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Unit five

Healthy Habits for Lifelong Wellness



Vocabulary

Word	Meaning	Word	Meaning
balance (n)	توازن	tiredness (n)	تعب
concentration(n)	تركيز	well-being (n)	بصحة وعافية
growth (n)	نمو	function (v)	يعمل
nutrient (n)	عنصر غذائي	limit (v)	يحد من - يقلل
strength (n)	قوة	perform (v)	يؤدي
stress (n)	توتر	completely(adv.)	بشكل تام - تماما
correctly(adv.)	بشكل صحيح	main (adv.)	اساسي
calm (adv.)	هادئ	repair (v)	يُرمم - يصلح
proper (adv.)	مناسب - ملائم	steady(adv.)	ثابت

A. Choose the correct answers from a, b, c, and d:

1. ➤ His helps lift heavy boxes easily.

a-main

b- strength

c-tiredness

d-steady

2. ➤ Deep breaths keep her in crowds.

a- main

b-steady

c-calm

d- completly

3. ➤ a situation in which different things exist in equal, correct or good amounts

a-balance

b- steady

c- main

d-proper

4. ➤ to fix something that is broken or damaged

a-steady

b-repair

c-perform

d-limit

B. Fill in spaces with the suitable word from the list below:

limit – completely – calm - nutrient – strength – stress- growth- tiredness.

1. Salma took a moment to stay.. **calm**.....before speaking.

2. Eating healthy food builds your body's **strength**.....

3. It is important to .. **limit**.....the amount of junk food you eat.

4. I **completely** forgot my calculator at home today.

5. Fruits provide vitamins and other **nutrient**

6. He feels **tiredness**..... after staying up late.

7. Too much.... **stress**.....harms your health.

8. Babies need milk for healthy.... **growth**.....



Reading 1

Healthy Habits:
Taking Care of Your Body
and Mind

عادات صحية
الاعتناء بجسدك و عقلك

Good health is one of the most valuable parts of life because it gives us the energy to learn, work, and enjoy time with others. Our daily choices—what we eat, how much we move, and how well we rest—shape both our physical strength and our mental calmness.

Food plays a major role in supporting our bodies and improving focus. Eating a balanced diet that includes fruits, vegetables, and whole grains provides the vitamins and nutrients needed for growth and concentration. Drinking enough water helps the body function properly, while reducing sugar and junk food prevents tiredness.

Sleep is another essential part of a healthy lifestyle. During sleep, the body repairs itself and the mind organizes thoughts. People who sleep well wake up with more energy, better focus, and a more positive mood. A good routine that includes rest and moments of gratitude helps reduce stress.

Healthy living begins with small, steady choices. When we eat well, drink enough water, and get enough sleep, we improve our own lives and help build a happier, more supportive community.

Questions:

Read the passage again and answer the following questions.

1) What is the main idea of the text?

ماهي الفكرة الأساسية للنص؟

Answer: Healthy habits such as good nutrition and enough sleep are essential for strong bodies and calm minds.

الإجابة: العادات الصحية مثل اكل عناصر غذائية جيدة و النوم الكاف يعدان اساسيان لتقوية الاجسام و تهدئة العقول

2) What benefits come from eating a balanced diet?

ماهي فوائد الأكل الصحي المتوازن؟

Answer: It provides vitamins, supports growth, and improves concentration.

الإجابة : إنه يزودنا بالفيتامينات و يدعم النمو و يحفز التركيز

3) Why is sleep important for a healthy lifestyle?

لماذا يعد النوم مهما من اجل حياة صحية؟

Answer: It allows the body to repair itself and helps the mind stay focused and calm.

الإجابة : انه يسمح للجسم بإصلاح نفسه و يساعد بإبقاء المخ هادئاً و مركزاً

4) What small habits can lead to a healthier life?

ماهي العادات الصغيرة التي تعطينا حياة صحية ؟



Answer: Eating balanced meals, drinking water, and getting enough sleep.

