

تم تحميل هذا الملف من موقع المناهج الكويتية

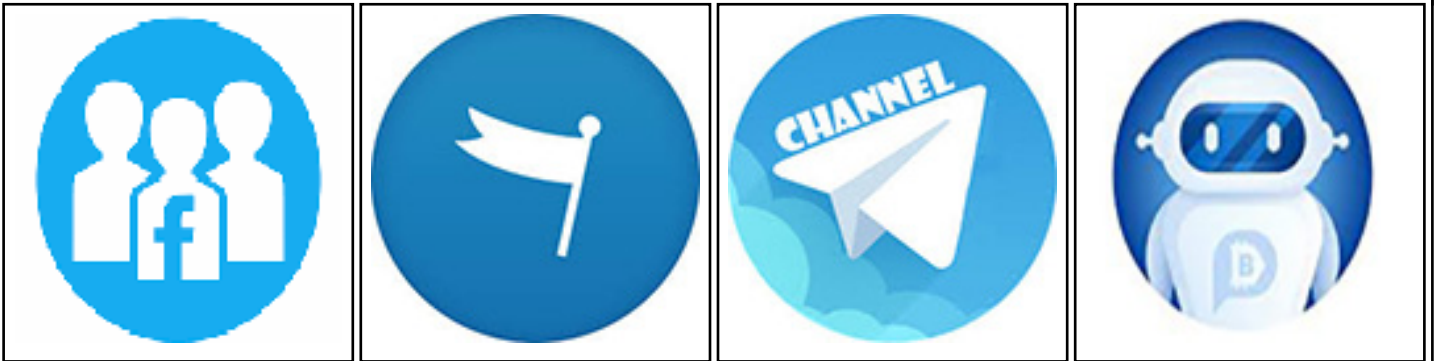


مدرسة التميز النموذجية بنين

الـملف one Unit on Sheet Work

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 الانكليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

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

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مواضيع التعبير للصف العاشر	2
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Ministry of Education

Al-Tamayouz Model School



Private Education

Department of English

Grade 10



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Work Sheet on Unit one

- Vocabulary
- Grammar
- Composition
- Key Answer



A) Choose the correct answer from a, b, c and d:

- 1- Regular exercise helps the body sleep, mood and energy levels.
a) soak b) regulate c) bestow d) stroll
- 2- The doctor warned the family about the danger of in young children.
a) portion b) aroma c) malnutrition d) decade
- 3- Oatmeal is a breakfast that keeps students full until lunchtime.
a) inactive b) filling c) biological d) tempting
- 4- The new nutrition programme is producing excellent results.
a) routinely b) chemically c) indeed d) still
- 5- The charity plans to healthy meals for families with low incomes.
a) subsidise b) overlook c) resist d) process

B) Fill in the spaces with words from the list:

consume – aroma – wholesome – routinely – prioritise – hurdle

- 1- Teenagers should not too many sugary drinks each day.
- 2- Price is the main for families who want fresh food.
- 3- The small bakery filled the street with a pleasant
- 4- Athletes eat a balanced meal before training.
- 5- Schools must students' health when they plan meals.



A) Choose the correct answer from a, b, c and d:

- 6- The parents' active made the school campaign far more successful.
a) hurdle b) involvement c) legume d) aroma
- 7- The doctor prepared a meal plan based on his patient's needs.
a) personalized b) inactive c) notable d) affordable
- 8- Children should learn to advertisements for sugary snacks.
a) swap b) assign c) resist d) soak
- 9- Although the two products look the same, they are different.
a) indeed b) chemically c) routinely d) still
- 10- Beans and peas are a cheap that is full of protein.
a) legume b) decade c) attitude d) pledge

B) Fill in the spaces with words from the list:

stimulate – fatigue – swap – indeed – attitude – biological

- 6- A short walk can the brain before a difficult lesson.
- 7- A lack of iron in the diet may cause severe at school.
- 8- You can a fizzy drink for water at break time.
- 9- A positive towards vegetables usually starts at home.
- 10- Oatmeal is one of the best breakfasts for students.



