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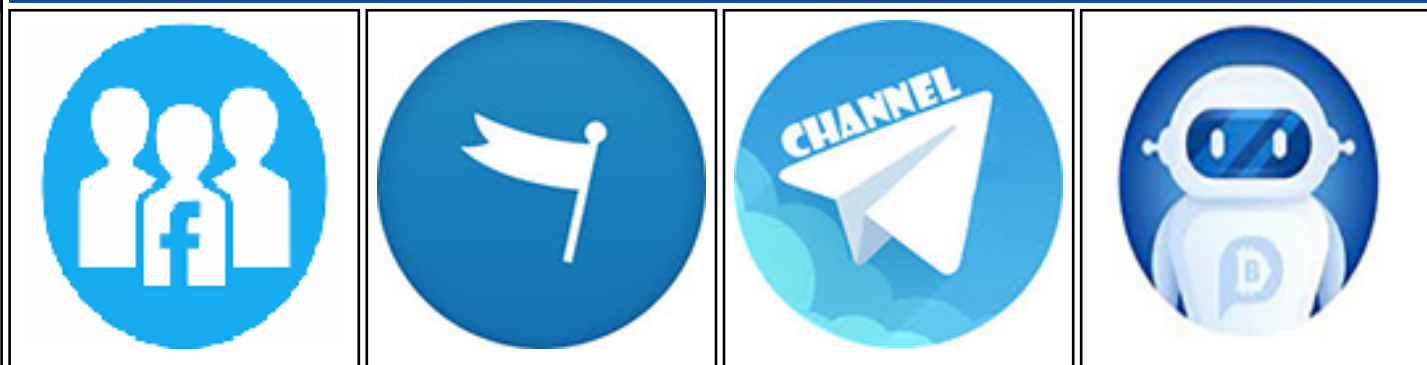


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الملف Vocabulary Expert The

موقع المناهج ← ملفات الكويت التعليمية ← الصف العاشر ← لغة انجليزية ← الفصل الأول

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

الرياضيات	اللغة الانجليزية	اللغة العربية	التربية الاسلامية
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المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

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The Expert

Grade 10

Vocabulary

الكلمات المقررة الفصل الأول
الصف العاشر



2026-2027

هذه المذكرة غير مخصصة للبيع
المرجع: وزارة التربية – دولة الكويت

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ملحوظة: هذه الخطة العلاجية لا تغني عن الكتاب المدرسي وكتاب الأعمال التحريرية.