الإجابة : عن طريق أكل وجبات متوازنة , شرب الماء و النوم الكاف



Assessment 1

Fill in the gaps with suitable words from the list.

(nutrient / balance / steady / stress / limit)

- It is important to find a balance between studying and playing to stay happy.
- You should limit the amount of sugar and salt you eat every day.
- Vitamins are a type of nutrient that our bodies need to grow and stay healthy.
- Too much stress from work can make you feel tired and unhappy.

(achieve / individual / courage / leadership / failure)

- It takes great courage to try a difficult sport for the first time.
- To achieve your fitness goals, you must exercise regularly and eat well.
- Tennis is often an individual sport where you play against one person.
- Good leadership is important when you are the captain of a sports team.



Reading 2

The Power of Sports: Lessons for Body and Mind

Read the text and answer the questions

Sports have great power to improve both the body and the mind. They help people focus, stay calm, and control their thoughts and emotions.

Through sports, players learn teamwork, patience, and respect, even when situations feel unfair.

Different sports teach different skills.

Team sports like football and volleyball help players make quick decisions and work together.

Individual sports such as swimming and running build courage and self-control.

Mental sports like chess train the brain to concentrate, plan, and think strategically.

All these sports help people grow stronger inside and out.

Sports also build character and leadership.

Captains guide their teams, and teammates support each other.

Even losing teaches important lessons about confidence and resilience.

Sports bring people together, create friendship, and teach fair play. They help us stay positive, manage stress, and face challenges wisely.

This spirit of teamwork helps us live in harmony with others.

Questions:

1) Choose the correct answer

➤ Team sports help players:

- a) relax and sleep
- b) work alone

c) make decisions and work together

➤ Chess helps players:

- a) run faster

b) think and plan carefully

- c) build muscles

2) True or False

- Sports only make people physically strong.

✗ False

- Losing a game can teach confidence and resilience.

✓ True

3) Answer the questions

- 1-How do sports help people control their emotions?

كيف تساعد الرياضة الناس على ضبط مشاعرهم؟

They teach them to stay calm and manage their thoughts.

تعلمهم كيفية البقاء بهدوء و التحكم بأفكارهم

- 2-What do individual sports build?

ماذا تبني الرياضات الفردية؟

They build courage and self-control.

إنهم يبنون الشجاعة و التحكم بالنفس

- 3-Why are captains important in sports?

لماذا يعد تواجده المرشدين مهما في الرياضات؟

They guide the team and show leadership.

انهم يرشدون الفريق و يظهرون القيادة

4) Complete the sentences from the text:

- Mental sports train the brain to _____ and _____ .

✓ **concentrate – plan**

- Sports help people stay _____ and manage _____ .

✓ **positive – stress**



Used to + ing

يعتاد على

We use this to talk about things that have become normal or familiar to us.

نستخدم هذه القاعدة عندما نتحدث عن شيء أصبحنا معتادين عليه

• The Rule:

Subject + (am/is/are) + used to + verb-ing.

Example: "I am used to waking up early for school."

Example: "They are used to living in a cold climate."

• Negative sentences:

Subject + (am not/isn't/aren't) + used to + verb-ing.

Example: "I am not used to waking up early for school."

Example: "They aren't used to living in a cold climate."

Questions:

Am / Is / Are + subject + used to + verb-ing?

Example: Are you used to waking up early for school?

- Yes, I'm. - No, I'm not.

Example: Are they used to living in a cold climate?

- Yes, they are. - No, they aren't.

Wh Questions:

Wh + (Am / Is / Are) + subject + used to + verb-ing?

Example: What are you used to doing every morning?

Example: Where are they used to living?

