

مراجعة نهائية Revision Final وفق الهيكل الوزاري الجديد المسار المتقدم



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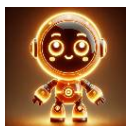
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المزيد من مادة
لغة انجليزية:

إعداد: Hassan Ali

التواصل الاجتماعي بحسب الصف العاشر



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

حل مراجعة نهائية Revision Final وفق الهيكل الوزاري الجديد المسار العام

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تربية
وتعليم

English Revision Booklet

Grade **10** ADV & **11** GEN

End of Term 1 – 2025/2026



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https://t.me/English_WithAliHassan



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EoT1 Vocabulary Coverage – G10 ADV & 11 GEN

Unit 1 (A Picture of Health)

Word (PoS)	Arabic Meaning	Definition	Example Sentence
admirable (adj.)	جدير بالإعجاب	Deserving respect or approval for being good or excellent.	Her dedication to helping others is truly admirable.
breakthrough (n.)	اكتشاف أو إنجاز مهم	A sudden, important discovery or development that helps solve a problem.	Scientists made a breakthrough in cancer research last year.
gradually (adv.)	تدريجياً	Happening slowly over a period of time.	The weather gradually became warmer as spring arrived.
unidentified (adj.)	غير محدد / مجهول الهوية	Not recognized or known.	An unidentified object was seen flying across the sky.
obstacle (n.)	عقبة / عائق	Something that makes it difficult to achieve a goal.	Fear can be a major obstacle to success.
overcome (v.)	يتغلب على	To successfully deal with or control a problem or difficulty.	She worked hard to overcome her fear of public speaking.
positive (adj.)	إيجابي	Showing optimism, confidence, or approval.	Try to stay positive even when things go wrong.
handling (stress) (v./n.)	التعامل مع (الضغط النفسي)	Managing or coping with emotional or mental pressure effectively.	He is good at handling stress during exams.
evaluate (v.)	يقيم	To judge or determine the value, quality, or importance of something.	The teacher will evaluate your project based on creativity and accuracy.
coping strategies (n.)	استراتيجيات التكيف	Techniques people use to manage stress and difficult emotions.	Exercising and deep breathing are useful coping strategies.
dealing with (v)	التعامل مع	Taking action to solve a problem or manage a situation.	She is dealing with a lot of work pressure at the moment.
perspective (n.)	وجهة نظر / منظور	A particular way of seeing or thinking about something.	From his perspective, the decision was fair.
circumstances (n.)	ظروف	The facts or conditions that affect a situation or event.	Under these circumstances, we had to postpone the meeting.

Word/Phrase (PoS)	Arabic Meaning	Definition	Word in a Sentence
inhabitants (n..)	السكان - المقيمون	people or animals that live in a particular place.	The island's **inhabitants** depend on fishing for their livelihood.
preservatives (n.)	مواد حافظة	substances used to prevent food or materials from decaying.	Natural **preservatives** are safer than chemical ones.
longevity (n.)	طول العمر	the long duration of life or existence.	Regular exercise and a balanced diet contribute to **longevity** .
altitude (n.)	الارتفاع عن سطح البحر	the height of a place above sea level.	The mountain village is located at a high **altitude** .
unpolluted (adj.)	نظيف - غير ملوث	not contaminated or dirty; pure.	The lake water is crystal clear and **unpolluted** .
long-lived (adj.)	طويل العمر	having a long life or lasting a long time.	Turtles are known to be **long-lived** animals.
prevent (v.)	يمنع	to stop something from happening.	Vaccines help **prevent** the spread of diseases.
accurate (adj.)	دقيق - صحيح	free from error; exact or correct.	You must give **accurate** information on your application form.
dishonest (adj.)	غير صادق - مخادع	not truthful or trustworthy.	It is **dishonest** to cheat during an exam.
patient (adj.)	صبور	able to stay calm and not get angry while waiting or facing difficulties.	Teachers must be **patient** with their students.
remedy (n.)	علاج - دواء	a treatment or solution for a problem or illness.	Honey and lemon are natural **remedies** for a sore throat.
validity (n.)	صلاحية - صحة	the state of being legally or logically sound or acceptable.	You should check the **validity** of your passport before traveling.
take advantage of (v. phrase)	- يستفيد من يستغل	to use a situation or opportunity for one's own benefit.	You should **take advantage of** every learning opportunity.
attitude (n.)	موقف - سلوك - اتجاه	a settled way of thinking or feeling about something.	A positive **attitude** helps you overcome challenges.
fraudulent (adj.)	احتيالي - مزيف	intended to deceive or cheat.	The company was accused of **fraudulent** activities.