A) Choose the correct answer from a, b, c and d:

- 11- Our science teacher asked us to the advertisement into its main parts.
a) break down b) stroll c) bestow d) consume
- 12- The eating plan is practical, effective and over many years.
a) tempting b) sustainable c) inactive d) biological
- 13- The whole kitchen was filled with the of fresh bread.
a) pledge b) portion c) aroma d) fatigue
- 14- The teacher will each student a role in the health week.
a) assign b) soak c) urge d) regulate
- 15- The restaurant offers nutritious meals at prices for students.
a) notable b) filling c) affordable d) inactive

B) Fill in the spaces with words from the list:

soak – preservatives – notable – urge – nutrition – effective

- 11- You should the beans overnight before you cook them.
- 12- Doctors teenagers to sleep at least eight hours.
- 13- Some packaged foods contain to keep them fresh longer.
- 14- Good supports both growth and concentration.
- 15- There was a change in the students' daily choices.



A) Choose the correct answer from a, b, c and d:

- 16- She checks the label before she buys any new product.
a) still b) indeed c) chemically d) routinely
- 17- Eating too much processed food may cause in different parts of the body.
a) inflammation b) organisation c) portion d) pledge
- 18- Factories meat and fish so that they last much longer.
a) soak b) process c) stroll d) prioritise
- 19- Fresh fruit and vegetables are choices for a growing body.
a) wholesome b) inactive c) tempting d) personalised
- 20- Eating habits have changed a great deal over the past in Kuwait.
a) hurdle b) decade c) aroma d) legume

B) Fill in the spaces with words from the list:

bestow – inactive – portion – organisation – still – subsidise

- 16- An lifestyle increases the risk of serious illness.
- 17- The committee will an award on the healthiest class.
- 18- Careful helps busy families prepare balanced meals.
- 19- Personalised nutrition is a very new field of science.
- 20- A small of nuts gives quick energy between lessons.



A) Choose the correct answer from a, b, c and d:

- 1- My father coffee before work every single morning.
a) drink b) drinks c) is drinking d) drank
- 2- your sister help you with your homework at weekends?
a) Do b) Is c) Does d) Are
- 3- They fast food during the school week.
a) doesn't eat b) don't eat c) not eat d) aren't eat
- 4- The sun in the east and sets in the west.
a) rise b) is rising c) rises d) rose
- 5- What time the school canteen open every day?
a) do b) does c) is d) are

B) Do as shown between brackets, then choose from a, b and c:

- 1- Hessa (drink) enough water every day. (Correct the verb)
a- Hessa is drink enough water every day.
b- Hessa drinks enough water every day.
c- Hessa drinking enough water every day.
- 2- Ali prepares a healthy breakfast before school. (Make negative)
a- Ali don't prepare a healthy breakfast before school.
b- Ali doesn't prepares a healthy breakfast before school.
c- Ali doesn't prepare a healthy breakfast before school.
- 3- They walk to school every morning. (Ask a question)
a- Do they walk to school every morning?
b- Does they walk to school every morning?
c- Are they walk to school every morning?
- 4- My brother watches educational videos every evening. (Use: never)
a- My brother watches never educational videos every evening.
b- My brother never watches educational videos every evening.
c- My brother never watch educational videos every evening.
- 5- We eat vegetables with our lunch every day. (Use: She)
a- She eat vegetables with her lunch every day.
b- She is eat vegetables with her lunch every day.
c- She eats vegetables with her lunch every day



A) Choose the correct answer from a, b, c and d:

- 6- My mother skips breakfast; she eats it every day.
a) always b) never c) often d) usually
- 7- Sara is tired because she sleeps very well at night.
a) always b) hardly ever c) usually d) often
- 8- Which sentence is correct?
a) He always is active. b) He is always active. c) Always he is active.
d) He is active always.
- 9- We visit our grandparents - about twice a month.
a) never b) sometimes c) always d) hardly ever
- 10- They eat fruit after lunch; it is their daily habit.
a) rarely b) never c) always d) hardly ever

B) Do as shown between brackets, then choose from a, b and c:

- 6- **Fahad eats a filling breakfast before school.** (Use: usually)
a- Fahad usually eats a filling breakfast before school.
b- Fahad eats usually a filling breakfast before school.
c- Fahad usually eat a filling breakfast before school.
- 7- **She is late for the first lesson.** (Use: never)
a- She never is late for the first lesson.
b- She doesn't never late for the first lesson.
c- She is never late for the first lesson.
- 8- **I drink water in the morning.** (Use: always)
a- I drink always water in the morning.
b- I always drink water in the morning.
c- I am always drink water in the morning.
- 9- **They often play football after school.** (Make negative)
a- They doesn't often play football after school.
b- They don't often plays football after school.
c- They don't often play football after school.
- 10- **He hardly ever eats sweets.** (Ask a question)
a- Does he hardly ever eat sweets?
b- Do he hardly ever eats sweets?
c- Is he hardly ever eat sweets?