A. Choose the correct answers from a, b, c, and d:

1. ➤ 1. My brother is used to his bike to the park. .

a) riding

b) ride

c) rode

d) rides

2. ➤ We used to sleeping in a tent. .

a) doesn't

b) isn't

c) don't

d) aren't

3. ➤ you used to using this computer program? .

a) Is

b) Are

c) Do

d) Does

4. ➤ She isn't used to in such a loud room. .

a) studying

b) study

c) studied

d) studies

B. Complete the sentences using the correct form of used to:

1. ➤ My brother is used **.to drinking** (drink) eight glasses of water a day.

2. ➤ While in India, my father isn't used to **driving** (drive) on the left side of the road.

3. ➤ I'm not used to **hearing** (hear) so much noise.

4. ➤ Learners in Kuwait are used **to attending** (attended) online learning classes.

5. ➤ Are you used to **eating** (eat) spicy food?



Assessment

1- Do as shown between brackets

1- We are used to taking the bus to school. (Make negative)

We aren't used to taking the bus to school.

2- My father is used to (read) before going to bed. (Correct the verb)

My father is used to reading before going to bed.

3- People are used to staying indoors during the summer (Make a tag question)

Aren't people used to staying indoors during the summer?

4- Students are used to doing 2 homework assignments a day. (Form a question)

How many homework assignments are students used to doing a day?

5- She is used to reading books. (Change into negative)

She isn't used to reading books.

6- They are used to (play) football. (Correct)

They are used to playing football.

7- I (be) used to hot weather. (Correct the verb)

I am used to hot weather.

8- He was not used to (drive) long distances. (Correct)

He was not used to driving long distances.

9- We are used to walking home. (Change into negative)

We aren't used to walking home.

10- You (be) used to studying hard. (Correct the verb)

you are used to studying hard.

11- The cat is used to sleeping outside. (Form a question)

Where is the cat used to sleeping?

12- Children were used to sharing toys. (Change into negative)

Children weren't used to sharing toys.

13- She (be) not used to cooking. (Correct the verb)

She isn't used to cooking.

14 He is used to (wake) up early. (Correct)

He is used to waking up early

Prepositions of Movement

حروف جر الحركة تستخدم لوصف الاتجاهات مثل من خلال - داخل - باتجاه - عبر

Explanations and Examples

Across (عبر): The boy walks across the street. (الصبي يمشي عبر الشارع)

Towards (نحو): She runs towards the park. (هي تركض نحو الحديقة.)

Through (من خلال): The car drives through the tunnel.

(السيارة تقود من خلال النفق.)

Into (إلى داخل): The cat jumps into the box. (القط يقفز إلى داخل الصندوق.)

Over (فوق): The plane flies over the mountain. (الطائرة تطير فوق الجبل.)

Around (حول): They walk around the tree. (هم يمشون حول الشجرة.)

دلالة كل أداة

- **into** : Moving to the inside (e.g., "He jumped into the pool.")
- **across** : From one side to the other (e.g., "He ran across the street.")
- **towards** : In the direction of (e.g., "The dog walked towards the rat.")
- **over** : Above or across the top (e.g., "The bird flew over the tree.")
- **through** : Moving inside a space from one end to the other (e.g., "The train goes through the tunnel.")
- **around** : Moving in a circle (e.g., "We walked around the park.")



Assessment

1-Fill in the blanks with the correct preposition.

(**across** - **towards** - **through** - **into** - **over** - **around**)

1. The girl swims**across**.....the river.
2. He moves ...**towards**..... the door.
3. We go**through**.....the forest.
4. The dog runs**into** the room.
5. Birds fly**over**..... the house.
6. Kids play**around** the school.

2- Choose the right word:


1. The children run..... the playground.
a) **across** b) towards c) through d) over
2. She walksthe shop slowly.
a) across b) **towards** c) through d) into
3. The train goesthe bridge.
a) towards b) through c) **over** d) around
4. He rides his bike the gate.
a) across b) towards c) into d) **through**
5. The ball rolls..... the hole.
a) towards b) over c) around d) **into**
6. We drivethe desert.
a) **across** b) towards c) through d) over



Listening

Smart Digital Living

الحياة الرقمية الذكية

1- What digital habit helps people improve their sleep? 

