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إعداد: Hassan Shahinaz

الملف أوراق عمل الوحدة الأولى لغة إنجليزية

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر






روابط مواد الصف العاشر على تلغرام

التربية الاسلامية	اللغة العربية	اللغة الانجليزية	الرياضيات

المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

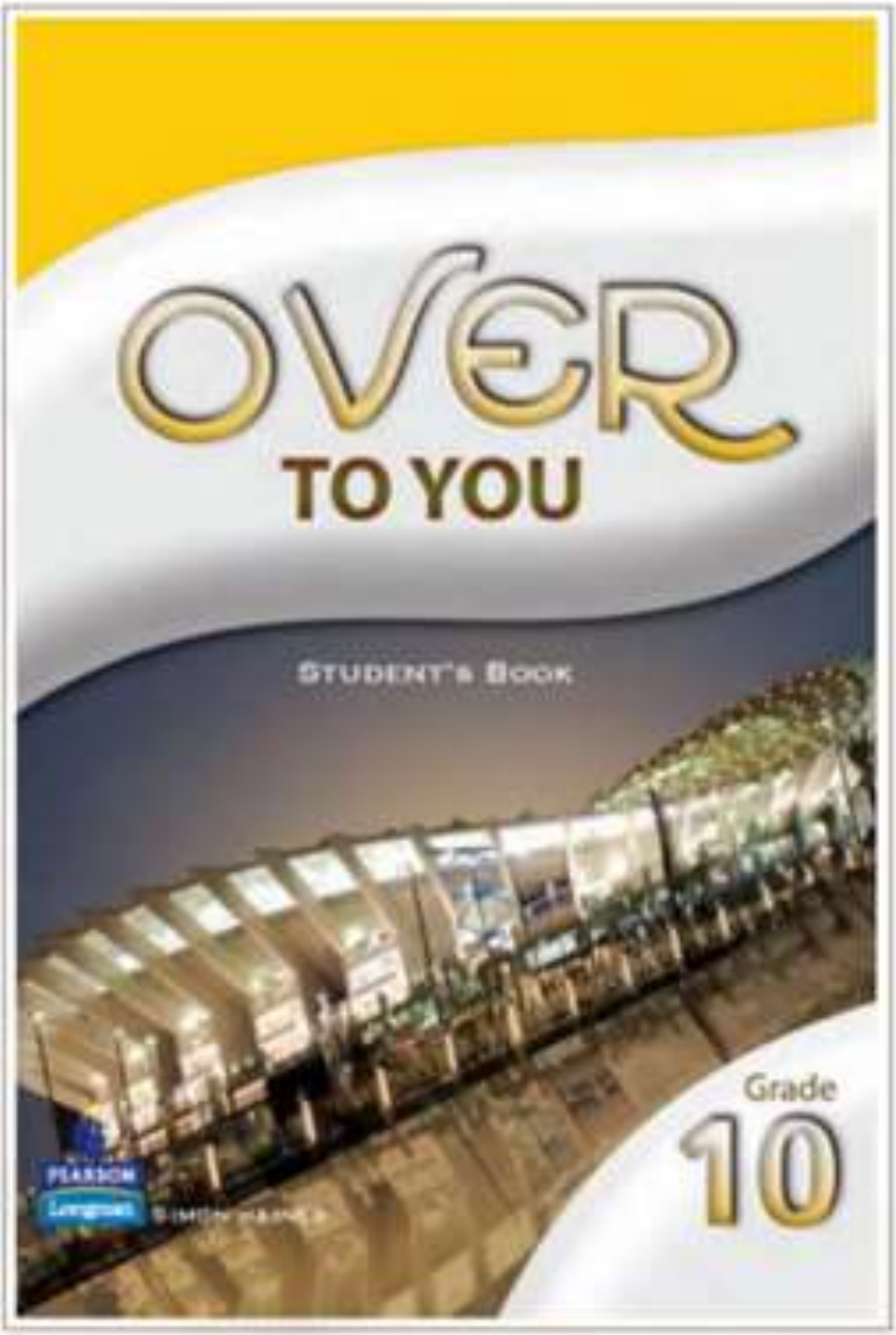
1	كتاب الطالب في مادة اللغة الانكليزية
2	مواضيع التعبير للصف العاشر
3	مذكرة قواعد رائعة ومفيدة في مادة اللغة الانكليزية
4	الكلمات الجديدة بالترجمة في مادة اللغة الانكليزية
5	مذكرة ثانوية المباركية في مادة اللغة الانكليزية

