

تم تحميل هذا الملف من موقع المناهج الكويتية



إعداد: Nabil Madleen

الملف اختبارات تقييمية قصيرة للوحدة الأولى

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

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



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[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

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

[كتاب الطالب في مادة اللغة الانكليزية](#)

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7 Quizzes

Unit 1

Lessons 2,3,7&8

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Grade 10

1st Term

Prepared By
Mrs. Madleen Nabil

2026 - 2027

First Period Quiz (No 1)

(I) Vocabulary (4 Marks)

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

involvement - consume - attitude - stimulate - nutrition

- 1 Many families consume..... fresh vegetables as part of a healthy diet.
- 2 Olivia's positive attitude..... helped her deal with the problem calmly.
- 3 The teacher used an interesting question to.....stimulate.....students' thinking.
- 4 Parents' involvement.. in healthy meal planning can encourage good habits.

(II) Grammar (3 Marks)

(B) From a, b, and c choose the correct answer as required: (3x1= 3 Marks)

- 5 Look! Emily (eat) a healthy sandwich . (Correct the verb)
 - A Look! Emily eats a healthy sandwich.
 - B Look! Emily is eating a healthy sandwich.
 - C Look! Emily was eating a healthy sandwich.
- 6 Mona always eats fruit after lunch. (Make negative)
 - A Mona doesn't always eat fruit after lunch.
 - B Mona didn't always eat fruit after lunch.
 - C Mona hasn't always eaten fruit after lunch.
- 7 She bought a (wooden / beautiful / small) table. (Reorder the adjectives)
 - A She bought a small wooden beautiful table.
 - B She bought a wooden beautiful small table.
 - C She bought a beautiful small wooden table.

(III) Writing (8 Marks)*It's never been easier to eat healthily.*

-  Plan and write a six-sentence paragraph about how healthy food can improve our physical health.

The Outline (1 mark)

- 1 Introductory sentence :

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- 2 Supporting Idea 1 :

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- 3 Supporting Idea 2 :

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- 4 A Concluding Sentence :

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- 5 Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

First Period Quiz (No 2)

(I) Vocabulary (4 Marks)

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

fatigue - effective - attitude - personalised - nutrition

- 1 The new plan was simple but very.....**effective**.....
- 2 Good**nutrition**..... gives teenagers the energy they need for school.
- 3 The coach prepared a/an..**personalised**..training plan for each player on the team.
- 4 Not getting enough sleep can cause**fatigue**.. during the school day.

(II) Grammar (3 Marks)

(B) From a, b, and c choose the correct answer as required: (3x1= 3 Marks)

- 5 My sister (track) her calories every day. (Correct the verb)
 - A My sister tracked her calories every day.
 - B My sister tracks her calories every day.
 - C My sister is tracking her calories every day.
- 6 Noura usually has fruit for breakfast. (Ask a question)
 - A What does Noura usually have for breakfast?
 - B What is Noura usually having for breakfast?
 - C What did Noura usually have for breakfast?
- 7 Emily is preparing a healthy meal now. (Make negative)
 - A Emily was not preparing a healthy meal now.
 - B Emily does not prepare a healthy meal now.
 - C Emily is not preparing a healthy meal now.

(III) Writing (8 Marks)*It's never been easier to eat healthily.*

-  Plan and write a six-sentence paragraph about how healthy food can help us think clearly and focus better.

The Outline (1 mark)

- 1 Introductory sentence :

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- 2 Supporting Idea 1 :

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- 3 Supporting Idea 2 :

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- 4 A Concluding Sentence :

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- 5 Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

First Period Quiz (No 3)

(I) Vocabulary (4 Marks)

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

biological - urge - inactive - notable - stimulate

- 1 A/ an inactive..... lifestyle may lead to health problems over time.
- 2 Colourful food displays can stimulate..... students' interest in healthy meals.
- 3 The school has made a/an.....notable.....improvement in sports activities this year.
- 4 Parents often.....urge.....their children to spend less time on their phone.

(II) Grammar (3 Marks)

(B) From a, b, and c choose the correct answer as required: (3x1= 3 Marks)

- 5 Currently, I (prepare) for an important exam. (Correct the verb)
 - A Currently, I was preparing for an important exam.
 - B Currently, I am preparing for an important exam.
 - C Currently, I prepared for an important exam.
- 6 Rashed often stays at home at weekends. (Make negative)
 - A Rashed didn't often stay at home at weekends.
 - B Rashed isn't often staying at home at weekends.
 - C Rashed doesn't often stay at home at weekends.
- 7 He bought (running / comfortable / new) trainers. (Reorder the adjectives)
 - A He bought comfortable new running trainers.
 - B He bought running comfortable new trainers.
 - C He bought new running comfortable trainers.

(III) Writing (8 Marks)*It's never been easier to eat healthily.*

-  Plan and write a six-sentence paragraph about healthy habits that keep teenagers in good shape.