Using a sleep-tracking app.

It helps people understand their sleep patterns and rest better.

2- What digital habit reminds people to stay active during the day? 

Using a fitness app.

It reminds people to move, drink water, and stay active.



Speaking and Pronunciation

Community Well-being in Kuwait

1- It is an activity where people run near the sea. They enjoy the fresh air and keep their bodies strong. What is it?

➤ **The beach marathon.**

2 Families do this during Ramadan. They give meals to people in need. It makes the heart feel calm and thankful. What is it?

➤ **Helping others by giving meals.**



Writing

A paragraph describing What healthy habits improve our well-being

Topic sentence:

.....
.....

Supporting details:

.....
.....
.....
.....
.....

Concluding sentence:

.....
.....

Topic

Healthy habits help us feel strong, happy, and positive. One important habit is doing regular exercise, like walking or playing sports, because it gives us more energy and keeps our bodies active. Eating healthy food such as fruits and vegetables also improves our well-being and helps us stay focused.

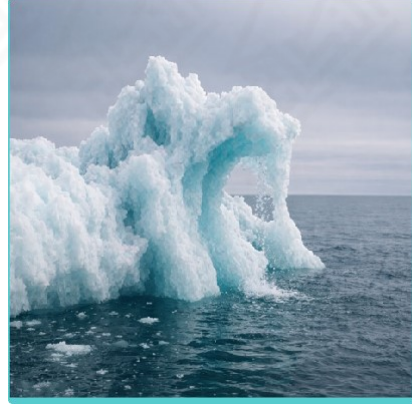
Getting enough sleep is another important habit. When we sleep early, our minds become clearer, and we can learn better. Limiting screen time also protects our eyes and reduces stress.

Finally, taking care of our mental health is important. Spending time with family and friends, helping others, and doing activities we enjoy make our hearts feel calm and happy.

In short, exercising, eating well, sleeping enough, and staying positive all improve our well-being.

Unit Six

Climate Change and Animal Survival



Vocabulary

Word	Meaning	Word	Meaning
produce (v)	ينتج	expensive (adj)	غالي
crops (n)	محاصيل	occur (v)	يحدث
destroyed (adj)	مدمر	adapting (n)	تكيف
suffer (v)	يعانى	distances (n)	مسافات
deeply disturb (v)	يضيق بشدة	native (adj)	اصلي / محلي
unpredictable (adj)	غير متوقع	cope (v)	يتأقلم
mainly (adv)	بشكل اساسي	conditions. (n)	ظروف
release (v)	يطلق	severely (adv)	بشدة
global temperatures (n)	درجات حرارة عالمية	recover (v)	يتعافى
creatures. (n)	مخلوقات	harsh (adj)	قاس
regions. (n)	مناطق	lay (v)	يرقد / يستلقي / يضع
floods damage (n)	اضرار الفيضانات	securely . (adv)	بأمان
coastal (adj)	ساحلي	disappear (v)	يختفي
droughts (n)	جفاف	further (adj)	إضافي / أكثر
habitat. (n)	موطن طبيعي	zones (n)	مناطق

1- Choose the correct answers from a, b, c, and d:

1- I am. sorry that I kept you waiting for a long time.

a- mainly **b- deeply** c- strategically d- physically

2- Many animals are losing their homes due towarming.

a- coastal b- expensive **c- global** d- unpredictable

3- Smoking, overeating and sitting too much will your health.

a- produce **b- destroy** c- disturb d- occur

4- After the heavy rain, farmers hope for a large corn this year.

a- creature **b- crop** c- drought d- flood

5- The magician surprisingly makes the coinfrom his hand.

a- adapt b- cope **c- disappear** d- lay

6- The entire city was affected by the record-breaking heavy snow.

a- further b- securely c- mainly **d- severely**

7- People in landlocked areas travel a long to reach a clean beach.

a- area **b- distance** c- condition d- habitat

8- The water became because people had thrown trash into the river.

a- polluted b- harsh c- native d- chemical

2- Fill in the spaces with the suitable word(s) from the list:

(release – region – drought – suffer – mainly)

1- The plants died because of the long**drought**.....