تحميل تطبيق المناهج للهواتف الذكية

تطبيق المناهج على App Store (آبل)	تطبيق المناهج على Google Play (أندرويد)

GRADE 10

2026 / 2027



Prepared by:
Mrs. Shahinaz Hassan

هذه المذكرة لا تغني عن الكتاب المدرسي



Name	
Class	

Shahinaz Hassan

Unit 1: Lesson One: Opener
Food Log Reflection
VOCABULARY

Vocabulary	P.s	Definition	Arabic meaning
nutritious	adj.	(of food) very good for you; containing many of the substances which help the body to grow	
portion	n.	a part or share of something larger	
swap	v.	to give something to somebody and receive something in exchange	
resist	v.	to refuse to accept something and try to stop it from happening	
pledge	n.	a serious promise	

Fill in the spaces with words from the list:

[nutritious – portion – swap – resist - pledge]

1. Skipping processed snacks and choosing fresh fruit is an easy way to make your diet more ……

2. She tried her best to ……ordering dessert, but the chocolate cake looked too delicious to pass up.

3. Before starting his new health journey, he made a ……to walk 10,000 steps every day.

4. If you don't like the side salad, you can ask the server to ……it for grilled vegetables.

5. If you are trying to manage your weight, pay close attention to your ……size during meals.

6. To cut down on sugar, I usually ……soda for sparkling water with a splash of lemon.

7. It takes strong willpower to ……checking your phone every few minutes while studying.

8. Eating a balanced, ……breakfast gives your brain the steady energy required to focus all morning.

9. During the game night, players can ……cards with each other to build a stronger deck.

10. Dark leafy greens like spinach and kale are among the most ……..foods you can add to your plate.

11. He divided the pizza into six equal parts so everyone received a fair ……

12. It takes practice to ……negative thinking when facing a difficult situation.

Shahinaz Hassan

Set Book Questions

B: Answer the following questions:

1. What should you do to stay healthy?

- ……
- ……
- ……

2. What is the importance of eating healthily?

- ……...
- ……
- ……

3. What shifts can we make to stay healthy?

- ……...
- ……
- ……

Lesson Two: Reading
The Evolution of the Kuwaiti Diet

Vocabulary	P.s	Definition	Arabic meaning
bestow	v.	to give something as an honour or present	
nutrition	n.	the substances that you take into your body as food and the way that they influence your health	
urge	v.	to advise or try hard to persuade somebody to do something	
routinely	adv.	as part of the way in which things are regularly done	
inactive	adj	not doing anything; not active	
attitude	n.	a feeling or opinion about something or someone, or a way of behaving that is caused by this	
stimulate	v.	to encourage something to grow, develop, or become active	
consume	v.	to eat or drink something	
notable	adj.	important and deserving attention, because of being very good or interesting	
involvement	n.	the act of taking part in something or dealing with somebody	

Fill in the spaces with words from the list:

[bestow - nutrition - urge – stimulate - routinely - inactive]

1. Good ……is vital for young athletes who need steady energy for growth and performance.

2. Teachers often ……their students to double-check their work before submitting a test.

3. Being physically ……for long periods increases the risk of various health conditions.

4. Mechanics ……check planes before takeoff to ensure passenger safety.

5. Encouraging students to read diverse books is a great way to ……their imagination.

Fill in the spaces with words from the list:

[attitude – nutrition – bestow - consume – notable - involvement]

1. Athletes should ……plenty of water throughout the day to remain properly hydrated.

2. Having a positive ……toward learning makes mastering difficult subjects much easier.

3. Poor ……can lead to extreme tiredness, low focus, and long-term health issues.

4. Active ……in group discussions helps students retain information far better than passive listening.

5. The city is famous for its ……historical landmarks and ancient architecture.

Fill in the spaces with words from the list:

[routinely - nutrition - involvement – urge - inactive - consume]

1. Electric cars …… less energy per mile compared to traditional gas-powered ones.

2. A desk job can make it easy to remain ……for hours if you don't take movement breaks.

3. Software developers ……release security updates to protect users from emerging cyber threats.

4. Parental ……in early education significantly improves a child's reading skills.

5. Health experts ……people to cut back on meats and eat more fresh vegetables.

Set Book Questions

B: Answer the following questions:

1. What foods did pearl divers eat in the past?

- ……
- ……

2. What were the benefits of the Kuwaiti diet for pearl divers?

- ……...
- ……

3. What are the effects of modern technology on our lifestyle?

- ……
- ……

4. Which health problems are highlighted as modern challenges?

- ……
- ……

5. What can teenagers do to overcome the problem of living a sedentary lifestyle?

- ……...
- ……

6. How can schools and families work together to improve students' eating habits?

- ……...
- ……

Translation

B) Translate the following into good English:

شهد: اعتمد النظام الغذائي الكويتي في الماضي على أطعمة صحية وبسيطة مثل السمك والأرز.
سلمى: نعم فهذه الأطعمة كانت تزود الناس بالطاقة ولم يكن هناك أي مشاكل صحية.

