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إعداد: ساره إبراهيم

الملف مراجعة شاملة لمفردات الوحدة الأولى مع اختبار تدريبي
موقع المناهج ⇦ ملفات الكويت التعليمية ⇦ الصف العاشر ⇦ لغة انجليزية ⇦ الفصل الأول

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	
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مراجعة شاملة علي كلمات الصف العاشر

UNIT 1

Lesson 1

Nutritious *Fruit is a nutritious food.*	**مغذي** الفاكهة طعام مغذي.
Portion *I eat a small portion of rice.*	**حصة / كمية** آكل كمية صغيرة من الأرز.
Swap *We can swap chips for fruit.*	**يستبدل** يمكننا استبدال رقائق البطاطس بالفاكهة.
Resist *I try to resist unhealthy food.*	**يقاوم** أحاول مقاومة الطعام غير الصحي.
Pledge *I pledge to eat healthy food.*	**يتعهد** أتعهد بتناول الطعام الصحي.

Lesson 2

Bestow *Good food can bestow many health benefits.*	**يمنح** يمكن للطعام الجيد أن يمنح فوائد صحية كثيرة.
Nutrition *Good nutrition is important for our health.*	**التغذية** التغذية الجيدة مهمة لصحتنا.
Urge *Doctors urge people to eat healthy food.*	**يحث / يدفع** يحث الأطباء الناس على تناول الطعام الصحي.
Routinely *I routinely eat breakfast before school.*	**بشكل روتيني** أتناول الإفطار بانتظام قبل المدرسة.
Inactive *Being inactive can be bad for your health.*	**غير نشط** عدم النشاط قد يكون ضارًا بصحتك.
Attitude *She has a positive attitude towards healthy food.*	**موقف / توجه** لديها توجه إيجابي نحو الطعام الصحي.
Stimulate *Exercise can stimulate the body.*	**يحفز** يمكن أن تحفز الرياضة الجسم.
Consume *We should not consume too much sugar.*	**يستهلك** يجب ألا نستهلك الكثير من السكر.
Notable *There was a notable improvement in his health.*	**ملحوظ** كان هناك تحسن ملحوظ في صحته.
Involvement *Family involvement can help children eat well.*	**مشاركة / انخراط** يمكن أن تساعد مشاركة الأسرة الأطفال على تناول الطعام بشكل جيد.

Lesson 4

Aroma *The aroma of fresh bread was wonderful.*	**رائحة / عبق** كانت رائحة الخبز الطازج رائعة.
Filling *Rice is a filling food.*	**مشبع** الأرز طعام مشبع.

Legume *Lentils are a healthy legume.*	**بقوليات** العدس من البقوليات الصحية.
Overlook *We should not overlook the importance of healthy food.*	**يتغاضى عن / يهمل** يجب ألا نهمل أهمية الطعام الصحي.
Stroll *I like to stroll in the park after dinner.*	**يتمشى** أحب أن أتمشى في الحديقة بعد العشاء.
Sustainable *We need sustainable ways to produce food.*	**مستدام** نحتاج إلى طرق مستدامة لإنتاج الطعام.

Lesson 10-11

Assign *The teacher assigned us a project.*	**يكلف** كلفنا المعلم بمشروع.
Break down *The body breaks down the food we eat.*	**يحلل / يفكك** يفكك الجسم الطعام الذي نتناوله.
Hurdle *Lack of time can be a hurdle to healthy eating.*	**عقبة** يمكن أن يكون ضيق الوقت عقبة أمام تناول الطعام الصحي.
Tempting *The cake looks very tempting.*	**مغرٍ** تبدو الكعكة مغرية جدًا.
Wholesome *We should eat wholesome food every day.*	**صحي ومفيد** يجب أن نتناول طعامًا صحيًا ومفيدًا كل يوم.