Maze 1

Read the following text and circle the correct answer below

Living a healthy life can be (1) _____ because it shows commitment and self-discipline. Many people make small changes that (2) _____ improve their well-being, such as eating better or exercising regularly.

Sometimes, the path to health includes facing an (3) _____ like stress or lack of motivation, but it's important to find ways to (4) _____ these challenges.

Developing good (5) _____ can make it easier to deal with daily pressures. Learning effective ways of (6) _____ stress can protect both mental and physical health.

Scientists often study health habits to (7) _____ what makes them successful, and every new (8) _____ in medical research helps people make more informed and positive decisions about their lives.

Options

- | | | |
|-----------------|-------------------------|--------------------|
| 1. a. positive | 2. a. suddenly | 3. a. obstacle |
| b. unidentified | b. gradually | b. breakthrough |
| c. admirable | c. rarely | c. coping strategy |
| 4. a. overcome | 5. a. coping strategies | 6. a. creating |
| b. avoid | b. habit | b. measuring |
| c. ignore | c. instructions | c. handling |
| 7. a. decorate | 8. a. routine | |
| b. evaluate | b. obstacle | |
| c. celebrate | c. breakthrough | |

Maze 2

Read the following text and circle the correct answer below

People who live in remote mountain villages often enjoy remarkable (1) _____, thanks to their clean air, natural surroundings, and daily physical activity. These (2) _____ generally eat fresh, local foods without (3) _____, which helps them stay (4) _____ and active well into old age. Their lifestyle demonstrates how small, consistent choices can improve health and well-being.

Living at a higher (5) _____ can make the body adapt to lower oxygen levels, which may strengthen the heart and lungs. Residents learn to adjust to different (6) _____, such as weather changes or seasonal food availability, with patience and resilience.

Having an (7) _____ understanding of healthy habits allows people to make informed decisions about their diet, exercise, and daily routines. It also helps them recognize harmful practices or (8) _____ behaviors in the food industry, such as dishonest labeling or fraudulent marketing, so they can protect themselves and their families.

Options

- | | | |
|------------------|------------------|---------------------|
| 1. a. validity | 2. a. remedies | 3. a. preservatives |
| b. attitude | b. inhabitants | b. remedies |
| c. longevity | c. preservatives | c. circumstances |
| 4. a. long-lived | 5. a. attitude | 6. a. circumstances |
| b. dishonest | b. remedy | b. perspective |
| c. accurate | c. altitude | c. validity |
| 7. a. patient | 8. a. fraudulent | |
| b. accurate | b. dishonest | |
| c. fraudulent | c. patient | |

Unit 2 (Infotainment)