Unit 1

The Science of Nutrition

	#	Word	Meaning	Example
Lesson 1	1	nutritious (adj.)	مغذي	Eating a nutritious breakfast gives us energy for the day.
	2	portion (n)	حصة / كمية	I ordered a small portion of rice for lunch.
	3	swap (v)	يستبدل	You can swap unhealthy snacks for fresh fruit.
	4	resist (v)	يقاوم	It is sometimes difficult to resist sweet foods.
	5	pledge (n)	تعهد	The students made a pledge to eat healthier food.
Lesson 2	6	bestow (v)	يمنح	The school will bestow an award on the best student.
	7	nutrition (n)	التغذية	Good nutrition is important for healthy growth.
	8	urge (v)	يحث / يدفع	Doctors urge people to eat healthier food.
	9	routinely (adv)	بشكل روتيني	She routinely exercises after school.
	10	inactive (adj.)	غير نشيط	Sitting for many hours can make people inactive .
	11	attitude (n)	موقف / توجه	A positive attitude can help us make better choices.
	12	stimulate (v)	يحفز	Exercise can stimulate the body and mind.
	13	consume (v)	يستهلك	We should not consume too much soda.
	14	notable (adj.)	ملحوظ	There was a notable improvement in his health.
	15	involvement (n)	مشاركة / انخراط	Student involvement in sports can improve fitness.
Lesson 4	16	prioritise (v)	يعطي الأولوية	We should prioritise healthy food choices.
	17	soak (v)	يقع	Soak the beans in water before cooking them.
	18	filling (adj.)	مُشبع	A bowl of soup can be a filling meal.
	19	aroma (n)	رائحة / عبق	The aroma of fresh bread filled the kitchen.
	20	preservatives (n)	مواد حافظة	Some foods contain preservatives to keep them fresh.
Lesson 5	21	subsidise (v)	يدعم مالياً	The government can subsidise healthy food in schools.
	22	affordable (adj.)	بسعر معقول	The school canteen offers affordable meals.
	23	organisation (n)	تنظيم / ترتيب	The organisation of work makes it lighter.
	24	indeed (adv)	بالفعل	Healthy food can indeed be affordable.
	25	nutritional (adj.)	غذائي	Fruits have many nutritional benefits.
Lesson 7	26	malnutrition (n)	سوء التغذية	Malnutrition can affect children's growth.
	27	effective (adj.)	فعال	Exercise is an effective way to improve fitness.
	28	personalised (adj.)	مخصص	The program provides personalised nutrition advice.
	29	biological (adj.)	بيولوجي / حيوي	Scientists study biological processes in living organisms.
	30	chemically (adv)	كيميائياً	The food is chemically changed during the cooking process.
	31	process (v)	يُعالج	The body must process the food we eat.
	32	fatigue (n)	تعب / إرهاق	Lack of sleep can cause fatigue .
	33	inflammation (n)	التهاب	Some foods may help reduce inflammation .
	34	regulate (v)	ينظم	The body works to regulate its temperature.
	35	still (adv)	لا يزال	He is still trying to improve his eating habits.

(n) noun اسم , (v) verb فعل , (adj.) adjective صفة , (adv.) adverb حال , (prep.) preposition حرف جر , (phr. v)

phrasal verb فعل مع حرف جر

	#	Word	Meaning	Example
Lesson 9	36	sustainable (adj.)	مستدام	Sustainable food choices can help protect the environment.
	37	legume (n)	بقوليات	Beans are an example of a legume .
	38	stroll (v)	يتمشى ببطء	I like to take a stroll after dinner.
	39	decade (n)	عقد / عشر سنوات	It took the company almost a decade to finish the project.
	40	overlook (v)	يتغاضى عن / يهمل	We should not overlook the importance of healthy eating.
Lesson 10	41	hurdle (n)	عقبة	Lack of time can be a hurdle to healthy eating.
	42	wholesome (adj.)	صحي ومفيد	Fresh vegetables are part of a wholesome diet.
	43	tempting (adj.)	مغري	The chocolate cake looked very tempting .
	44	assign (v)	يكلف	The teacher will assign homework to the students.
	45	break down (v)	يحلل إلى أجزاء	A teacher breaks down a difficult lesson to make it easy for students.

