✍️ WRITING · الكتابة · LESSON 05

An advice article

وصف احتفال

1st Bac
السنة الأولى باكالوريا

💡 صف الاحتفال: متى وأين ← الاستعدادات ← ما يحدث (المأكولات، الملابس، الأنشطة) ← معناه بالنسبة لك.

🎯 **Write a short magazine article giving advice about a health problem.**

THE PLAN تصميم النص

1. **Title**
2. **Introduction: a question to the reader + the problem**
3. **Tip 1 (First of all, ...)**
4. **Tip 2 (Secondly, ...)**
5. **Tip 3 (In addition, ...)**
6. **Conclusion (If..., you'd better...)**

THE WRITING PROCESS · مراحل الكتابة

1 Think أفكّر	2 Plan أخطّط	3 Write أكتب	4 Check أراجع	5 Share أشارك

USEFUL LANGUAGE · عبارات مفيدة

- Do you...? You are not alone.
- Here are some tips to...
- First of all, ...
- Secondly, you should...
- In addition, it is a good idea to...
- If..., you'd better...

MODEL TEXT نص نموذجي



Do you find it hard to fall asleep? You are not alone: many teenagers suffer from insomnia. Here are some simple tips to help you sleep better.

First of all, go to bed and get up at the same time every day, even at the weekend. Secondly, avoid screens for at least one hour before bed, because the light from phones keeps your brain awake. In addition, you should not drink coffee or energy drinks in the evening. Finally, it is a good idea to relax before sleeping: read a book or listen to calm music.

If these tips don't help, you'd better see a doctor. Sweet dreams!

ANALYSE THE MODEL حلّل النموذج

1. What problem is the article about?
2. How does the writer attract the reader at the start?
3. Find four ways of giving advice.
4. Find four linking words.

LINK YOUR IDEAS اربط أفكارك

1. You should sleep well. You should eat well. (in addition)
2. Coffee keeps you awake. Avoid it in the evening. (so)
3. Sport is good for you. Don't exercise late at night. (however)
4. Screens affect your sleep. Turn off your phone before bed. (therefore)

CHECKLIST لائحة المراجعة

- [ ] I answered the task. · أجبت عن الموضوع.
- [ ] I followed the plan. · احترمت التصميم.
- [ ] I used linking words. · استعملت أدوات الربط.
- [ ] I checked capitals, punctuation and spelling. · راجعت الحروف الكبيرة والترقيم والإملاء.
- [ ] I checked verbs and tenses. · راجعت الأفعال والأزمنة.

ANSWER KEY الأجوبة

Analyse the model

1. Insomnia (difficulty sleeping).
2. With a question: Do you find it hard to fall asleep?
3. you should not, avoid, it is a good idea to, you'd better (any four)
4. First of all, Secondly, In addition, Finally (also because)

Link your ideas

1. You should sleep well. In addition, you should eat well.
2. Coffee keeps you awake, so avoid it in the evening.
3. Sport is good for you. However, don't exercise late at night.
4. Screens affect your sleep; therefore, turn off your phone before bed.

SELF-CHECK · أقيّم نفسي

★ I understand · أفهم | ★★ I can practise · أطبّق | ★★★ I can use it · أستعمل

MY NOTES · ملاحظاتي