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أحمد: لقد تغيرت العادات الغذائية كثيرًا بعد اكتشاف النفط.
يوسف: هذا صحيح فقد جعلت التكنولوجيا الناس يقضون وقتًا أطول داحل منازلهم مما جعلهم أقل نشاطًا.

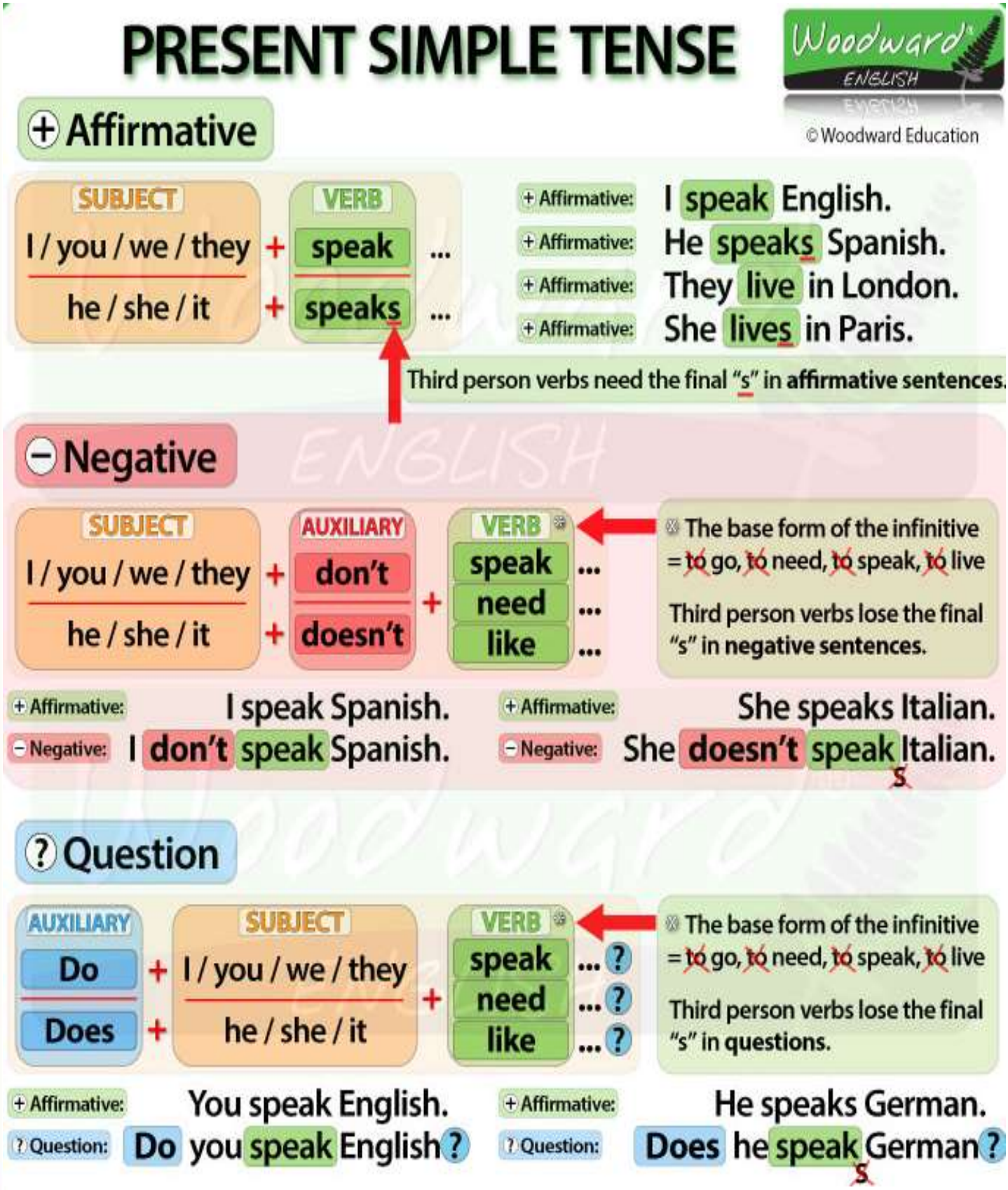
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أميرة: أصبحت المدارس أماكن هامة لتعزير نمط حياة أكثر صحة.
رحاب: بالتأكيد فيمكنهم تعليم الطلاب تناول الكثير من الخضراوات والفواكه وتقليل الأطعمة السريعة.