A) Choose the correct answer from a, b, c and d:

- 11- Look! The chef a healthy meal for the students.
a) prepares b) is preparing c) prepare d) prepared
- 12- We our teacher tomorrow afternoon; it is arranged.
a) meet b) met c) are meeting d) meets
- 13- I my lunch at the moment, so I can't answer the phone.
a) eat b) am eating c) eats d) ate
- 14- they studying for the science test now?
a) Do b) Does c) Are d) Is
- 15- The correct -ing form of the verb 'swim' is:
a) swimming b) swiming c) swimed d) swims

B) Do as shown between brackets, then choose from a, b and c:

- 11- The students are having lunch in the canteen now. (Make negative)
a- The students are not having lunch in the canteen now.
b- The students do not having lunch in the canteen now.
c- The students is not having lunch in the canteen now.
- 12- Sara is drinking water at the moment. (Ask a question)
a- Does Sara drinking water at the moment?
b- Is Sara drinking water at the moment?
c- Is Sara drink water at the moment?
- 13- The team (train) at the club now. (Correct the verb)
a- The team trains at the club now.
b- The team train at the club now.
c- The team is training at the club now.
- 14- He is watching a documentary about nutrition now. (Change into the short form)
a- He is not watching a documentary about nutrition now.
b- He's watching a documentary about nutrition now.
c- He watching a documentary about nutrition now.
- 15- We arranged to visit the clinic tomorrow morning. (Use: present continuous)
a- We are visiting the clinic tomorrow morning.
b- We visit the clinic tomorrow morning.
c- We visited the clinic tomorrow morning.



A) Choose the correct answer from a, b, c and d:

- 16- She bought a plate for the kitchen. (round / white / plastic)
a) round white plastic b) plastic round white
c) white plastic round d) round plastic white
- 17- He wore a shirt to the school trip. (cotton / new / blue)
a) blue new cotton b) new blue cotton
c) cotton new blue d) blue cotton new
- 18- They live in a house near the sea. (modern / large / white)
a) white large modern b) modern white large
c) large modern white d) modern large white
- 19- My mother bought a table for the balcony. (wooden / small / round)
a) small round wooden b) round wooden small
c) wooden small round d) small wooden round
- 20- She carries a bag to work. (leather / lovely / black)
a) black lovely leather b) leather lovely black
c) black leather lovely d) lovely black leather

B) Do as shown between brackets, then choose from a, b and c:

- 16- She bought a plate for the kitchen. (Add: round / white / plastic)
a- She bought a plastic round white plate for the kitchen.
b- She bought a round white plastic plate for the kitchen.
c- She bought a white plastic round plate for the kitchen.
- 17- He wore a shirt to the school trip. (Add: cotton / new / blue)
a- He wore a new blue cotton shirt to the school trip.
b- He wore a cotton new blue shirt to the school trip.
c- He wore a blue cotton new shirt to the school trip.
- 18- They live in a house near the sea. (Add: modern / large / white)
a- They live in a modern white large house near the sea.
b- They live in a white large modern house near the sea.
c- They live in a large modern white house near the sea.
- 19- My mother bought a table for the balcony. (Add: wooden / small / round)
a- My mother bought a wooden small round table for the balcony.
b- My mother bought a small round wooden table for the balcony.
c- My mother bought a round small wooden table for the balcony.



The Benefits of Healthy Eating for Students **فوائد الأكل الصحي للطلاب**

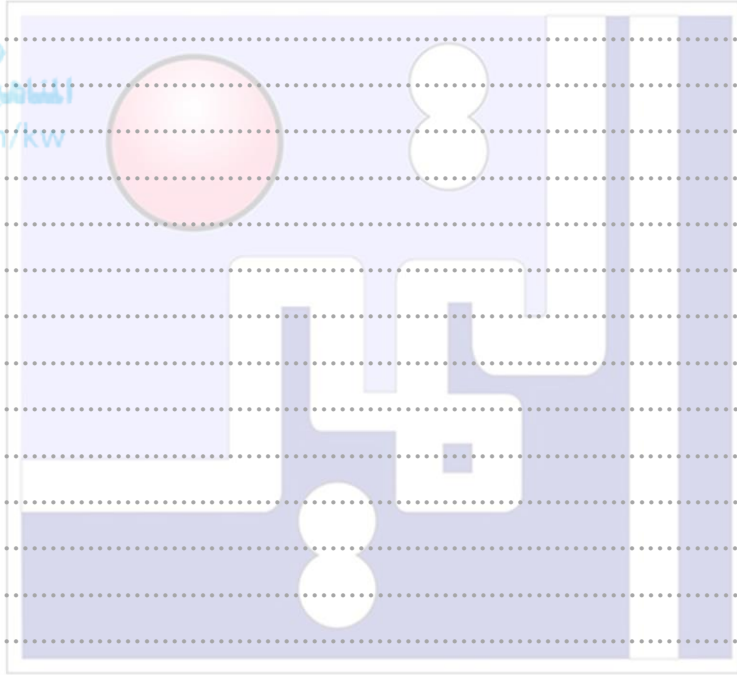
Writing Prompt: Plan and write an expository essay of no fewer than 12 sentences (120-140 words) explaining how healthy eating helps the body and improves school performance.