Word/Phrase (PoS)	Arabic Meaning	Definition	Word in a Sentence
remote control (n)	جهاز التحكم عن بعد	A device used to operate a TV or other electronic devices from a distance	I used the remote control to change the channel without leaving the couch.
couch potato (n)	شخص كسول يجلس أمام التلفاز	Someone who spends a lot of time sitting and watching TV	He became a couch potato during the holidays, watching TV all day.
channel surf (v)	التنقل بين القنوات	To switch quickly from one TV channel to another	She likes to channel surf to find an interesting show.
commercials (n)	الإعلانات التجارية	Short advertisements shown on TV	I usually skip the commercials when watching my favorite shows online.
turn down (v)	- خفف الصوت رفض	To lower the volume or refuse something	Please turn down the volume; the music is too loud.
volume (n)	مستوى الصوت	The level of sound produced by a device	Can you increase the volume of the TV?
gaming (n)	ممارسة الألعاب الإلكترونية	Playing video games	Gaming is his favorite hobby after school.
gamers (n)	اللاعبون	People who play video games	Many gamers spend hours competing online.
streaming (n/v)	البث المباشر	Watching or transmitting video/audio content over the Internet	We spent the evening streaming movies on Netflix.
blogging (n/v)	التدوين	Writing and publishing content online	She enjoys blogging about travel experiences.
vlogging (n/v)	تصوير الفيديو ونشره على الإنترنت	Creating video blogs online	He started vlogging his daily life on YouTube.
spare time (n)	وقت فراغ	Free time when you are not working or busy	In my spare time, I like to read books or play video games.
commercial (n)	إعلان تجاري	A short advertisement on TV, radio, or online	The company launched a new commercial for their latest product.
slogan (n)	شعار	A short, memorable phrase used in advertising	The brand's slogan is easy to remember and catchy.

Word/Phrase (PoS)	Arabic Meaning	Definition	Word in a Sentence
noticeable (adj)	ملحوظ	Easy to see or recognize	There was a noticeable improvement in the students' performance.
original (adj)	أصلي	New, creative, and not copied	She created an original design for the poster.
memorable (adj)	لا يُنسى	Worth remembering	The concert was a memorable experience for everyone.
informative (adj)	مفيد - غني بالمعلومات	Providing useful or interesting information	The documentary was highly informative about climate change.
visual media (n)	وسائل الإعلام المرئية	Communication using images or videos	Visual media like videos and infographics can explain ideas more clearly.
infant (n)	رضيع - طفل صغير	A very young child or baby	Infants need constant care and attention.
passively (adv)	بشكل سلبي	In a way that is not active or involved	He listened passively without asking any questions.
sense (n)	إحساس - حاسة	A feeling or perception through the senses	Babies develop a sense of touch before they learn to speak.
development (n)	نمو - تطور	The process of growing or improving	Early childhood development is crucial for learning.
limited (adj)	محدود	Restricted in size, amount, or extent	Screen time for children should be limited to one hour per day.

Maze 1

Read the following text and circle the correct answer below

Many people spend a large part of their (1) _____ watching TV, playing video games, or exploring online content. Some become a (2) _____, sitting for hours on the couch without much physical activity, while others prefer to be more active and social. To control their devices, viewers often use a (3) _____, which allows them to change channels, adjust settings, or turn the device on and off without leaving their seat. People who like to (4) _____ enjoy quickly switching from one program to another, searching for something entertaining or informative.

Watching television usually includes (5) _____, which can be skipped or ignored but often provides information about new products and services. To manage the sound, viewers may need to (6) _____ the volume or adjust it according to their preference. Modern (7) _____ platforms let people stream movies, shows, or live events at any time. In their spare time, many people also enjoy (8) _____, vlogging, or participating in gaming communities online.

Options:

- | | | |
|-----------------|------------------|----------------------|
| 1. a. volume | 2. a. blogging | 3. a. remote control |
| b. spare time | b. gamers | b. streaming |
| c. gaming | c. couch potato | c. vlogging |
| 4. a. passively | 5. a. streaming | 6. a. turn down |
| b. turn down | b. commercials | b. blogging |
| c. channel surf | c. vlogging | c. gaming |
| 7. a. streaming | 8. a. spare time | |
| b. couch potato | b. blogging | |
| c. gamers | c. commercials | |

Maze 2

Read the following text and circle the correct answer below

Advertising and media play a big role in shaping how people think and learn. A good commercial should be (1) _____ so that viewers notice it immediately. Using an (2) _____ and creative idea makes the advertisement stand out from others. Effective ads are often (3) _____, leaving a lasting impression in people's minds. Educational content should be (4) _____, providing useful facts and guidance.