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Lesson Three: Grammar

A: Present simple

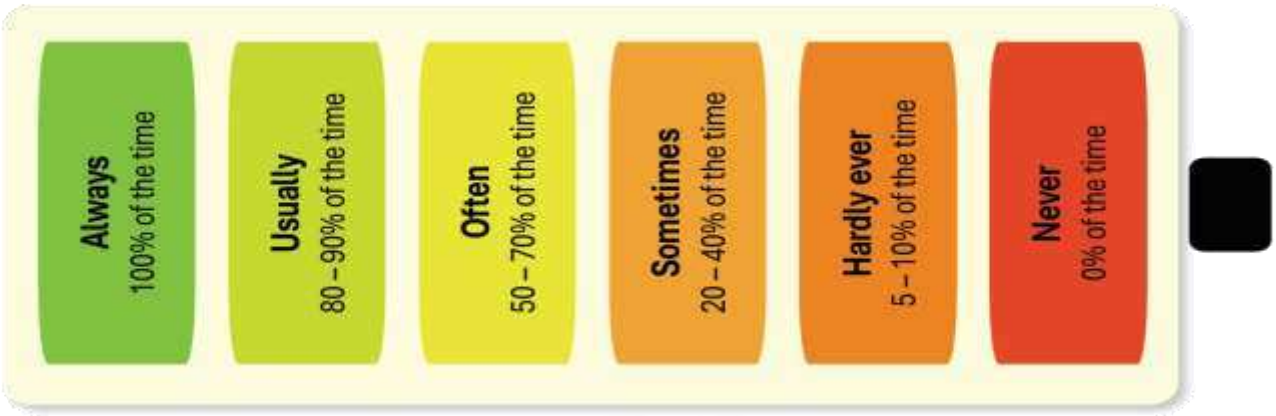


B: Adverbs of Frequency

We use adverbs of frequency to say **how often something happens**.
The position of these adverbs

Form 1
Subject + [Adverb] + Verb (Present Simple)
Example :I usually drink a glass of water before the meal

Form 2
Subject + Verb (to be) + [Adverb]
Example: I am never late for school



A) From a, b, c, and d, choose the most suitable answer:

1. My sister ..... her teeth every morning before school.
a. brush b. brushes c. is brushing d. brushed

2. They usually ..... football in the park on Fridays.
a. play b. plays c. played d. playing

3. The sun ..... in the east.
a. rise b. is rising c. was rising d. rises

4. My brother ..... like drinking warm milk.
a. hasn't b. isn't c. doesn't d. doesn't

5. Water ..... at 100 degrees Celsius.
a. is boiling b. boils c. boiled d. boil

6. We ..... live in a big city; we live in a quiet village.
a. don't b. doesn't c. aren't d. didn't

7. How often ..... you go to the library?
a. does b. do c. are d. did

8. The school bus always ..... at 7:00 AM.
a. arrive b. is arriving c. arrived d. arrives

9. Sara ..... English very well.
a. speak b. speaks c. speaking d. spoke

10. Where ..... your father work?
a. do b. is c. did d. does

B) From a, b, and c, choose the correct answer as required:

11. Ali plays computer games every weekend. **(Change into negative)**

a. Ali don't play computer games every weekend.

b. Ali doesn't play computer games every weekend.

c. Ali didn't play computer games every weekend.

12. They go to the swimming pool every Saturday. **(Change into negative)**

a. They didn't go to the swimming pool every Saturday.

b. They aren't going to the swimming pool every Saturday.

c. They don't go to the swimming pool every Saturday.

13. Mona always (carry) a heavy bag to school. **(Correct the verb)**

a. Mona always carries a heavy bag to school.

b. Mona always carrys a heavy bag to school.

c. Mona always carry a heavy bag to school.

14. You study hard for your exams. **(Form a question)**

a. Does you study hard for your exams?

b. Do you study hard for your exams?

c. Did you study hard for your exams?

