

أوراق عمل نماذج كتابة samples Writing متبوعة بالحل المسار المتقدم



تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف الثاني عشر ← لغة انجليزية ← الفصل الثالث ← ملفات متنوعة ← الملف

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ملفات اكتب للمعلم اكتب للطالب ا اختبارات الكترونية ا اختبارات ا حلول ا عروض بوربوينت ا أوراق عمل
منهج انجليزي ا ملخصات وتقارير ا مذكرات وبنوك ا الامتحان النهائي للمدرس

المزيد من مادة
لغة انجليزية:

التواصل الاجتماعي بحسب الصف الثاني عشر



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف الثاني عشر والمادة لغة انجليزية في الفصل الثالث

أوراق عمل نماذج كتابة samples Writing متبوعة بالحل المسار العام

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كتاب دليل المعلم المسار العام المجلد الثالث

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مراجعة نهائية قواعد الفصل وفق الهيكل الوزاري المسار المتقدم

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نقاط القواعد للامتحان النهائي المسار المتقدم

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الدليل الإرشادي للقواعد المقررة في الامتحان النهائي المسار العام

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Part 1: Opinion Question

Write a plan for an essay on the topic "A Healthy Mind is in a Healthy Body." Please note, this question asks for a plan, not a full essay. You will write the essay in the next question.

- The connection between physical health and mental well-being.
- Strategies to achieve both physical and mental health.
- Examples of how sports and fitness contribute to a balanced life.

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Part 4 : Inference and justification : A Healthy Mind is in a Healthy Body

The famous proverb "A healthy mind is in a healthy body" reflects a deep truth about human well-being that is as relevant today as it was in ancient times. Across cultures and generations, people have understood that physical health and mental well-being are not separate, but deeply connected. When the body is strong and healthy, the mind functions more clearly, calmly, and creatively. In contrast, when our physical health is neglected, our ability to concentrate, make decisions, and stay emotionally stable can also decline.

Modern science supports this ancient wisdom. Numerous studies have shown that regular physical activity can improve mental health by reducing symptoms of depression, anxiety, and stress. When we exercise, our bodies release chemicals such as endorphins and serotonin—natural mood boosters that help us feel happier and more relaxed. Exercise also improves sleep, which is essential for mental clarity and emotional balance. In fact, mental health professionals often recommend physical activity as part of treatment plans for their patients, alongside therapy and medication.

Moreover, the benefits of physical health go beyond exercise. A balanced diet rich in fruits, vegetables, whole grains, and proteins fuels the brain and improves cognitive performance. Adequate hydration and regular sleep patterns also contribute to emotional stability. When the body gets the care it needs, the mind becomes more resilient, capable of handling life's challenges more effectively.

Another powerful way to connect physical and mental health is through participation in sports. Whether team-based or individual, sports help people develop discipline, focus, and teamwork—skills that are not only important on the field but also in daily life. Sports also encourage social connection, helping people form friendships and build supportive communities, which are vital for emotional health. For young people especially, sports offer a positive outlet for energy, reduce screen time, and improve self-esteem.

However, maintaining both physical and mental health requires more than occasional action. It involves building a consistent, balanced lifestyle. This includes regular movement, eating nourishing food, staying hydrated, getting enough sleep, and practicing stress-reducing activities like meditation, deep breathing, or spending time in nature. It's also important to recognize when help is needed and seek support from family, friends, or professionals.

In today's fast-paced world, people are often under pressure to succeed in school, at work, or in social life. It can be easy to ignore the body's signals of stress or tiredness. But when we slow down and pay attention to our health, we create the foundation for long-term happiness, success, and personal growth. A sharp mind cannot operate in a weak or tired body. Physical health acts as the vehicle through which mental and emotional strength can travel.

In conclusion, the relationship between the body and the mind is not only real but essential. Taking care of our bodies is one of the best ways to support our mental and emotional health. When we commit to a healthy lifestyle, we don't just protect our bodies from illness—we empower our minds to grow, adapt, and thrive.

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Inference Question

Does the author believe that mental and physical health are equally important for a successful life?

Write your answer below. Use full sentences.

Justification Question

Why is your answer to the inference question the best answer?

Use evidence and details from the text to support your answer.



Model Answers

Part 1: Opinion Question

I believe that the saying "A healthy mind is in a healthy body" is absolutely true. When we take care of our physical health, we feel more energetic, focused, and positive, which directly improves our mental well-being.

Part 2: Plan

1. Introduction:

- Explain the meaning of the phrase "A healthy mind is in a healthy body."
- Introduce the importance of both physical and mental health in our lives.

2. Body Paragraph 1: The Connection Between Physical and Mental Health

- Physical activity releases chemicals like endorphins that boost mood.
- Poor physical health can lead to stress, depression, and anxiety.

3. Body Paragraph 2: Strategies for Achieving Both

- Balanced diet, regular exercise, and enough sleep.
- Mental health practices such as meditation, mindfulness, and social connections.

4. Body Paragraph 3: Role of Sports and Fitness

- Sports teach discipline, teamwork, and goal-setting.
- Fitness routines improve focus and reduce mental fatigue.

5. Conclusion:

- Reaffirm the strong link between body and mind.
 - Encourage a lifestyle that includes both physical activity and mental care.
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Part 3: Essay

A Healthy Mind is in a Healthy Body

The saying "A healthy mind is in a healthy body" highlights the powerful connection between our physical condition and mental well-being. It suggests that we can think more clearly, feel happier, and live more balanced lives when we take care of our bodies. In today's busy world, this balance is more important than ever.