Young children, especially an (5) _____, develop their (6) _____ of the world through interactions with their surroundings. However, they should not be exposed to too much screen time, especially if it is consumed (7) _____ without active engagement. (8) _____ like images and videos are helpful for learning because they appeal to the senses and can enhance understanding.

Options:

1. a. limited
b. noticeable
c. passively

2. a. original
b. commercial
c. sense

3. a. slogan
b. informative
c. memorable

4. a. original
b. limited
c. informative

5. a. infant
b. visual media
c. slogan

6. a. sense
b. development
c. memorable

7. a. noticeable
b. passively
c. commercial

8. a. limited
b. infant
c. visual media

1. Question Tags

A **question tag** is a short question added at the end of a statement.
It is used to **confirm** something, **check information**, or **ask for agreement**.

◆ Usage

Purpose	Example	Meaning
To check or confirm something	You're from Abu Dhabi, aren't you?	The speaker thinks it's true and wants confirmation.
To show surprise	She failed the exam, did she?	The speaker didn't expect it.
To show agreement	It's a lovely day, isn't it?	Friendly confirmation.
To make suggestions	Let's go for a walk, shall we?	Suggestion with politeness.

◆ Structure

A **positive statement** takes a **negative tag**.
A **negative statement** takes a **positive tag**.

✓ You are coming, **aren't you?**

✗ You are coming, **are you?** (wrong)

✓ You aren't tired, **are you?**

✗ You aren't tired, **aren't you?** (wrong)

Statement	Question Tag	Example
Positive	→ Negative Tag	She is nice, isn't she?
Negative	→ Positive Tag	She isn't here, is she?
With "I am"	→ "aren't I?"	I'm late, aren't I?
With Modals	→ Repeat the modal	You can drive, can't you?
Without Auxiliaries	→ Use "do/does/did"	He likes music, doesn't he?

- If the sentence already has an **auxiliary verb** (is, are, was, were, have, has, will, can, should, etc.), use it in the tag.
 - She has finished, **hasn't she?**
 - You can swim, **can't you?**
- If the sentence **doesn't have** an auxiliary verb, use **do / does / did**.
 - You like apples, **don't you?**
 - He worked hard, **didn't he?**

◆ Negative Words and Special Cases

Be careful with words that have a **negative meaning**, such as:
never, hardly, nobody, nothing, few, little.

Although these words don't look negative (no "not"), the tag is **positive**.

✓ She **never** eats meat, **does she?**

✓ **Nobody** called you, **did they?**

✓ There's **little** time left, **is there?**

◆ Pronouns in Tags

We always use **pronouns**, not names, in tags:

✓ Mary is clever, **isn't she?**

✓ The teachers were late, **weren't they?**

◆ Common Special Tags

Expression	Tag Question	Example
Let's ...	shall we?	Let's sit down, shall we?
I am ...	aren't I?	I'm early, aren't I?
Don't ... (commands)	will you? /won't you?	Don't be late, will you?
Everyone / Somebody / Nobody	they?	Everybody likes it, don't they?

Practice

Circle the correct answer from a, b, or c:

1. She's very kind, _____?
 - a. isn't she
 - b. is she
 - c. doesn't she
2. You don't like spicy pizza, ____?
 - a. do you
 - b. don't you
 - c. are you
3. They can swim backward, _____?
 - a. can they
 - b. can't they
 - c. don't they
4. I'm invited to the big event, _____?
 - a. am I
 - b. aren't I
 - c. amn't I
5. Let's go out for shopping, _____?
 - a. will we
 - b. shall we
 - c. should we
6. You were at the party, _____?
 - a. weren't you
 - b. Wasn't you
 - c. Didn't you
7. She works hard in the new job, ____?
 - a. doesn't she
 - b. does she
 - c. isn't she
8. They won't be late for the meeting,___?
 - a. will they
 - b. won't they
 - c. don't they
9. Nobody helped you, _____?
 - a. did they
 - b. didn't they
 - c. do they
10. She used to live here, _____?
 - a. didn't she
 - b. used she
 - c. doesn't she

2. Wh-Questions

◆ What Are WH-Questions?