15. My dog barks at strangers. **(Change into negative)**

a. My dog doesn't bark at strangers.

b. My dog don't bark at strangers.

c. My dog isn't bark at strangers.

Lesson Four: Listening
The Heritage Lunchbox

Vocabulary	P.s	Definition	Arabic meaning
prioritise	v.	attract to one's interest	
soak	v.	(of a mood) pleasurable and interesting or exciting	
filling	adj.	full of healthy properties	
aroma	n.	a restaurant or other place where people can be served food	
preservatives	n.	someone who likes a particular thing or activity very much	

Fill in the spaces with words from the list:
[prioritise, soak, filling, aroma, preservatives]

1. Baking bread sends a delicious ……throughout the house.
2. Dried beans need to ……overnight in water before you cook them.
3. You should ……getting enough sleep if you want to perform well tomorrow.
4. Eating a/an ……meal before a long flight prevents unwanted hunger pangs.
5. Companies add ……to food so it can stay on store shelves longer.
6. Parents often ……their children's comfort over their own needs.
7. She prefers ……snacks like almonds over light options like chips.
8. Cardamom and clove give the hot coffee a warm unforgettable …….
9. ……the almonds in water to peel their skins off easily.
10. Sugar acts as one of the natural ……in homemade jams.

Set Book Questions

B: Answer the following questions:

1. How could parents encourage the connection between cultural heritage and mindful living?

……

……

2. How do cafes contribute to the change of our daily diet?

……

……

Lesson Five: Speaking
International School Meal Systems

Vocabulary	P.s	Definition	Arabic meaning
subsidise	v.	to pay part of the cost of something	
affordable	adj.	cheap enough that people can afford to pay it or buy it	
organisation	n.	the act of making arrangements or preparations for something	
indeed	adv.	really or certainly, often used to emphasise something	
nutritional	adj.	connected with the process by which living things receive the food necessary for them to grow and be healthy	

Fill in the spaces with words from the list:

[subsidise, affordable, organisation, indeed, nutritional]

1. Online courses offer an …….way for working professionals to upgrade their skills.
2. If the city does not ……the new museum, ticket prices will be too high for families.
3. The weather was …….freezing, so we decided to stay indoors by the fire.
4. A balanced diet should fulfill all your daily …….needs without relying on pills.
5. She took full responsibility for the ……of her best friend's wedding.
6. Renewable energy is rapidly becoming more ……than traditional fossil fuels.
7. The task appeared simple at first glance, but it proved to be very difficult …….
8. Without government grants to ……research, many rare diseases would go unfunded.
9. The event failed due to poor ……and a lack of clear communication.
10. Fast food may taste delicious, but it often lacks real ……value.

Set Book Questions

B: Answer the following questions:

1. How can schools promote healthy eating?

……

……

Lesson Six: Writing
Smart Canteen Swaps

The Problem	The Solution	The Benefits
High in sugar	Traditional food	Better focus

"O believers! Eat from the good thing We have provided for you. And give thanks to Allah if you truly worship Him alone." (Surah Al-Baqarah, 2:172)"

Plan and write an essay of no fewer than 8 sentences (approximately 90 words) explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Outline (5 Marks)

An introductory sentence:

……

……

Supporting idea 1:

……

……

Supporting idea 2:

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Conclusion:

……

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Write your topic here (25 Marks)

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Shahinaz Hassan

Lesson Seven: Reading
Personalised Nutrition

Vocabulary	P.s	Definition	Arabic meaning
malnutrition	n.	physical weakness and bad health caused by having too little food, or too little of the types of food necessary for good health	
effective	adj.	producing the result that is wanted or intended; producing a successful result	
personalised	adj.	marked in some way to show that it belongs to a particular person	
biological	adj .	marked in some way to show that it belongs to a particular person	
chemically	adv.	in a way that is connected with chemistry or chemicals	
process	v.	to treat raw material, food, etc. in order to change it, preserve it, etc.	
fatigue	n.	a feeling of being extremely tired, usually because of hard work or exercise	
inflammation	n.	a condition in which a part of the body becomes red, painful and swollen	
regulate	v.	to control something by means of rules	
still	adv.	continuing to happen or continuing to be done	

Fill in the spaces with words from the list:
[malnutrition – effective – personalized – biological - chemically]

1. Regular practice is the most …….way to master any new language.
2. The fitness trainer created a/an ……workout plan tailored to her client's specific goals.
3. In some poor regions, ……. is a serious problem affecting children's health.
4. Environmental pollution poses a direct threat to …….life in ocean ecosystems.
5. Apples turn brown after cutting because they react …….with air.