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Vocabulary Test

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

1. Eating fresh fruit is a good way to get _____ food.
a) inactive b) nutritious c) tempting d) biological

2. You should control the _____ of food you eat every day.
a) hurdle b) decade c) aroma d) portion

3. We can _____ unhealthy snacks for fresh fruit.
a) consume b) soak c) swap d) assign

4. It is difficult to _____ the temptation to eat too much chocolate.
a) bestow b) stroll c) resist d) subsidise

5. The government made a _____ to improve healthy eating habits.
a) filling b) fatigue c) process d) pledge

6. Good _____ is important for a healthy body.
a) hurdle b) nutrition c) inflammation d) aroma

7. Doctors _____ people to eat more vegetables and fruit.
a) urge b) overlook c) soak d) break down

8. People who do not exercise regularly may become _____.
a) wholesome b) affordable c) effective d) inactive

9. She has a positive _____ towards healthy eating.
a) decade b) attitude c) portion d) organisation

10. Exercise can _____ the body and improve your health.
a) assign b) overlook c) stimulate d) resist

11. We should not _____ too much sugar.
a) consume b) stroll c) bestow d) subsidise

12. There has been a _____ improvement in his health.
a) tempting b) biological c) affordable d) notable

13. Family _____ is important when helping children develop healthy habits.
a) fatigue b) hurdle c) involvement d) aroma

14. The _____ of fresh bread made everyone hungry.
a) inflammation b) aroma c) nutrition d) portion

15. Eggs are a _____ food that can keep you full for a long time.
a) inactive b) sustainable c) chemical d) filling

16. Some food products contain _____ to make them last longer.
a) preservatives b) legumes c) portions d) hurdles

17. We should _____ healthy food when planning our meals.
a) consume b) prioritise c) resist d) stroll

18. You should _____ beans in water before cooking them.
a) bestow b) assign c) regulate d) soak

19. Healthy food should be _____ for everyone, not very expensive.
a) biological b) inactive c) affordable d) notable

20. The food has high _____ value because it contains many vitamins.
a) tempting b) nutritional c) chemical d) decade

21. Good _____ helps us prepare healthy meals properly.
a) fatigue b) organisation c) inflammation d) aroma

22. The government may _____ healthy food to make it cheaper.
a) overlook b) consume c) soak d) subsidise

23. Lack of sleep can cause _____ during the day.
a) nutrition b) portion c) fatigue d) attitude

24. The body has many important _____ processes.
a) biological b) affordable c) wholesome d) tempting

25. Exercise is an _____ way to stay healthy.
a) inactive b) tempting c) notable d) effective

26. Some foods may help reduce _____ in the body.
a) organisation b) aroma c) involvement d) inflammation

27. Poor eating habits can lead to _____.
a) decade b) malnutrition c) stroll d) pledge

28. The doctor gave the patient a _____ diet plan.
a) sustainable b) biological c) personalised d) tempting

29. The body needs time to _____ the food we eat.
a) process b) assign c) pledge d) resist

30. Exercise can help _____ blood sugar levels.
a) bestow b) overlook c) subsidise d) regulate

31. He is _____ following his healthy diet.
a) indeed b) chemically c) still d) routinely

32. Eating habits have changed greatly over the last _____.
a) hurdle b) portion c) aroma d) decade

33. Lentils and beans are examples of _____.
a) preservatives b) processes c) legumes d) portions

34. We should never _____ the importance of drinking water.
a) stimulate b) consume c) soak d) overlook

35. After dinner, we went for a short _____ in the park.
a) pledge b) stroll c) fatigue d) inflammation

36. We need _____ ways to protect the environment.
a) inactive b) tempting c) sustainable d) filling

37. The teacher will _____ a project to each student.
a) assign b) resist c) stroll d) consume

38. The stomach helps _____ food into smaller parts.
a) bestow b) prioritise c) pledge d) break down

39. Lack of money can be a _____ to eating healthy food.
a) aroma b) hurdle c) decade d) nutrition

40. The cake looked very _____, but I decided not to eat it.
a) biological b) inactive c) tempting d) sustainable

41. Fresh vegetables are part of a _____ diet.
a) chemical b) notable c) inactive d) wholesome

Vocabulary Test · Answer Key

The correct answer is marked for each question:

1. Eating fresh fruit is a good way to get _____ food.
a) inactive **b) nutritious** c) tempting d) biological

2. You should control the _____ of food you eat every day.
a) hurdle b) decade c) aroma **d) portion**

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3. We can _____ unhealthy snacks for fresh fruit.
a) consume b) soak **c) swap** d) assign