Part	Your Ideas
I. INTRODUCTION 	
II. BODY PARAGRAPH 1	
III. BODY PARAGRAPH 2	
IV. CONCLUSION	



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How Schools Can Help Students Eat Better كيف تساعد المدارس الطلاب على الأكل

الصحي

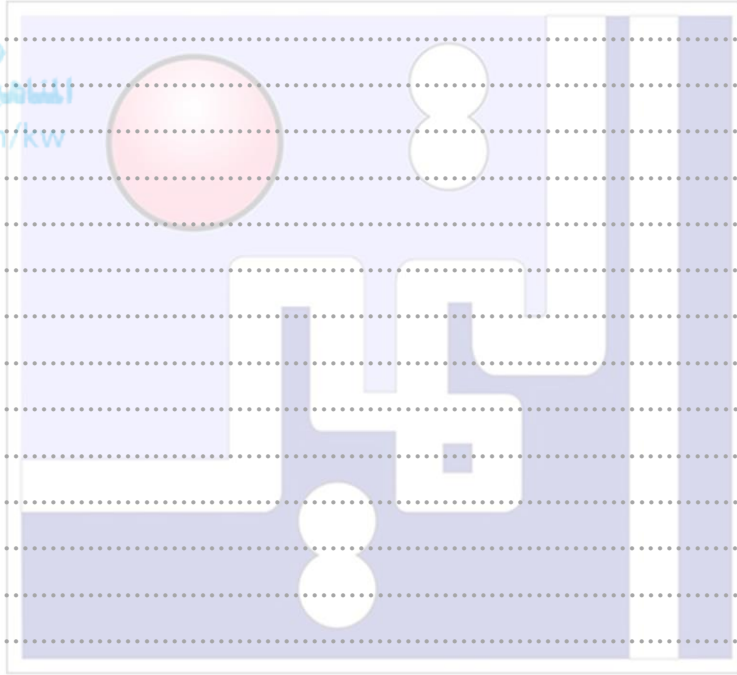
Writing Prompt: Plan and write an expository essay of no fewer than 12 sentences (120-140 words) explaining what schools can do to encourage healthier eating habits.

Part	Your Ideas
I. INTRODUCTION	
II. BODY PARAGRAPH 1	
III. BODY PARAGRAPH 2	
IV. CONCLUSION	



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Vocabulary - Choose the correct answer

1. b) regulate	2. c) malnutrition	3. b) filling
4. c) indeed	5. a) subsidise	6. b) involvement
7. a) personalised	8. c) resist	9. b) chemically
10. a) legume	11. a) break down	12. b) sustainable
13. c) aroma	14. a) assign	15. c) affordable
16. d) routinely	17. a) inflammation	18. b) process
19. a) wholesome	20. b) decade	

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Vocabulary - Fill in the spaces

1. consume	2. hurdle	3. aroma	4. routinely	5. prioritise
6. stimulate	7. fatigue	8. swap	9. attitude	10. indeed
11. soak	12. urge	13. preservatives	14. nutrition	15. notable
16. inactive	17. bestow	18. organisation	19. still	20. portion

Grammar - The Present Simple (A) Choose

1. b) drinks	2. c) Does	3. b) don't eat
4. c) rises	5. b) does	

Grammar - The Present Simple (B) Do as shown

1. b	2. c	3. a	4. b	5. c
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Grammar - Adverbs of Frequency (A) Choose

6. b) never	7. b) hardly ever	8. b) He is always active.
9. b) sometimes	10. c) always	



Grammar - Adverbs of Frequency (B) Do as shown

6. a	7. c	8. b	9. c	10. a
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Grammar - The Present Continuous (A) Choose

11. b) is preparing	12. c) are meeting	13. b) am eating
14. c) Are	15. b) swimming	