2- It is very hot and dry in this**region**..... of the country.

3- The factory should not**release**dirty water into the river.

4- Many animals**suffer** when they don't have enough food.

(recover – population – severely – zone – dry up)

1- The**population**..... of my small town is growing every year.

2- You are not allowed to park your car in this loading**zone**.....

3- It took the athlete a few weeks to**recover** from his leg injury.

5- If it doesn't rain soon, the small pond in the park will ...**dry up**.....





Reading 1

Climate Change: The Earth's Warning Signs

Read the text and answer the questions

The Earth's climate is changing quickly. Summers are becoming hotter, winters shorter, and storms stronger. This change, known as climate change, happens mainly because people burn coal, oil, and gas for energy. These fuels release gases that trap heat in the atmosphere and cause **global temperatures** to rise.

As the Earth warms, ice in the polar regions melts, leading to higher sea levels and **floods** that damage coastal homes and roads. In other places, rainfall becomes rare, causing long **droughts**. During droughts, the soil becomes dry and poor, plants fail to grow, and farmers produce fewer crops, which makes food more expensive.

Hotter weather also increases air pollution because **warm** air traps smoke and harmful gases near the ground. This makes breathing difficult and causes health problems. These changes disturb the natural balance of life, but people can reduce the impact by saving energy, recycling, planting trees, and using clean energy sources to protect the planet.

Questions:

1- Read the passage again and answer the following questions.

1-What is the main cause of climate change?

ما السبب الرئيسي للتغيير المناخي؟

Answer: Burning fossil fuels like coal, oil, and gas.

الإجابة: حرق الوقود الاحفوري مثل الفحم والزيوت و الغاز

2-How does melting ice affect coastal areas?

كيف يؤثر ذوبان الجليد على المناطق الساحلية؟

Answer: It causes sea levels to rise and floods to damage coastal areas

الإجابة: يؤدي إلى ارتفاع مستوى البحر وحدوث فيضانات تضر بالمناطق الساحلية

3-How does hot weather increase air pollution?

كيف يؤدي الطقس الحار إلى زيادة تلوث الهواء؟

Answer: Warm air traps smoke and harmful gases near the ground.

الإجابة: لأن الهواء الدافئ يحبس الدخان والغازات الضارة قرب سطح الأرض

2- Complete the Table:

Problem	Cause	Effect
Melting Ice	• Rising global temperature	Floods damage coastal areas
Droughts	Little or no rainfall	• Plants fail to grow • Farmers produce fewer crops
Polluted Air	Hot air traps harmful gases	Breathing problems health issues

3- Choose the Correct Answer:

➤ Climate change makes storms:

- a) weaker
- b) stronger
- c) shorter

التغير المناخي يجعل العواصف

- أ) أضعف
- ب) أقوى
- ج) أقصر

➤ Droughts happen when:

- a) rainfall becomes rare
- b) rainfall increases
- c) snow becomes heavier

تحدث فترات الجفاف عندما

- أ) يقل هطول المطر
- ب) يزداد هطول المطر
- ت) تزداد الثلوج

➤ Air pollution increases because:

- a) cold air rises
- b) warm air traps gases
- c) plants grow faster

يزداد تلوث الهواء لأن :

- أ) الهواء البارد يرتفع
- ب) الهواء الحار يحبس الغازات
- ت) النباتات تنمو أسرع

4- Complete the Sentences:

(global – flood – temperature – unpredictable)

➤ Scientists say that ..**global**....warming is affecting the planet.