4. It is difficult to _____ the temptation to eat too much chocolate.
a) bestow b) stroll **c) resist** d) subsidise

5. The government made a _____ to improve healthy eating habits.
a) filling b) fatigue c) process **d) pledge**

6. Good _____ is important for a healthy body.
a) hurdle **b) nutrition** c) inflammation d) aroma

7. Doctors _____ people to eat more vegetables and fruit.
a) urge b) overlook c) soak d) break down

8. People who do not exercise regularly may become _____.
a) wholesome b) affordable c) effective **d) inactive**

9. She has a positive _____ towards healthy eating.
a) decade **b) attitude** c) portion d) organisation

10. Exercise can _____ the body and improve your health.
a) assign b) overlook **c) stimulate** d) resist

11. We should not _____ too much sugar.
a) consume b) stroll c) bestow d) subsidise

12. There has been a _____ improvement in his health.
a) tempting b) biological c) affordable **d) notable**

13. Family _____ is important when helping children develop healthy habits.
a) fatigue b) hurdle **c) involvement** d) aroma

14. The _____ of fresh bread made everyone hungry.
a) inflammation **b) aroma** c) nutrition d) portion

15. Eggs are a _____ food that can keep you full for a long time.
a) inactive b) sustainable c) chemical **d) filling**

16. Some food products contain _____ to make them last longer.
a) preservatives b) legumes c) portions d) hurdles

17. We should _____ healthy food when planning our meals.
a) consume **b) prioritise** c) resist d) stroll

18. You should _____ beans in water before cooking them.
a) bestow b) assign c) regulate **d) soak**

19. Healthy food should be _____ for everyone, not very expensive.
a) biological b) inactive **c) affordable** d) notable

20. The food has high _____ value because it contains many vitamins.
a) tempting **b) nutritional** c) chemical d) decade

21. Good _____ helps us prepare healthy meals properly.
a) fatigue **b) organisation** c) inflammation d) aroma

22. The government may _____ healthy food to make it cheaper.
a) overlook b) consume c) soak **d) subsidise**

23. Lack of sleep can cause _____ during the day.
a) nutrition b) portion **c) fatigue** d) attitude

24. The body has many important _____ processes.
a) biological b) affordable c) wholesome d) tempting

25. Exercise is an _____ way to stay healthy.
a) inactive b) tempting c) notable **d) effective**

26. Some foods may help reduce _____ in the body.
a) organisation b) aroma c) involvement **d) inflammation**

27. Poor eating habits can lead to _____.
a) decade **b) malnutrition** c) stroll d) pledge

28. The doctor gave the patient a _____ diet plan.
a) sustainable b) biological **c) personalised** d) tempting

29. The body needs time to _____ the food we eat.
a) process b) assign c) pledge d) resist

30. Exercise can help _____ blood sugar levels.
a) bestow b) overlook c) subsidise **d) regulate**

31. He is _____ following his healthy diet.
a) indeed b) chemically **c) still** d) routinely

32. Eating habits have changed greatly over the last _____.
a) hurdle b) portion c) aroma **d) decade**

33. Lentils and beans are examples of _____.
a) preservatives b) processes **c) legumes** d) portions

34. We should never _____ the importance of drinking water.
a) stimulate b) consume c) soak **d) overlook**

35. After dinner, we went for a short _____ in the park.
a) pledge **b) stroll** c) fatigue d) inflammation

36. We need _____ ways to protect the environment.
a) inactive b) tempting **c) sustainable** d) filling

37. The teacher will _____ a project to each student.
a) assign b) resist c) stroll d) consume

38. The stomach helps _____ food into smaller parts.
a) bestow b) prioritise c) pledge **d) break down**

39. Lack of money can be a _____ to eating healthy food.
a) aroma **b) hurdle** c) decade d) nutrition

40. The cake looked very _____, but I decided not to eat it.
a) biological b) inactive **c) tempting** d) sustainable

41. Fresh vegetables are part of a _____ diet.
a) chemical b) notable c) inactive **d) wholesome**

Fill in the Blanks

Fill in the spaces with the suitable words from the list:

(resist – nutrition – nutritious – pledge – swap – portion)

1. Fruit is a _____ food.

2. I eat a small _____ of rice.

3. We can _____ unhealthy snacks for fruit.

4. Try to _____ eating too much sugar.

5. I _____ to eat healthy food every day.

6. Good _____ is important for our health.

(consume – attitude – urge – inactive – stimulate – routinely)

