

1 - My family

My name's Waleed. I'm twelve years old. I live in Benha. My dad's name is Ali. He's 48 years old. He's a teacher. He works in a school. My mum's name's Aya. She's a nurse. She works in a hospital. I have one brother and one sister. They are Hossam and Nahla. My grandfather is called Sabry. He's a farmer. He's 65. My grandmother is called Salma. She's 62. I have two cousins. They're Bahaa and Omar. They are aged 10 and 12. I love my family.

2 - My grandfather (A person in my family)

My grandfather's name is Kamal. He's 65 years old. He lives on a farm in Benha. He's a farmer. He grows fruits and vegetables. He keeps animals. He looks after his farm very well. I like his farm. His favourite food is fish and rice. He doesn't like unhealthy food. He always advises me to eat healthy food. His hobbies are reading and fishing. He reads every night. He loves history books. I usually visit him on Fridays. I love him so much. He is a funny person.

3 - My hobby (Football)

I'm Tarek. I like sports. Sports are very important for us. My favourite sport is playing football. It's an exciting sport. It's popular all over the world. My favourite team is Al Ahly. My favourite player is Moamen Zakaria. I play it every week on Mondays. I play it with my friends. We have a lot of fun. We play it at the club for two hours. We watch football matches together after we do our homework. It's my favourite time.

4 - Voluntary work

It's very important to help people who need our help. So, I do voluntary work. I do it once a week. Every Saturday, I help in a children's hospital. I spend much time with them. We play games and watch videos. It's important to help orphan children, too. They need our care. We can help them learn. Doing voluntary work is very important, so we should teach our children to do that.

5 - My daily life

My name's Basem. I go to a preparatory school in Giza. I usually get up at 7 o'clock. I wear my uniform and I have my breakfast before going to school. I often walk to school in the morning. I have 8 lessons a day. My favourite subject is maths. I like break time. We eat and play basketball in the playground. I leave school at two fifteen. I always do my homework after school. I usually meet my friends to do some sports together. We sometimes go out in the evening. I never sleep late on school days.

6 - My school journey

My name's Marwa. I go to a preparatory school. I live in Luxor. I go to school with my friends. My school is far from my house. It's about 3 kilometres. We travel to school by ferry. It takes about one hour to get there. We arrive at school at 8 o'clock. We leave it at two thirty. I get home at three thirty every day. My friend Sama lives near our school, so she walks to school. We like our school very much. My teachers are so kind. It's not an easy journey.

7 - School rules

It's very important to follow the school rules. We should go to school on time. We shouldn't be late for our lessons. We shouldn't forget our books. We should wear the school uniform. It's very important to listen to our teachers. We shouldn't talk during lessons. We should study hard and do our homework. We should ask our teacher for help if we have a problem. We must learn to follow the school rules.

8 - My sports star (Mohammed Salah)

I like sports. My favourite sports star is Mohammed Salah. He plays football very well. He's quite short for a footballer, but he has amazing skills. He's got curly hair and a moustache. He is good at scoring goals. He's very fast. He plays for Liverpool. It's a very good team in Europe. He's very hard working. He started in Al Mokaweloon. Then he played in Europe. He always talks to his fans. My friends and I love him so much.

9 - My favourite sportswoman

My favourite sportswoman is Habiba Marzouk. She is a gymnast. She is 18 and lives in Cairo with her family. She has a very busy life. She goes to school and she studies hard. In the evenings, she trains for five or six hours. She is a top gymnast in Africa and she wants to go to the Olympics. Habiba's family always helps her. She eats healthy food so that she can stay strong. Gymnastics is a difficult sport but it makes her happy. I love her so much.

10 - My best friend

My best friend is called Fatma. We go to a preparatory school in Benha. She's got long straight hair. She's got brown eyes. She's got a beautiful smile. She's very friendly. She helps her friends and she likes them very much. She likes reading and playing squash. She loves reading short stories. She reads every day. She plays tennis every Friday. I usually play with her. I like her because she's a lot of fun.

11 - My favourite hobby (Chess)

My hobby is playing chess. To me, it's more exciting than a computer game because you have to think very well to win. My grandfather taught me to play the game five years ago, Chess is a great game for all ages. I still play with my grandfather and he's 65! I also play online. I play it on my laptop with children of my age, so now I play with people from all over the world. I enjoy it very much.

12 - Classroom objects

My name's Samy. My school is very big. I'm in classroom 1A. I love technology. We often use tablets in school. They are very useful. There are four tablets in the classroom. There aren't any laptops, but my teacher has a laptop. There's a printer, too. We use it to print our homework. I've got a mobile phone, but I don't use it at school. I can use it at break. I can take selfies with my friends. I can send them text messages and surf the internet. Technology makes our life easy and enjoyable.