➤ When sea levels rise, a ...**flood**.... may damage houses.

➤ The ...**temperature** in many countries is rising every year.



Nature's Survivors

Read the text and answer the questions

Animals around the world are learning new ways to survive as the Earth's climate changes. Hotter summers, colder winters, and unpredictable rainfall affect many habitats, so animals must adapt while people try to protect **them**.

In the desert, camels face long dry seasons and fewer plants. Their humps store fat for energy, and they can travel long distances without water. Farmers help by protecting desert plants and managing water sources.

In gardens and fields, bees are endangered because heat reduces the number of flowers. With fewer plants, bees make less honey, so they fly earlier in the morning and visit more flowers. People support them by planting native plants and using fewer chemicals. Near ponds and rivers, frogs suffer from rising temperatures and polluted water. Many ponds have dried up, leaving fewer safe places for eggs. Communities help by cleaning rivers and digging small ponds with clean water.

At the poles, penguins and polar bears lose their homes as ice melts.

Penguins travel farther to find food, and polar bears swim longer distances to hunt. Scientists protect them by reducing pollution and creating safe zones.

Animals and humans share one planet, and protecting nature helps create a safer future for all living creatures.

Questions:

1- Choose the correct answer:

The underlined pronoun "them" in the first paragraph refers to:

- a. habitats
- b. animals
- c. people
- d. forests

The opposite of the word "melts" is:

- a. freezes
- b. dries
- c. breaks
- d. changes

According to the passage, which sentence is NOT true?

- a. Bees make less honey because there are fewer flowers.
- b. Frogs suffer because many ponds have dried up.
- c. Camels cannot survive long distances without water.
- d. Penguins travel farther to find food.

2- True / False Questions

- 1. Camels can survive long distances without water. صح
true الجمال تستطيع البقاء لمسافات طويلة بدون ماء
- 2. Bees make less honey because heat reduces the number of flowers. صح
true النحل يصنع عسل أقل لأن الحرارة تقلل عدد الأزهار
- 3. Frogs have more ponds now to lay their eggs. خطأ
false الضفادع لديها الآن برك أكثر لوضع بيضها
- 4. Penguins travel farther to find food because the ice is melting. صح
true البطاريق تسافر لمسافات أبعد للعثور على الطعام لأن الجليد يذوب
- 5. People help animals by increasing pollution. خطأ
false الناس يساعدون الحيوانات بزيادة التلوث



Comparatives and Superlatives

Comparatives and superlatives are adjective forms we use to compare people, animals, places, or things.

نستخدم صيغ المقارنة والتفضيل لوصف الفرق بين الأشخاص أو الأشياء أو لبيان من هو الأكثر أو الأقل في صفة معينة.

القاعدة الأساسية

- Comparative (المقارنة): adjective + er + **than** / **more** + adjective + **than**

نستخدمها عند مقارنة شيئين فقط، مثل:

- taller than, more beautiful than.
- Superlative (التفضيل): **the** + adjective + **est** / **the most** + adjective

نستخدمها مع ثلاثة أشياء أو أكثر، مثل:

- the tallest, the most beautiful.

• **worst** عند المقارنة بين أكثر من اثنين • **good** • **better than** عند المقارنة بين اثنين • **the best** عند المقارنة بين أكثر من اثنين • **bad** • **worse than** عند المقارنة بين اثنين • **the**

Negative:

- This car is not **faster** than that car.
- My bag is not **heavier** than your bag.
- Sara is not the **tallest** girl in the class.

Question

- Is your house **bigger** than my house?
- Is this test **more** difficult than the last test?
- Who is the **youngest** student in the class?