7. Doctors _____ people to eat healthy food.

8. I _____ eat breakfast before school.

9. Being _____ can be bad for your health.

10. She has a positive _____ towards healthy food.

11. Exercise can _____ the body.

12. We should not _____ too much sugar.

(affordable – soak – filling – prioritise – aroma – preservatives)

13. The _____ of fresh bread was wonderful.

14. Eggs are a _____ food.

15. Some foods contain _____.

16. We should _____ healthy food.

17. We _____ beans before cooking them.

18. Healthy food should be _____ for everyone.

(fatigue – effective – nutritional – inflammation – subsidise – organisation)

19. Milk has high _____ value.

20. Good _____ helps us plan healthy meals.

21. The government may _____ healthy food to make it cheaper.

22. Exercise is an _____ way to stay healthy.

23. Lack of sleep can cause _____.

24. Some foods can reduce _____ in the body.

(regulate – legume – personalised – decade – malnutrition – process)

25. Poor eating habits can cause _____.

26. The doctor gave me a _____ diet plan.

27. The body needs time to _____ the food we eat.

28. Exercise helps _____ blood sugar levels.

29. Eating habits have changed over the last _____.

30. Lentils are a healthy _____.

(assign – hurdle – overlook – break down – sustainable – stroll)

31. We should not _____ the importance of healthy food.

32. I like to _____ in the park after dinner.

33. We need _____ ways to produce food.

34. The teacher will _____ a project to each student.

35. The body helps _____ the food we eat.

36. Lack of time can be a _____ to healthy eating.

(indeed – biological – wholesome – still – chemically – tempting)

37. The cake looks very _____.

38. We should eat _____ food every day.

39. The body has many _____ processes.

40. The food is _____ tested to make sure it is safe.

41. He is _____ following a healthy diet.

42. This food is _____ very healthy.

Fill in the Blanks · Answer Key

The correct answer is written in red for each sentence:

(resist – nutrition – nutritious – pledge – swap – portion)

1. Fruit is a **nutritious** food.

2. I eat a small **portion** of rice.

3. We can **swap** unhealthy snacks for fruit.

4. Try to **resist** eating too much sugar.

5. I **pledge** to eat healthy food every day.

6. Good **nutrition** is important for our health.

(consume – attitude – urge – inactive – stimulate – routinely)

7. Doctors **urge** people to eat healthy food.

8. I **routinely** eat breakfast before school.

9. Being **inactive** can be bad for your health.

10. She has a positive **attitude** towards healthy food.

11. Exercise can **stimulate** the body.

12. We should not **consume** too much sugar.

(affordable – soak – filling – prioritise – aroma – preservatives)

13. The **aroma** of fresh bread was wonderful.

14. Eggs are a **filling** food.

15. Some foods contain **preservatives** .

16. We should **prioritise** healthy food.

17. We **soak** beans before cooking them.

18. Healthy food should be **affordable** for everyone.

(fatigue – effective – nutritional – inflammation – subsidise – organisation)

19. Milk has high **nutritional** value.

20. Good **organisation** helps us plan healthy meals.

21. The government may **subsidise** healthy food to make it cheaper.

22. Exercise is an **effective** way to stay healthy.

23. Lack of sleep can cause **fatigue** .

24. Some foods can reduce **inflammation** in the body.

(regulate – legume – personalised – decade – malnutrition – process)

25. Poor eating habits can cause **malnutrition** .

26. The doctor gave me a **personalised** diet plan.

27. The body needs time to **process** the food we eat.

28. Exercise helps **regulate** blood sugar levels.

29. Eating habits have changed over the last **decade** .

30. Lentils are a healthy **legume** .

(assign – hurdle – overlook – break down – sustainable – stroll)

31. We should not **overlook** the importance of healthy food.

32. I like to **stroll** in the park after dinner.

33. We need **sustainable** ways to produce food.

34. The teacher will **assign** a project to each student.

35. The body helps **break down** the food we eat.

36. Lack of time can be a **hurdle** to healthy eating.

(indeed – biological – wholesome – still – chemically – tempting)

37. The cake looks very **tempting** .

38. We should eat **wholesome** food every day.

39. The body has many **biological** processes.

40. The food is **chemically** tested to make sure it is safe.

41. He is **still** following a healthy diet.

42. This food is **indeed** very healthy.

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