13 - Modern technology

Today, modern technology is important. People use it every day in schools, at home and at work. More people will use it in the future. People with many different jobs need it. They must understand how to use the latest technology. We must follow it to improve ourselves. It helps us to live comfortably. It has made our life easier. I love technology! My favourite hobby is playing video games. Sometimes I play them on my mobile phone. I use a tablet to practise my English.

14 - How to stay safe online

It's very important to use the internet, but we should be careful when we use it. Here are some advice to use it safely. Keep your password secret. Don't tell anyone about it. Don't make friends with people you don't know. Don't tell people your personal information like your telephone number, birth date or your address. Don't send photos to people you don't know. Don't answer a phone call or video call from anyone you don't know. If you are worried about something, tell a parent or a teacher.

15 - Nature

My name's Tarek. I'm a student at a preparatory in Benha. I love nature, I like walking and watching the trees, animals, flowers and insects all around us. I don't like being in the house; I like being in the garden and looking at the sky. At school, I always go outside at break. I go when it's very hot or cold! I love taking photos of trees and seas. It's my favourite hobby.

16 - My visit to Alexandria

Last month, Adel and his family decided to go to Alexandria to spend their holiday there. They travelled in their car. They left Cairo at eight o'clock. They arrived in Alexandria at twelve o'clock. They stayed at their uncle's house which is near the sea. They enjoyed swimming in the sea and playing on the beach. They also did some shopping at the Park Shopping Centre. He enjoyed his time with his cousins Hazim and Nada. Really it was a very nice holiday.

17 - Downtown Café

I went to a café in Cairo last week. I went with my family. We went there to have lunch. We were very hungry. We had fish and rice. The food was amazing. It tasted very delicious and we enjoyed it. Then, we ordered some orange juice. We liked the juice a lot. It was tasty. After that, we had kunafa and basbousa for dessert. I enjoyed basbousa most. It was a very good café. I will tell my cousins about it. Maybe we will go next week.

18 - My holiday

Holidays are a happy time for us. They are very important because they make us fresh again. Last weekend, I went to Hurghada. It's a very beautiful city on the Red Sea. I went with my family. We went there by bus. It took six hours to get there. We swam in the sea and made sandcastles. My sister, Nada, learnt to swim. We enjoyed diving and fishing. We didn't see dolphins there, but it was a fantastic holiday.

19 - How to revise for the exam

Here is some useful advice to help you revise for your exams in any subject. You should eat healthy food because it is good for you. What should you eat if you are hungry? You shouldn't eat too many sweets. Choose nuts or fruit instead. You should take a ten-minute break and do some exercise. You shouldn't stay up late at night. If you don't get enough sleep, you won't be able to remember all the lessons that you've revised. Finally, try to get calm before an exam.

20 - The book I like

I like reading. I like reading books by Lewis Carroll. My favourite book is Alice's adventures in Wonderland. It's a children's story. It's about a girl called Alice. She's very beautiful. She's sensible, too. When she goes to Wonderland, she has many adventures. The other characters are the White Rabbit, the Cheshire Cat and the Queen of Hearts. The White Rabbit is always busy. He always runs fast. The Cheshire Cat is a funny animal. He's got a big smile. He helps Alice. The Queen of Hearts is very scary, She always shouts at people. At the end, they help Alice go home again. It's very exciting.

21 - Healthy snacks

I like healthy food. Eating healthy snacks is very important. It's good for our bodies. Some snacks are bad for our health, so we shouldn't eat them. It's OK to eat crisps and cakes but not very often. Cakes have a lot of sugar. Crisps have a lot of fat and salt. Fruit is very healthy for us. They give us energy. Beans and vegetables are also very healthy. Also we should be careful we shouldn't drink too much fruit juice because it has so much sugar. Being healthy can be difficult sometimes.

22 - What I do at the weekend

My name is Samir. I am a student at prep school. I never study at the weekend, but sometimes I read a book! I often go shopping with my mum. When it is not very hot, at the weekend, I enjoy doing sports. I like playing football with my friends in the sports club. I also enjoy swimming with my best friend Ahmed in the swimming pool. In the evening, I go home, I take a shower and watch TV with my brother. I go to bed at nine o'clock.

23 - A visit to Paris

The city of Paris is one of the most important cities in the world. Paris is the capital of France. Last summer I visited Paris with my family. I had a wonderful time. We visited some nice places. It's a great city for a holiday. We climbed the Eiffel Tower. It's one of the tallest buildings in the world. We visited the Louvre. It is one of the most important museums around the world. We also bought souvenirs for our friends. At the end, we were very happy.

24 - Sham El-Nessim

Sham El-Nessim is my favourite time of the year. We enjoy it at the start of spring. Today, most Egyptians have a picnic in a park or next to the Nile with their families. The Ancient Egyptians used to offer salted fish, onions and eggs. Last year we went to Alexandria on Sham El-Nessim. We visited our family and went to the beach. We rode our bikes and played games. Everyone was happy.