WH-questions are questions that begin with **question words** such as who, what, when, where, why, which, whose, and how.

They are used to ask for **specific information** (not “yes” or “no” answers).

◆ Usage

Question Word	Used For	Example
Who	a person	Who is your teacher?
What	a thing /an idea / an action	What is your favorite subject?
Where	a place	Where do you live?
When	time	When is your birthday?
Why	reason	Why are you late?
Which	choice	Which color do you prefer?
Whose	possession	Whose bag is this?
How	method or manner	How do you spell your name?
How much	uncountable quantity / price	How much milk do you want?
How many	countable quantity	How many students are in your class?
How often	frequency	How often do you exercise?
How long	duration	How long does the class last?
How far	distance	How far is your school from home?

◆ Structure

✓ With Auxiliary or Modal Verbs

Wh-word + auxiliary/modal + subject + main verb

Examples:

Where **do** you live?

Why **is** he crying?

When **will** they arrive?

✓ With “Be” as the Main Verb

Wh-word + verb (am / is / are / was / were) + subject

Examples:

Who **is** your teacher?

Where **are** the students?

What **was** the problem?

✓ When There's No Auxiliary in the Statement

Add **do / does / did** to form the question.

Examples:

You play football → What **do** you play?

She likes tea → What **does** she like?

They went home → Where **did** they go?

✓ When the Wh-Word is the Subject

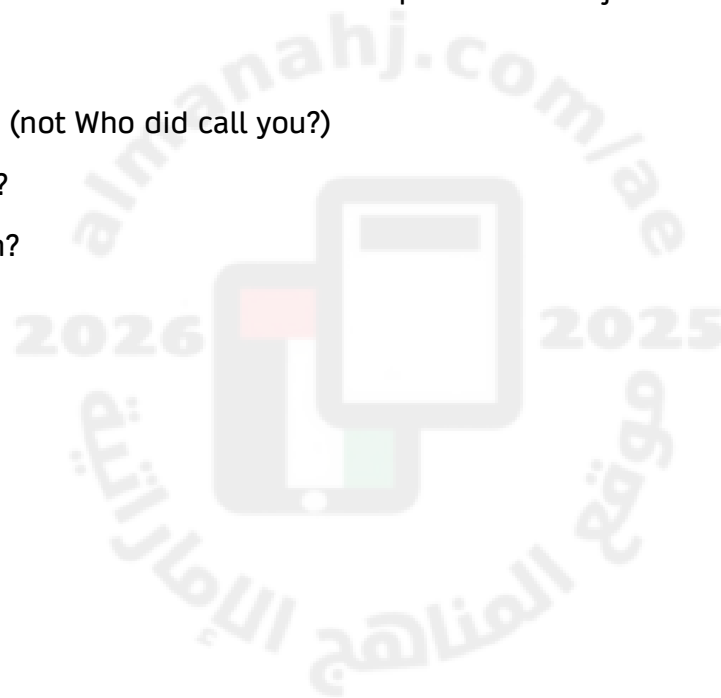
No auxiliary is used because the Wh-word replaces the subject.

Examples:

Who called you? (not Who did call you?)

What happened?

Which team won?