Unit 2

Choices & Change

	#	Word	Meaning	Example
Lesson 1	1	wind turbine (n)	توربين رياح	The wind turbine produces clean energy.
	2	reusable (adj)	قابل لإعادة الاستخدام	I use a reusable water bottle every day.
	3	second-hand (adj)	مستعمل	She bought a second-hand bicycle.
	4	landfill (n)	مكب نفايات	Too much waste is sent to the landfill .
	5	injure (v)	يصيب/ يجرح	An accident could injure people.
Lesson 2	6	emission (n)	انبعاث	Car emissions can pollute the air.
	7	alternative (n)	بديل	Walking is a good alternative to driving.
	8	flowing (adj)	متدفق	The river is flowing through the valley.
	9	convert (v)	يحول	Solar panels convert sunlight into electricity.
	10	entirely (adv)	بالكامل	The building is powered entirely by solar energy.
	11	run out (v)	ينفذ / ينتهي	We may run out of clean water.
	12	ecosystem (n)	نظام بيئي	Pollution can damage the ecosystem .
	13	expertise (n)	خبرة	The project requires expertise in renewable energy.
	14	awareness (n)	وعي	Schools can increase environmental awareness .
Lesson 4	15	decisive (adj)	حاسم	The government took decisive action to reduce pollution.
	16	unplug (v)	يفصل من الكهرباء	Remember to unplug the charger when you finish using it.
	17	combination (n)	مزيج / تركيب	A combination of solar and wind energy can provide clean power.
	18	vacant (adj)	فارغ / شاغر	The vacant building could be used as a recycling center.
	19	unnecessary (adj)	غير ضروري	We should avoid unnecessary use of plastic.
	20	concept (n)	مفهوم	The concept of recycling is easy to understand.
Lesson 5	21	ideal (adj)	مثالي / نموذجي	Solar energy is ideal for sunny countries.
	22	power (v)	يزود بالطاقة	Solar panels power the school.
	23	ambitious (adj)	لديه طموح	The city has an ambitious plan to reduce waste.
	24	tailor (v)	يخصص	The program is tailored to help students save energy.
	25	power grid (n)	شبكة الطاقة	Solar energy can provide electricity to the power grid .
Lesson 7	26	eventually (adv)	في النهاية	Eventually , we will need cleaner sources of energy.
	27	dispose of (v)	يتخلص من	We should dispose of batteries safely.
	28	enormous (adj)	هائل / ضخم	The factory produces an enormous amount of waste.
	29	upcycling (n)	إعادة التدوير للأفضل	Upcycling old clothes can create useful new products.
	30	antique (adj)	تحفة أثرية/ قديم قيم	My grandfather has an antique clock.
	31	directly (adv)	مباشرة	The solar panels are directly connected to the system.
	32	regard (v)	يعتبر/ ينظر إلى	Many people regard recycling as an important habit.

	#	Word	Meaning	Example
Lesson 7	33	make over (v)	يجدد / يغير	They made over the old building into a modern library.
	34	tablet (n)	جهاز لوحي	I use my tablet to read e-books.
	35	add up (v)	يتراكم	Small amounts of waste can add up over time.
Lesson 9	36	bury (v)	يدفن	They bury the waste underground.
	37	incineration (n)	حرق النفايات	Incineration can reduce the amount of waste.
	38	decompose. (v)	يتحلل / يتفكك	Food waste can decompose naturally.
	39	composting (n)	تحويل النفايات العضوية إلى سماد	Composting is a good way to reuse food waste.
	40	densely (adv)	بكثافة	The city is densely populated.
Lesson 10	41	brand-new (adj)	جديد تمامًا	He bought a brand-new bicycle
	42	outlive (v)	يعيش أطول من / يبقى بعد	Some plastic products can outlive humans.
	43	seldom (adv)	نادرًا / قلما	We seldom use plastic bags.
	44	manufacture (n)	يصنع / تصنيع	This factory manufactures plastic bottles.
	45	strict (adj)	صارم / مشدد	The school has strict rules about recycling.