1- Choose the correct answer:

- 1. Ali is..... than Omar.
A tall B taller C tallest D more tall
- 2. This car is the in our street.
A fast B faster C fastest D more fast
- 3. My bag is than your bag.
A heavier B heavy C heaviest D more heavy
- 4. Today is than yesterday.
A cold B coldest C colder D more cold
- 5. Math is than art for me.
A difficult B more difficult C most difficult D the most difficult
- 6. This is the movie I have ever seen.
A funny B funnier C funniest D more funny

2- Correct the adjective between brackets:

- 1. My house is (big) bigger than your house.
- 2. This question is (easy) ... easier than that question.
- 3. Ali is the (tall) tallest boy in the team.
- 4. Today is (hot) hotter than yesterday.
- 5. This bag is the (expensive) most expensive in the shop.
- 6. English is (important) ... the most important .. language in the world.
- 7. That was the (good) best day in my life.
- 8. My mother is (kind) kinder than my aunt.
- 9. This story is the (interesting) most interesting in the book.
- 10. A lion is (strong) stronger than a dog.



Present Perfect with since / for

Form: have / has + past participle

Use the present perfect for actions that started in the past and continue in the present

Subject	Auxiliary	Past Participle	Example
You / We / They	Have	Worked	I have lived in London since 2015.
He / She / It	Has	Eaten	The tree has grown quickly.
Negative	haven't / hasn't	+ verb (-ed / 3rd form)	The students haven't finished the science project.
Question	Have / Has + subject + verb 3rd form?	Wh-word + have/has + subject + verb 3rd form?	Have the animals moved to a cooler place? Where has the water gone?
Keywords	ever, never, just, already, yet, today, since, for		
Use since to show when the action started. Use for to show how long an action has continued.			

ex:

1. Saleh **has studied** English since 2020.
2. Dalal **has played** the piano for five years.
3. The ice **has melted** in many polar areas since 2000.

2- Do as shown between brackets:

1. She has lived in Kuwait for three years. (Ask a question)

How long has she lived in Kuwait?

2. They have played soccer since morning. (Change into negative)

They have not played soccer since morning.

3. I (wait) **have waited** here since 9 AM. (Correct the verb)

4. The children have studied English for months. (Change into negative)

The children have not studied English for months.

5. I have visited the museum for years. (Change into negative)

I have not visited the museum for years.

6. She (work) **has worked** in this office for five years. (Correct the verb)

7. They (not see) **have not seen** the movie for a year. (Correct)

8. My family (live) **has lived** here since 2020. (Correct the verb)



Listening

Breaking News: Protecting Nature in Different Climates

1) What is the main idea of the listening?

Answer: The main idea is: Communities are protecting the environment in different climates.

2) How does Kuwait protect the desert?

Answer: By planting trees and using water carefully.

3) How does Oman protect the coast?

Answer: By collecting rainwater and using it wisely.

4) How does Greenland protect the Arctic?

Answer: By reducing pollution and protecting polar animals.

5) Are these statements true or false?

“In Kuwait, people plant trees to cool the air.”

Answer: True

“In Oman, families waste rainwater during winter.”

Answer: False

“In Greenland, melting ice affects polar bears.”

Answer: True

“Schools in all regions help protect the environment.”

Answer: True



Writing

A paragraph describing Climate Change: Impacts and Solutions

Topic sentence:

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.....

Supporting details:

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Concluding sentence:

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.....

Topic

Climate change is a serious problem that affects the whole world. Temperatures are rising, weather is becoming more extreme, and many natural habitats are changing. These changes harm animals, plants, and even people.

One major impact is the melting of ice in cold regions, which threatens animals like polar bears. In other places, heatwaves, droughts, and floods are becoming more common. Farmers struggle to grow food, and many communities face water shortages. Even though climate change is dangerous, there are many solutions. Using clean energy such as solar and wind power can reduce pollution. Planting trees helps clean the air, and recycling protects the environment. People can also save electricity and use less plastic to reduce waste.

In conclusion, climate change affects everyone, but we can protect our planet by working together and making responsible choices. Small actions can create a better future for the next generations.

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