Practice

Circle the correct answer from a, b, or c:

1. _____ is your best friend?
 - a. Who
 - b. What
 - c. Where
2. _____ are you laughing so loud?
 - a. When
 - b. How
 - c. Why
3. _____ is your next birthday?
 - a. Why
 - b. When
 - c. Which
4. _____ do you usually wake up?
 - a. What time
 - b. How often
 - c. Why
5. _____ sugar do you want in your tea?
 - a. What
 - b. How many
 - c. How much
6. _____ did you come to work ?
 - a. How
 - b. When
 - c. Why
7. _____ subject do you prefer, English or Math?
 - a. When
 - b. Which
 - c. Whose
8. _____ is the park from your house?
 - a. How often
 - b. How far
 - c. How long
9. _____ are you tired today?
 - a. Why
 - b. When
 - c. How
10. _____ was absent yesterday?
 - a. Which
 - b. Whose
 - c. Who

3. The Historic Present

◆ What Is the Historic Present?

The **Historic Present** (also called the **Dramatic Present**) is when we use a **present tense verb** to describe **past events** — especially in **stories, narratives, or reporting** — to make the action sound **vivid, immediate, and exciting**.

Instead of saying everything in the **past tense**, we switch to the **present** to make the listener feel that the action is happening **right now**.

◆ Usage

Purpose	Example	Effect
To make a past event feel alive	So I open the door, and there he is , standing there!	Adds suspense and energy
To attract attention in storytelling	The teacher walks in, looks at me, and says , “You again?”	Creates a dramatic effect
In news or sports reports	The president arrives in London this morning.	Sounds direct and engaging
In summaries or jokes	A man walks into a shop and asks for a loaf of bread.	Keeps the story lively

◆ Structure

Even though we’re describing the **past**, we use **present tense forms** of the verb.

Example transformation:

Normal Past	Historic Present
She entered the room and looked around.	She enters the room and looks around.
He was angry and shouted .	He is angry and shouts .

◆ When to Use It

✓ In **storytelling**:

So I’m walking to school, and suddenly it **starts** to rain.

✓ In **jokes and anecdotes**:

A doctor **meets** a patient and **asks**, “How are you feeling today?”

✓ In **news headlines or reports**:

The king **visits** Dubai for peace talks.

✓ In **literary writing**:

In Shakespeare’s play, Hamlet **sees** the ghost of his father.

◆ Common Forms

Function	Example
Simple present for main actions	She runs , he opens , they laugh
Present continuous for ongoing action	He is waiting at the station
Present perfect for completed but relevant action	She has just arrived , and everyone cheers

◆ Difference Between Historic and Simple Present

Simple Present	Historic Present
Talks about habits, facts, or routines	Describes past events dramatically
"She works at a bank."	"She walks into the bank and sees her boss."
Not emotional or vivid	Adds emotion and immediacy

◆ Tips for Use

- Don't use it for every sentence — mix with **past tense** for contrast.
- Keep time expressions consistent (avoid "yesterday" with the present).
- Often begins with a **past introduction**, then shifts to present for action.

Example:

Yesterday, I was walking home when suddenly — this man **jumps** out of nowhere and **grabs** my bag!

◆ Examples

- ✓ I open my eyes, and the first thing I see is a huge spider on the wall!
- ✓ She goes to the counter and says, "Can I have two tickets?"
- ✓ The hero takes a deep breath, looks at the dragon, and attacks.
- ✓ Suddenly, the lights go out, and everyone screams.
- ✓ In the film, the detective finds a clue and starts to smile.

Practice

Circle the correct answer from a, b, or c:

1. I walk into the room and _____ everyone staring at me.
 - a. see
 - b. saw
 - c. was seeing
2. He opens the box and _____ a small note inside.
 - a. find
 - b. finds
 - c. was finding
3. Suddenly, the door _____ and a man walks in.
 - a. open
 - b. opens
 - c. was opening
4. She looks at me, smiles, and _____ the letter on the table.
 - a. put
 - b. putting
 - c. puts
5. The thief runs to the corner and _____ over the wall.
 - a. jump
 - b. jumped
 - c. jumps
6. The crowd cheers loudly as the player _____ the final goal.
 - a. scored
 - b. scores
 - c. was scoring
7. He opens his eyes and _____ his friend standing beside him.
 - a. sees
 - b. saw
 - c. was seeing
8. She walks into the kitchen and _____ that the cake is gone.
 - a. was noticing
 - b. noticed
 - c. notices
9. The child cries, and his mother _____ him at once.
 - a. comfort
 - b. comforts
 - c. was comforting
10. He opens the box and _____ a shiny gold watch inside.
 - a. finds
 - b. found
 - c. was finding

