching. Second, building new areas, roads and bridges is causing habitat destruction.

But there are many suggestions to protect animals. One of them is providing dripping water, food, and shelter. Second, we have to clean around our houses and clean wastelands. Third, we should teach people about protecting animals. For example, we should tell them not to buy exotic animals.

Also, building sanctuaries for birds and animals is very important. Kuwait has built Al-Jahra pools nature reserve. This reserve helped hundreds of animal and bird species from the threats of the weather and humans.

Finally, we should be wise and take care of these animals to keep the balance of nature on earth.