Unit 3

Exploring Heritage

	#	Word	Meaning	Example
Lesson 1	1	evidence (n)	دليل / أدلة	The police found evidence that the ancient building had been used as a school.
	2	artefact (n)	قطعة أثرية / أثر تاريخي	The museum has an ancient artefact that was discovered in a tomb.
	3	stand for (v)	يرمز إلى / يعني	The dove often stands for peace.
	4	pass down (v)	يُورث / ينقل من جيل إلى جيل	Families often pass down traditional stories from grandparents to children.
	5	illustrate (v)	يوضح / يشرح / يبين	The pictures illustrate how people lived in ancient times.
Lesson 2	6	creator (n)	مُبدع / مبتكر	The creator of the app wanted to help students learn English.
	7	leading (adj)	رائد / بارز / رئيسي	She works for a leading technology company.
	8	automatic (adj)	تلقائي / آلي	The supermarket has automatic doors that open by themselves.
	9	translation (n)	ترجمة	The Arabic translation of the book was easy to understand.
	10	precisely (adv)	بدقة / بالضبط	The teacher explained precisely what the students should do.
	11	devote to (v)	يكرّس لـ / يخصص لـ	She decided to devote herself to teaching young children.
	12	director (n)	مدير	The director told the staff to come on time for the meeting.
	13	creativity (n)	إبداع / قدرة على الابتكار	Painting and writing stories require a lot of creativity .
	14	detailed (adj)	مفصّل / دقيق	The teacher gave us a detailed explanation of the project.
	15	sadly (adv)	للأسف	Sadly , the old building was destroyed in the storm.
Lesson 4	16	narrow (adj)	ضيق	The tourists walked through a narrow street in the old city.
	17	passage (n)	ممر	The soldiers walked through a dark passage inside the castle.
	18	surround (v)	يحيط بـ	High walls surround the modern palace.
	19	expand (v)	يتوسع / يزداد / يمتد	The city plans to expand its public transport system.
	20	watchtower (n)	برج مراقبة	The guards stood in the watchtower and looked over the city.
Lesson 5	21	mechanical (adj)	ميكانيكي	The engineer fixed a mechanical problem in the car.
	22	award (n)	جائزة	She received an award for her excellent work.
	23	conference (n)	مؤتمر	The teachers attended a conference about modern education.
	24	insightful (adj)	ذو رؤية وفهم عميق	The writer gave an insightful explanation of the problem.
	25	document (v)	يوثق / يسجّل	Scientists document their research results carefully.

	#	Word	Meaning	Example
Lesson 7	26	continuous (adj)	مستمر / متواصل	The region experienced continuous rain for three days.
	27	alive (adj)	حي	The rescue team found the missing animal alive .
	28	ceremony (n)	حفل / مراسم	The school held a graduation ceremony for the students.
	29	identify (v)	يرتبط بـ / ينتمي إلى	She has lived abroad for so long that she doesn't identify with her own culture anymore.
	30	patiently (adv)	بصبر	The students waited patiently for the teacher to arrive.
	31	view (v)	يشاهد / ينظر إلى	Visitors can view the ancient paintings in the museum.
	32	educate (v)	يعلم / يتقّف	Schools educate children about many important subjects.
	33	overseas (adv)	في الخارج	He decided to study overseas after finishing high school.
	34	publish (v)	ينشر	The newspaper will publish the story tomorrow.
	35	root (n)	جذر / أصل	The tree has strong roots that grow deep into the ground.
Lesson 9	36	identity (n)	هوية	Traditional clothes are an important part of a country's identity .
	37	dye (n)	صبغة / يصبغ	They used natural dye to colour the fabric blue.
	38	decorative (adj)	زخرفي / مزخرف	The room has beautiful decorative paintings on the walls.
	39	classic (adj)	كلاسيكي / تقليدي	This book is a classic that people have enjoyed for many years.
	40	bridge (n)	جسر	The new bridge connects the two sides of the river.
Lesson 10	41	tuck away (v)	يخفي / يضع شيئاً في مكان آمن أو بعيد	She tucked away the old photographs in a small box.
	42	amazingly (adv)	بشكل مذهل	Amazingly , the small plant grew into a huge tree.
	43	customise (v)	يخصّص / يعدّل حسب الحاجة أو الذوق	You can customise your computer by choosing your own background and settings.
	44	walker (n)	مشاء / شخص يمشي	The walker followed the long path through the forest.
	45	hidden (adj)	مخفي / خفي	The treasure was hidden under the floor of the old house.