General Mazes

Maze 1

Every morning, I wake up early and (1) _____ a glass of water to kickstart my metabolism. Then I review my schedule to see (2) _____ I have enough time for a brisk jog. I put on my running shoes and step outside. My neighbor usually nods at me approvingly, (3) _____?

As I jog through the park, I (4) _____ the crisp morning air invigorating my senses and notice how it lifts my mood. A friend waves and asks, “(5) _____ do you commit to exercising every single day?” I smile and reply, “It keeps both my mind and body resilient.” He laughs and adds, “Many people neglect their workouts, (6) _____?”

After the jog, I (7) _____ a nutrient-rich smoothie and record my daily steps. Before heading home, I call my sister and ask, “(8) _____ don’t you join me for tomorrow’s morning run?”

Options:

- | | | |
|-------------------|------------|-------------------|
| 1. a. am drinking | 2. a. what | 3. a. didn't he |
| b. drinks | b. whether | b. doesn't he |
| c. drink | c. how | c. isn't he |
| 4. a. am feeling | 5. a. Why | 6. a. aren't they |
| b. felt | b. What | b. didn't they |
| c. feel | c. Why | c. don't they |
| 7. a. am making | 8. a. What | |
| b. make | b. Where | |
| c. made | c. Why | |

Maze 2

Every evening, Saleh sits in front of his computer and (1) _____ hours watching YouTube videos and playing games, often forgetting to take breaks. He doesn't know (2) _____ spending so much time online affects his eyes and posture. Watching a screen for a long time surely affects health, (3) _____?

During long sessions, he (4) _____ tension in his shoulders and sometimes has a headache. A friend messages him and asks, "(5) _____ are you online all night?" Saleh sighs and replies, "I feel like I can't stop, even though I know it's unhealthy." His friend adds, "Too many people ignore screen breaks, (6) _____?"

After noticing blurred vision, Saleh (7) _____ to set a timer to limit his screen time. Before sleeping, he thinks, "(8) _____ I start exercising and taking short breaks, maybe I will feel better tomorrow?"

Options:

- | | | |
|------------------|------------|------------------|
| 1. a. spend | 2. a. what | 3. a. is it ? |
| b. is spending | b. how | b. isn't it |
| c. spends | c. why | c. doesn't it? |
| 4. a. am feeling | 5. a. Why | 6. a. don't they |
| b. feels | b. Do | b. aren't they |
| c. feel | c. How | c. didn't they |
| 7. a. decide | 8. a. Why | |
| b. is deciding | b. What | |
| c. decides | c. When | |

Task 1 : Writing the Main Idea in a Text

Sample Question

1.1 Read the text. Write the main idea of the text in your own words.

Write at least 4-5 sentences.

Choosing to be healthy is one of the smartest decisions a person can make. A healthy lifestyle supports energy, mood, and focus, so everyday tasks feel easier. Good health begins with small habits that we repeat: eating balanced meals, drinking enough water, sleeping well, and moving our bodies. Regular exercise strengthens the heart and muscles, reduces stress, and improves sleep quality. Nutritious food gives the body vitamins and fibre that protect against illness.

Mental health matters too. Time with family and friends, simple breaks from screens, and quiet moments for prayer or reflection help us feel calm and hopeful. Doctors remind us that prevention is better than cure: if we care for our bodies today, we lower the risk of serious disease tomorrow.

Healthy choices also save money in the long term, because fewer medicines and clinic visits are needed. Most importantly, health allows people to work, study, and enjoy time with others. When one person chooses healthy habits, they often encourage the people around them to do the same.