Fill in the spaces with words from the list:
[process – fatigue - inflammation – regulate - still]

1. After working twelve-hour shifts all week, she was overwhelmed by absolute …….
2. Exercise reduces muscle ……., which helps the body repair and grow stronger.
3. Even after retiring from work, he ……had plenty of energy left for voluntary work.
4. Traffic lights are important to …….the flow of vehicles and ensure safe roads.
5. The human brain can …….visual information much faster than written text.

Fill in the spaces with words from the list:
[inflammation - personalised – effective – fatigue - regulate]

1. Regular exercise actually helps boost energy levels and reduce feelings of everyday …….
2. The new traffic law proved to be immediately …….in reducing road accidents.

3. He gave his sister a …….leather notebook engraved with her initials for her graduation.

4- Smart watches can monitor pulse rates and help us …….our heart rates.

5. Applying an ice pack helps reduce swelling and …….after an ankle sprain.

Set Book Questions

B: Answer the following questions:

1. What are two examples of factors that make us chemically unique?

……

……

2. What is meant by nutritional psychiatry?

……

……

3. What are the benefits of personalised nutrition?

……

……

Translation

B) Translate the following into good English:

شهد: إن أفضل نظام غذائي ليس الذي يوصى به الجميع.
سلمى: نعم فهو النظام المصمم خصيصًا لجسمك وعقلك.

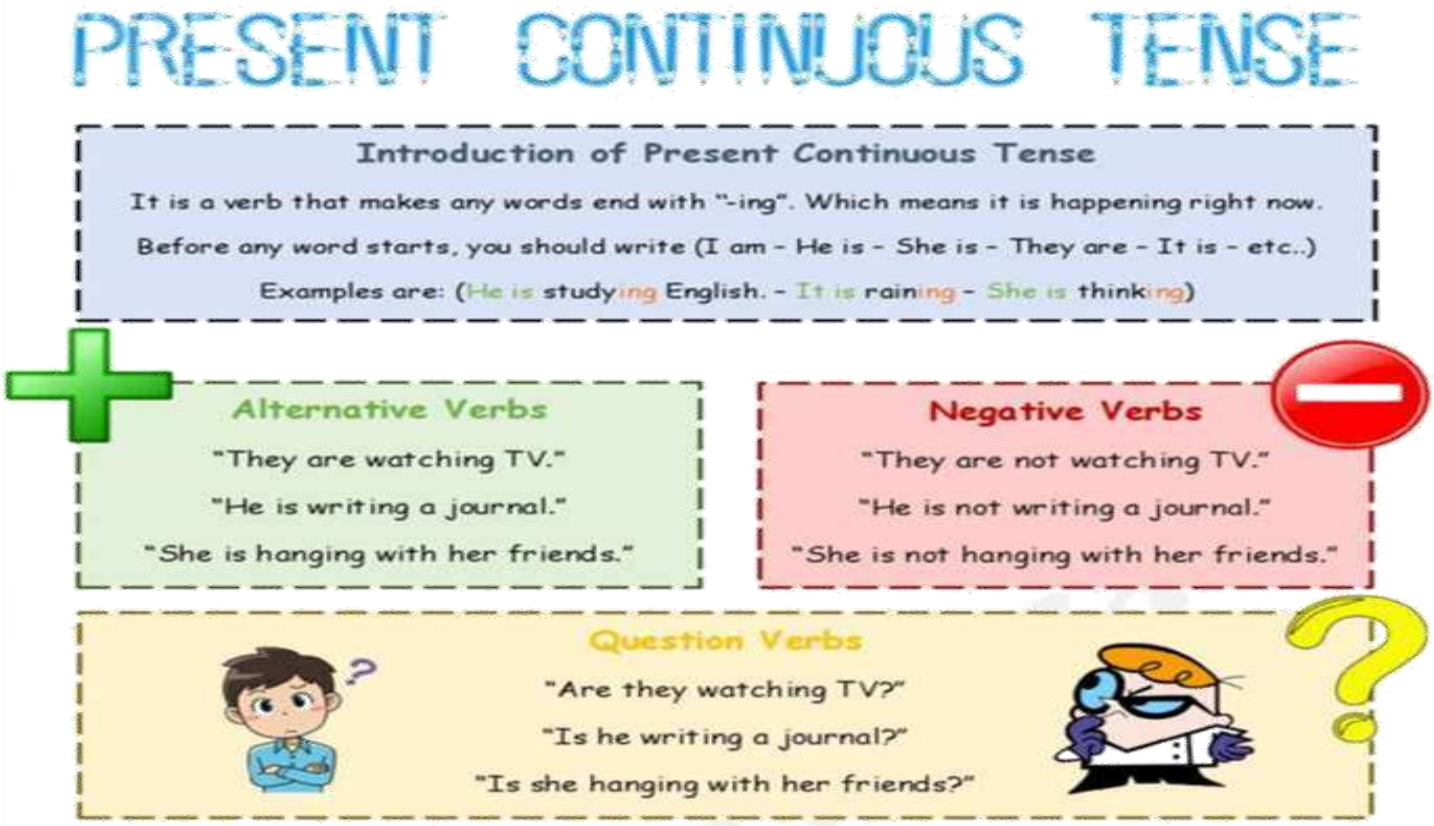
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أحمد: إن التغذية المتخصصة تؤثر على الصحة بشكل إيجابي.
يوسف: هذا صحيح فهي تساعدنا على تجنب الأمراض وتحسين الصحة العقلية.

