



**Task One:**

Write down 4 ways you like to relax or stay healthy

**Task Two**

Plan your Writing: <u>Organising</u> your ideas. Put the paragraph headings in the correct order	
1	<b>Give examples of how to stay healthy</b> أمثلة على
2	<b>Finish paragraph (Conclusion) (Give opinion)</b> استنتاج      الرأي
3	<b>Introduce paragraph Give a fact/opinion</b> حقيقة      الرأي

**Task Three**

Complete the paragraph with the words from the box.

Life today is very stressful. Many young people are .....(1) about school, friends, family and their future. This essay will look at ways in which we can all learn to have .....(2)

Firstly, it is important to .....(3) and not worry about your problems. When you worry, you can make yourself very sick. A very good way to calm the mind is to pray, read Qur'an or even take a shower or bath.

Secondly, it is important to follow .....(4) Food that you find tasty really helps you to feel good and be healthy. Tasty food is usually fresh food like meat, eggs, cheese, fruit, nuts and vegetables. Eating sugar is not good for the body. Sugar can make you very sick if you eat too much. ....(5) lots of water is also a good way of keeping the body clean and healthy.

Thirdly, it is important to do .....(6) that you enjoy. For example, a lot of people like to go for a long walk in nature or do yoga because these exercises both help to calm the body and mind.

So, if you follow these tips, you can have a happier, healthier lifestyle!

- a. a good diet
- b. a healthy lifestyle
- c. exercise
- d. Drinking
- e. anxious
- f. relax your mind

**Keywords**

anxious قلق stressful مجهد

healthy lifestyle أسلوب حياة صحي

relax your mind أرح عقلك

essay مقال

walk in nature المشي في الطبيعة