Important Tips



Step 1: Understand the question

The question asks for the **main idea**, not all the details. You need to summarize **what the whole text is mainly about** — not every example or piece of advice.

Step 2: Identify key points in the text

Read and notice the most important ideas:

- The text is about **the importance of adopting a healthy lifestyle**
- It explains that **ways that help us live a balanced and healthy life.**
- It gives **advice on what to do to stay healthy**
- The main message is about **the importance of living a healthy lifestyle and how it benefits both the body and mind..**

Step 3: Write your answer in your own words (Paraphrase) (3–4 sentences)

- Start with a **general sentence** introducing the topic.
- Add **two supporting sentences** explaining the main ideas.
- Finish with a **concluding idea** that summarizes the overall message.

Some helpful phrases to use

Starting your answer

- The text is mainly about...
- This text discusses...
- The main idea of the text is that...
- In this passage, the writer explains...
- The passage focuses on...
- The writer talks about...

Adding supporting ideas

- It explains that...
- It also mentions that...
- The text gives examples of...
- The writer describes how...
- Another important point is that...
- In addition, the text shows that...

Concluding or summarizing

- Overall, the text suggests that...
- In conclusion, it highlights the importance of...
- The main message is that...
- To sum up, the passage shows that...
- The writer wants readers to understand that...

Model answer:

The text is mainly about how living a healthy lifestyle improves both physical and mental wellbeing. It emphasizes how small daily habits—like eating balanced meals, exercising, sleeping enough, and staying hydrated—can prevent illness and increase energy. It also highlights the importance of mental health through social connection, rest, and reflection. The writer reminds readers that prevention is better than cure and that health helps people live productively and happily while inspiring others to do the same.

Task 2 : Writing the Main Idea in a Text

Sample Question

2 Read the text again. Now write a response to the text in which you:

- State your opinion about why people should take care of their health
- Give at least two reasons or examples to support your opinion
- Describe one personal or observed experience related to healthy living

Write at least 170 words.

✓ Step 1: Write a short introduction

- Start with a general idea about health and why it matters.
- Clearly state **your opinion** (agree/disagree or your belief about health importance).

Example starter:

I strongly believe that taking care of our health is one of the most valuable investments anyone can make.

✓ Step 2: Give two main reasons or examples

- Mention how good health affects your **body, mind, and daily life**.
- Include examples like exercise, diet, sleep, or mental balance.

Example ideas:

- Staying healthy increases productivity and energy.
- A healthy diet and regular exercise help prevent diseases.
- Good habits reduce stress and improve mood.

Use linking phrases such as:

Firstly, ... / Secondly, ... / For example, ... / In addition, ...

✓ Step 3: Add a personal or observed experience

- Write a short story about yourself, a friend, or someone you know who made a healthy choice or faced a health problem because of poor habits.
- Keep it realistic and relevant.

Example:

For instance, my cousin used to feel tired all the time until he started jogging every morning. Within weeks, he became more focused and cheerful.

✅ Step 4: Finish with a strong conclusion

- Summarize your view and inspire others to take action.

Example:

In conclusion, caring for our health should never be ignored. When we eat well, move our bodies, and rest enough, we live longer, happier lives and set a good example for others.

👉 Sample Answer

I strongly believe that taking care of our health is one of the best decisions we can make. Good health allows us to live actively, think clearly, and enjoy life without being tired or ill.

Firstly, regular exercise and nutritious meals help the body stay strong and prevent serious diseases such as diabetes or heart problems. Secondly, when we care for our physical health, our mental wellbeing also improves—we feel calmer, sleep better, and handle stress more easily.

For example, I used to spend long hours on my phone and rarely exercised. Eventually, I began to feel weak and unmotivated. When I started walking every evening and eating more vegetables, my energy and confidence improved quickly. This small change taught me how powerful healthy habits can be.

In conclusion, health is our greatest wealth. Taking care of it daily brings long-term happiness and balance to our lives, and it inspires others to do the same.

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