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Shahinaz Hassan

Lesson Eight:
A: Grammar Present Simple Continuous



A) From a, b, c, and d, choose the most suitable answer:

1. Look! The children ..... in the garden now.
a. play b. played c. are playing d. plays

2. My mother ..... dinner in the kitchen at the moment.
a. is cooking b. cooks c. cooked d. cook

3. Listen! Somebody ..... at the front door.
a. knocks b. is knocking c. knock d. knocked

4. A lot of people ..... AI these days which is not always right.
a. were using b. have used c. will use d. are using

5. My brother ..... meat anymore. He believes he will get healthier.
a. wasn't eating b. doesn't eat c. didn't eat d. isn't eating

6. Look at the sky! It ..... to rain.
a. start b. started c. is starting d. starts

7. We ..... computer games at the moment.
a. isn't playing b. don't play c. aren't playing d. didn't play

8. What ..... you doing now?
a. do b. are c. is d. did

9. Where ..... Shahd going at the moment?
a. is b. does c. are d. do

10. The cat ..... under the chair now; it is chasing a ball.
a. isn't sleeping b. don't sleep c. doesn't sleep d. wasn't sleeping

B) From a, b, and c, choose the correct answer as required:

15. Hassan is reading a storybook now. **(Change into negative)**
a. Hassan isn't reading a storybook now.
b. Hassan don't read a storybook now.
c. Hassan doesn't read a storybook now.

16. They are drawing pictures at the moment. **(Change into negative)**
a. They don't draw pictures at the moment.
b. They aren't drawing pictures at the moment.
c. They didn't draw pictures at the moment.

17. Currently, I (write) a new research paper. **(Correct the verb))**
a. Currently, I am writing a new research paper.
b. Currently, I write a new research paper.
c. Currently, I was writing a new research paper.

18. You are listening to the teacher at the moment. **(Form a question)**
a. Do you listen to the teacher at the moment?
b. Are you listening to the teacher at the moment?
c. Did you listen to the teacher at the moment?

19. Sara is riding her bike in the park. **(Form a question)**
a. Is Sara riding her bike in the park?
b. Does Sara ride her bike in the park?
c. Did Sara ride her bike in the park?

Shahinaz Hassan

The Order of the Adjectives

1. Write the categories below in the right columns of the chart according to the examples. Then add more examples.

age material origin quality colour pattern shape size quantity

									noun
some	beautiful	tiny	square	old		plain	Italian	silver	brooches
an	awful	huge		new	red		French	cotton	money belt
four	expensive	enormous	rectangular	ancient	blue	floral	Russian	porcelain	vases
their	delicious	small	round		brown		English	chocolate	muffins
several									
that									skirt
the									
a pair of									

When two or more adjectives are used in front of a noun, they are usually in this order:

Opinion: wonderful / attractive

Size: small / huge

Age: old / young

Shape: fat / round

Colour: black / green

Origin: Kuwaiti / Brazilian

Material: woolen / metal

Examples: He gave her six beautiful large red roses.

A little old Chinese man came to the door.

I keep all my money in a small black metal box.

Note: It is unusual to put more than three adjectives in front of a noun.