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Good physical health supports mental health in many ways. Regular exercise helps the brain release chemicals like endorphins and serotonin, which reduce stress and improve our mood. On the other hand, neglecting our physical health can lead to problems like fatigue, anxiety, or depression. For example, people who do not get enough sleep or live inactive lifestyles may struggle to focus or feel motivated.

To maintain both a healthy mind and body, it is important to follow a healthy lifestyle. This includes eating nutritious food, getting enough sleep, and exercising regularly. In addition, mental health can be supported by relaxing activities such as yoga, meditation, journaling, or spending time with loved ones. These habits help us deal with stress and keep our minds calm and focused.

Sports and fitness also play an important role. Participating in sports builds not only physical strength but also mental skills like resilience, discipline, and teamwork. Whether it's going for a daily walk, swimming, or playing football, physical activities give us a break from stress and allow our minds to refresh.

In conclusion, the mind and body are closely connected, and taking care of both is essential for a happy and productive life. When we look after our physical health, our mental health improves too. Therefore, we should all make time for exercise, healthy food, and mental wellness to enjoy a better quality of life.

Reading Passage: The Mind-Body Connection in Modern Life

In the modern world, health is often discussed in two separate categories: physical health and mental health. However, more and more research is proving that these two aspects of human well-being are not separate at all. In fact, they are closely connected, and one cannot truly be strong without the other. The popular phrase "A healthy mind is in a healthy body" expresses this important truth. A person may have all the knowledge and intelligence in the world, but without physical strength, energy, or wellness, it becomes difficult to use the mind effectively.

Physical activity, especially regular exercise, plays a huge role in maintaining mental health. When people engage in physical activities such as walking, running, swimming, or playing sports, the body produces chemicals in the brain called endorphins. These chemicals help reduce pain and stress, and they create feelings of happiness and calm. That is why many people feel more relaxed and focused after exercising. Some doctors even describe exercise as "natural medicine" for people who suffer from anxiety or depression.

In addition to exercise, nutrition and sleep are essential parts of this connection. The brain requires fuel to function well, and this fuel comes from healthy food. Diets full of processed sugar, fried foods, and energy drinks might give short bursts of energy, but they often lead to crashes, mood swings, and tiredness. On the other hand, eating foods like leafy greens, fruits, nuts, and fish helps improve memory, focus, and emotional balance. Likewise, the mind cannot perform well without proper sleep. During sleep, the brain removes waste, strengthens memory, and prepares for the next day. People who sleep well tend to feel calmer, more creative, and better able to solve problems.

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Equally important are habits that support both mental and physical health. Yoga, for example, combines movement with breathing and meditation. This ancient practice has been proven to reduce stress, lower blood pressure, and increase mental clarity. Similarly, spending time outdoors, away from phones and screens, helps refresh the mind and energize the body. Even small actions—like taking short walks during a busy workday or drinking more water—can improve both mood and concentration.

Modern life is full of challenges. Many people face pressure from work or school, spend long hours sitting, and rarely find time to rest or move. This lifestyle is dangerous because it separates the mind from the body. People might try to push through stress without realizing that their physical health is suffering. Over time, this can lead to burnout, illness, and even serious mental health problems.

Therefore, people must begin to see health as a whole, not as separate parts. Caring for the body helps the mind, and caring for the mind strengthens the body. When we develop healthy routines, stay active, eat well, sleep deeply, and manage our stress, we build a stronger and more balanced life. A person who makes time for both physical activity and mental rest is more likely to be happy, productive, and confident in all areas of life.

In summary, the phrase “A healthy mind is in a healthy body” teaches us that mental strength and physical health depend on each other. Modern science and ancient wisdom both agree: the way we treat our body affects the way we think, feel, and live. To succeed in today’s world, we must treat our health as one complete system—mind and body together.

Inference Question

Does the author suggest that small daily habits can improve both mental and physical health?

Write your answer below. Use full sentences.

Justification Question

Why is your answer to the inference question the best answer?

Use evidence and examples from the text to support your response.

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Model Answers

Part 1: Opinion Question

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Part 2: Plan

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- Reaffirm the strong link between body and mind.
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Part 3: Essay

A Healthy Mind is in a Healthy Body

The saying "A healthy mind is in a healthy body" highlights the powerful connection between our physical condition and mental well-being. It suggests that we can think more clearly, feel happier, and live more balanced lives when we take care of our bodies. In today's busy world, this balance is more important than ever.

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To maintain both a healthy mind and body, it is important to follow a healthy lifestyle. This includes eating nutritious food, getting enough sleep, and exercising regularly. In addition, mental health can be supported by relaxing activities such as yoga, meditation, journaling, or spending time with loved ones. These habits help us deal with stress and keep our minds calm and focused.

Sports and fitness also play an important role. Participating in sports builds not only physical strength but also mental skills like resilience, discipline, and teamwork. Whether it's going for a daily walk, swimming, or playing football, physical activities give us a break from stress and allow our minds to refresh.

In conclusion, the mind and body are closely connected, and taking care of both is essential for a happy and productive life. When we look after our physical health, our mental health improves too. Therefore, we should all make time for exercise, healthy food, and mental wellness to enjoy a better quality of life.

Inference Question

Does the author suggest that small daily habits can improve both mental and physical health?

 **Model Answer:**

Yes, the author suggests that small daily habits can improve both mental and physical health. The text explains that even simple actions like taking short walks or drinking more water can boost mood and concentration, showing that small efforts can make a big difference.

Justification Question

Why is your answer to the inference question the best answer?

 **Model Answer:**

This is the best answer because the text states, "Even small actions—like taking short walks during a busy workday or drinking more water—can improve both mood and concentration." This sentence clearly shows that the author believes small habits have a positive effect on both the body and the mind. The author also emphasizes that healthy routines support a stronger and more balanced life, reinforcing the idea that daily habits are important for overall well-being.