Grammar - The Present Continuous (B) Do as shown

11. a	12. b	13. c	14. b	15. a
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Grammar - The Order of Adjectives (A) Choose

16. a) round white plastic	17. b) new blue cotton	18. c) large modern white
19. a) small round wooden	20. d) lovely black leather	

Grammar - The Order of Adjectives (B) Do as shown

16. b	17. a	18. c	19. b	20. a
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مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)



The Benefits of Healthy Eating for Students فوائد الأكل الصحي للطلاب

المخطط Outline

Part	Ideas
I. INTRODUCTION	- Hook: healthy eating is a key habit for every student. - Definition: choosing nutritious food and sensible portions. - Thesis: it helps the body and improves school performance.
II. BODY PARAGRAPH 1	- Topic sentence: healthy eating has a great effect on the body. - Supporting detail 1: balanced meals give steady energy all day. - Supporting detail 2: nutritious food supports growth and immunity. - Supporting detail 3: eating slowly reduces overeating and fatigue.
III. BODY PARAGRAPH 2	- Topic sentence: it also improves academic performance. - Supporting detail 1: a good breakfast improves concentration. - Supporting detail 2: water keeps the brain active and clear. - Supporting detail 3: steady energy increases participation.
IV. CONCLUSION	- Restate: healthy eating benefits the body and the mind. - Recommendation: prioritise wholesome, affordable food daily.



Model Essayالموضوع

■ Introduction ■ Topic Sentence ■ Supporting Detail ■ Linking Word ■ Conclusion

Healthy eating is one of the most important habits for every student. It means choosing nutritious food and sensible portions instead of tempting snacks. Such habits improve both our health and our results at school.

Firstly, healthy eating has a great effect on the body. Balanced meals give us steady energy throughout the whole day. **In addition**, nutritious food supports growth and strengthens the immune system. **Moreover**, eating slowly helps students avoid large portions and reduces fatigue.

Secondly, healthy eating improves academic performance. A good breakfast helps students concentrate during the first lessons. **Furthermore**, drinking enough water keeps the brain active and the mind clear. **As a result**, students take part more and finish their work effectively.

In conclusion, healthy eating benefits both the body and the mind. **Therefore**, every student should prioritise wholesome, affordable food every day.

How Schools Can Help Students Eat Better كيف تساعد المدارس الطلاب على الأكل الصحي

مدرسة التميز النموذجية
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Part	Ideas
I. INTRODUCTION	- Hook: schools protect students' health every day. - Definition: they teach habits and offer better choices. - Thesis: a healthy school builds a healthy generation.
 II. BODY PARAGRAPH 1	- Topic sentence: schools can improve the food they offer. - Supporting detail 1: nutritious meals at affordable prices. - Supporting detail 2: fruit and water replace fizzy drinks. - Supporting detail 3: students share in planning the menu.
III. BODY PARAGRAPH 2	- Topic sentence: education and activity are equally important. - Supporting detail 1: lessons explain the nutritional value of food. - Supporting detail 2: daily sport keeps students active, not inactive. - Supporting detail 3: parents' involvement makes the plan effective.
IV. CONCLUSION	- Restate: food, education and exercise change habits. - Recommendation: simple steps create a sustainable routine.



Outlineالمخطط

Model Essayالموضوع

- Introduction
- Topic Sentence
- Supporting Detail
- Linking Word
- Conclusion

Schools play a great role in protecting students' health. They can teach useful habits and offer better food choices every day. A healthy school helps to build a healthy generation.

To begin with, schools can improve the food they offer. The canteen can sell nutritious meals at affordable prices. **In addition,** fresh fruit and water can replace fizzy drinks and heavy snacks. **Moreover,** involving students in planning the weekly menu makes them feel respected.

Secondly, education and daily activity are equally important. Lessons and campaigns can explain the nutritional value of different foods. **Furthermore,** regular sport keeps students active instead of inactive. **Also,** parents' involvement makes any programme far more effective.

In conclusion, schools can change habits through food, education and exercise. **Therefore,** simple, realistic steps can become a sustainable routine.

مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)





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عندما يكون تعليم أبنائكم
اهتمامكم الأول في الحياة

قنواتنا على تليجرام



الصف الرابع



الصف الثالث



الصف الثاني



الصف الأول



الصف الثامن



الصف السابع



الصف السادس



الصف الخامس



صف ١١ أدبي



صف ١١ علمي



الصف العاشر



الصف التاسع



صف ١٢ أدبي



صف ١٢ علمي