Unit 4

Citizenship

	#	Word	Meaning	Example
Lesson 1	1	well-known (adj)	مشهور / معروف جيداً	The Eiffel Tower is a well-known landmark in France.
	2	tie (v)	يربط بين شيئين	The study ties healthy food to better health.
	3	site (n)	موقع	This historical site attracts many tourists every year.
	4	continuously (adv)	باستمرار / بشكل متواصل	The machine worked continuously for several hours.
	5	citizenship (n)	المواطنة	She received citizenship after living there for many years.
Lesson 2	6	transformation (n)	تحول / تغيير كبير	The city has experienced a major transformation recently.
	7	collection (n)	مجموعة	The museum has a large collection of ancient artefacts.
	8	culturally (adv)	ثقافياً	The two countries are culturally very different.
	9	hub (n)	مركز / محور	Dubai is an important business hub in the region.
	10	nation (n)	أمة / دولة	The nation celebrated its independence day.
	11	mark (v)	يمثل	This event marks an important moment in history.
	12	sustain (v)	يحافظ على / يدعم	We must sustain our natural resources for future generations.
	13	rapidly (adv)	بسرعة / بشكل سريع	Technology is changing rapidly around the world.
	14	new-found (adj)	مكتشف حديثاً / جديد الظهور	She gained new-found confidence after winning the competition.
Lesson 4	15	capacity (n)	قدرة / سعة	The stadium has a capacity of 50,000 people.
	16	safeguard (v)	يحمي / يحافظ على	Laws help safeguard the rights of citizens.
	17	stable (adj)	مستقر / ثابت	The country has a stable economy.
	18	downplay (v)	يقلل من أهمية / يهون من	He tried to downplay the seriousness of the problem.
	19	leader (n)	قائد	A good leader listens carefully to other people.
	20	defence (n)	دفاع / حماية	The country invested heavily in national defence .
Lesson 5	21	ancestor (n)	سلف / جد من الأجداد	My ancestors lived in this village many years ago.
	22	altruism (n)	الإيثار / حب مساعدة الآخرين	Her altruism inspired her to help people in need.
	23	loyal (adj)	مخلص / وفئ	He has always been loyal to his friends.
	24	comply (v)	يتمثل / يلتزم	All students must comply with the school rules.
	25	volunteer (v)	يتطوع	Many people volunteer to help the local community.

	#	Word	Meaning	Example
Lesson 7	26	impose (v)	يفرض	The government imposed new rules to protect the environment.
	27	contract (n)	عقد / اتفاقية	They signed a contract before starting the project.
	28	equality (n)	المساواة	Everyone deserves equality and fair treatment.
	29	freedom (n)	الحرية	People should have the freedom to express their opinions.
	30	informal (adj)	غير رسمي	We had an informal meeting after school.
	31	interestingly (adv)	من المثير للاهتمام	Interestingly , the old building is still in excellent condition.
	32	universal (adj)	عالمي / شامل للجميع	Education is considered a universal right.
	33	sentence (v)	يحكم على شخص بعقوبة	The judge sentenced the criminal to prison.
	34	formal (adj)	رسمي	He wore formal clothes for the important meeting.
	35	respect (v)	يحترم	We should respect the opinions of others.
Lesson 9	36	monument (n)	نصب تذكاري / معلم	The monument was built to remember an important historical event.
	37	skyline (n)	أفق المدينة / منظر مباني المدينة	The city's skyline looks beautiful at night.
	38	symbolise (v)	يرمز إلى	The white dove symbolises peace.
	39	rare (adj)	نادر	It is rare to see snow in this region.
	40	showcase (v)	يعرض / يبرز	The exhibition showcases local artists and their work.
Lesson 10	41	regulation (n)	لائحة / قانون تنظيمي	The new regulation helps improve road safety.
	42	character (n)	شخصية / طابع	The main character in the story was very brave.
	43	record (n)	سجل / ملف	Her academic record shows that she is an excellent student.
	44	lasting (adj)	دائم / طويل الأمد	Their friendship had a lasting effect on their lives.
	45	mature (adj)	ناضج	He is mature enough to make responsible decisions.