A- From a, b, c and d, choose the most suitable answer:

1- One of my friends dropped the …… plate and it smashed.

a. old green nice b. nice green old c. nice old green d. green old nice

2- Salma adopted a …… cat which is liked by everyone.

a. cute little black b. little cute black c. black little cute d. cute black little

3- Could you hand me that ……container, please?

a. red plastic big b. big red plastic c. plastic red big d. red big plastic

4- They discovered a/an …… coin on the island.

a. gold small Kuwaiti b. Kuwaiti gold small c. small gold Kuwaiti c. gold Kuwaiti small

B – From a, b, and c, choose the correct answer as required:

5- My classmate bought a (red new plastic) lunchbox. (Reorder the adjectives)

a. My classmate bought a red new plastic lunchbox.

b. My classmate bought a plastic new red lunchbox.

c. My classmate bought a new red plastic lunchbox.

6- My grandma has some (ancient wooden amazing) furniture. (Reorder the adjectives)

a. My grandma has some wooden amazing ancient furniture.

b. My grandma has some amazing ancient wooden furniture.

c. My grandma has some ancient wooden amazing furniture.

7- We saw a (white beautiful large) bird in our garden. (Reorder the adjectives)

a. We saw a beautiful white large bird in our garden.

b. We saw a large beautiful white bird in our garden.

c. We saw a beautiful large white bird in our garden.

Shahinaz Hassan

Lesson Nine: Listening
The Mediterranean Secret

Vocabulary	P.s	Definition	Arabic meaning
sustainable	adj.	able to continue over a period of time	
legume	n.	a plant that has its seeds in a pod, such as the bean or pea	
stroll	v.	to walk in a slow, relaxed way, especially for pleasure	
decade	n.	a period of ten years, especially a continuous period, such as 1910–1919 or 2000–2009	
overlook	v.	to fail to see or notice or consider something	

Fill in the spaces with words from the list:
[sustainable, legume, stroll, decade, overlook]

1. Soybeans are a major agricultural …….used for food, oil, and animal feed.
2. You shouldn't …….the importance of getting a good night's sleep before an exam.
3. We decided to …….along the beach to watch the sunset.
4. Technology has advanced more in the past …….than in the entire previous century.
5. Moving toward …….energy sources like wind and solar power reduces pollution.
6. The resort features paved walkways designed for guests to …….at their leisure.
7. The green pea is a sweet, tender …….commonly enjoyed fresh or frozen.
8. He spent a …….living abroad before deciding to return to his hometown.
9. Parents shouldn't …….the impact that screen time can have on a young child's sleep.
10. The city introduced a …….waste management program to divert trash from landfills.

Set Book Questions

B: Answer the following questions:

1. What are the three main pillars of the Mediterranean lifestyle?

- ……
- ……

Lesson Ten: Speaking
Food Marketing

Vocabulary	P.s	Definition	Arabic meaning
hurdle	n.	a problem or difficulty that must be solved or dealt with before you can achieve something	
wholesome	adj.	good for you, and likely to improve your life either physically, morally, or emotionally	
tempting	adj.	something that is tempting is attractive, and makes people want to have it, do it, etc.	
assign	v.	to give somebody something that they can use, or some work or responsibility	
break down	v.	to divide into parts to be analysed	

Fill in the spaces with words from the list:

[hurdle, wholesome, tempting, assign, break down]

1. The warm chocolate cake on the dessert tray looked extremely ……..
2. Cooking homemade meals with natural ingredients is a/an …….habit to build.
3. Language barriers can present a significant …….when moving to a new country.
4. The teacher used a simple diagram to …….how the water cycle works.
5. The teacher will …….homework reading at the end of every class.
6. With determination and hard work, no ……..is completely impossible to overcome.
7. If you ……..the problem logically, the solution becomes quite clear.
8. The smell of freshly brewed coffee was incredibly ……..in the early morning.
9. Reading books aloud before bedtime is a ……..routine for young children.
10. It is important to ……..clear roles before starting a group project.

Set Book Questions

B: Answer the following questions:

1. what are the main hurdles that prevent people from following a healthy diet?

- ……
- ……

2. **What are the reasons forthe visual differences between the appearance of food in advertisements and the actual product?**

- ……
- ……

3. How does food marketing affect our mindful eating?

- ……
- ……

Lesson Eleven: Writing Mindful Eating

Write on the following topic: [Expository]

"Mindful eating is not a diet or a set of rigid nutritional rules; it is a practice of present-moment awareness applied to one of our most fundamental daily acts."

Plan and write an essay of 12 sentences (140 words) explaining both physical and academic benefits of mindful eating.

Outline

Introduction:

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Body: Paragraph (1)

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Paragraph (2)

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Conclusion:

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Shahinaz Hassan

Write your topic here

Shahinaz Hassan