

## ★ Composition 1 ★



✍ **Write an essay about ( Laugh Out Loud ) using the notes below :**

**Guided words:** abbreviated , expression , indicate , chats, natural, response, humor , benefits, reducing , strengthen ,relationships , memories , silly , pleasure ,brighten.

### Laugh Out Loud

Laugh out loud, commonly abbreviated as **LOL**, is a popular expression used to indicate that something is funny. It is often used in text messages, social media posts, and online chats. Laughing out loud is a natural human response to humor .It has many health benefits, including reducing stress . Laughing with friends or family can also strengthen relationships and create positive memories. Whether it's a funny joke or a silly meme, laughing out loud is a simple pleasure that can brighten up anyone's day.

## ★ Composition 2 ★



✍ **Write an essay about ( you are what you eat ) using the notes below :**

**Guided words:** emphasizes , importance , balanced -crucial -physical – mental - well-being nutrients - minerals- chronic – processed- obesity, essential - mindful -maintain

### you are what you eat

The phrase "**you are what you eat**" emphasizes the importance of a healthy and balanced diet. The food we eat plays a crucial role in shaping our physical and mental well-being. A diet rich in nutrients, vitamins, and minerals can improve heart health , and prevent chronic diseases. On the other hand, a diet high in processed foods, sugar, and fats can lead to obesity, heart disease, and other health problems. Therefore, it is essential to be mindful of what we eat to maintain a healthy lifestyle.

## ★ Composition 3 ★



✍ **Write an essay about ( Amazing Animals ) using the notes below :**

**Guided words:** diverse - creatures -inhabit - unique -characteristics - abilities - fascinating incredible – strength -remarkable – intelligence - regenerate - limbs -organs -natural -continue

### Amazing Animals

Amazing animals are a diverse group of creatures that inhabit our planet. Each animal has its unique characteristics and abilities that make them fascinating. Some animals have incredible strength, like the blue whale, which is the largest animal on earth. Others have remarkable intelligence, such as dolphins and chimpanzees. Some animals can even regenerate their limbs or organs, like starfish. The natural world is full of amazing animals that continue to surprise us with their abilities .