The Outline (1 mark)

- 1 Introductory sentence :

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- 2 Supporting Idea 1 :

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- 3 Supporting Idea 2 :

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- 4 A Concluding Sentence :

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- 5 Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

First Period Quiz (No 4)

(I) Vocabulary (4 Marks)

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

malnutrition - regulate - inflammation - attitude - urge

- 1 Doctors often**urge**..... teenagers to reduce sugary drinks.
- 2 Schools.....**regulate**.....the use of mobile phones in class.
- 3 A small injury may lead to.....**inflammation**.....and pain.
- 4 Poor eating habits can cause.....**malnutrition**.....and other health problems.

(II) Grammar (3 Marks)

(B) From a, b, and c choose the correct answer as required: (3x1= 3 Marks)

- 5 At the moment, the students (stretch) their muscles. (Correct the verb)
 - A At the moment, the students stretch their muscles.
 - B At the moment, the students are stretching their muscles.
 - C At the moment, the students were stretching their muscles.
- 6 Your sister eats fruit every morning. (Ask a question)
 - A What does your sister eat every morning?
 - B What is your sister eating every morning?
 - C What was your sister eating every morning?
- 7 Olivia stays at home at weekends. (Use never)
 - A Olivia never stays at home at weekends.
 - B Olivia stays never at home at weekends.
 - C Olivia stays at home never at weekends.

(III) Writing (8 Marks)*It's never been easier to eat healthily.*

- Plan and write a six-sentence paragraph about the benefits of healthy food options in the school canteen and suggest some healthy alternatives.

The Outline (1 mark)

- 1 Introductory sentence :

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- 2 Supporting Idea 1 :

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- 3 Supporting Idea 2 :

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- 4 A Concluding Sentence :

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- 5 Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

First Period Quiz (No 5)

(I) Vocabulary (4 Marks)

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

chemically - bestow - routinely - urge - process

- 1 The school will....**bestow**....an award on the student who wins the competition.
- 2 The machines are.....**routinely**....checked to make sure they are working well.
- 3 Workers.....**process**.....fresh milk before it is sold in shops.
- 4 Some materials are.....**chemically**....treated to make them last longer.

(II) Grammar (3 Marks)

(B) From a, b, and c choose the correct answer as required: (3x1= 3 Marks)

- 5 Be quiet! The students (take) a test now. (Correct the verb)
 - A Be quiet! The students have taken a test now.
 - B Be quiet! The students are taking a test now.
 - C Be quiet! The students were taking a test now.
- 6 My brother always drinks plenty of water. (Make negative)
 - A My brother doesn't always drink plenty of water.
 - B My brother isn't always drinking plenty of water.
 - C My brother didn't always drink plenty of water.
- 7 I bought a (glass / beautiful / small) bottle. (Reorder the adjectives)
 - A I bought a beautiful small glass bottle.
 - B I bought a glass beautiful small bottle.
 - C I bought a small glass beautiful bottle.

(III) Writing (8 Marks)*It's never been easier to eat healthily.*

-  Plan and write a six-sentence paragraph about small food swaps you can make to stay healthy.

The Outline (1 mark)

- 1 Introductory sentence :

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- 2 Supporting Idea 1 :

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- 3 Supporting Idea 2 :

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- 4 A Concluding Sentence :

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- 5 Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

First Period Quiz (No 6)

(I) Vocabulary (4 Marks)

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

nutrition - biological - fatigue - malnutrition - personalised

- 1 After a long and busy day, she felt great....**fatigue**.....and needed some rest.
- 2 Fresh food provides the body with good**nutrition**..... and energy.
- 3 Every person has different...**biological**..needs depending on age and other factors.
- 4 The website gives each student a.....**personalised**..experience based on their level.

(II) Grammar (3 Marks)

(B) From a, b, and c choose the correct answer as required: (3x1= 3 Marks)

- 5 Listen! The teacher (explain) the importance of sleep. (Correct the verb)
 - A Listen! The teacher explains the importance of sleep.
 - B Listen! The teacher was explaining the importance of sleep.
 - C Listen! The teacher is explaining the importance of sleep.
- 6 Emily often takes a healthy snack to school. (Make negative)
 - A Emily doesn't often take a healthy snack to school.
 - B Emily isn't often taking a healthy snack to school.
 - C Emily didn't often take a healthy snack to school.
- 7 Mariam eats vegetables with lunch. (Use often)
 - A Mariam often eats vegetables with lunch.
 - B Mariam eats often vegetables with lunch.
 - C Mariam eats vegetables often with lunch.

(III) Writing (8 Marks)*It's never been easier to eat healthily.*

-  Plan and write a six-sentence paragraph about the academic benefits of mindful eating.

The Outline (1 mark)

- 1 Introductory sentence :

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- 2 Supporting Idea 1 :

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- 3 Supporting Idea 2 :

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- 4 A Concluding Sentence :

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- 5 Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

First Period Quiz (No 7)

(I) Vocabulary (4 Marks)

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

routinely - effective - still - inactive - notable

- 1 The shop was about to close, but several customers were...**still**.. waiting inside.
- 2 The young scientists made a/an.....**notable**....discovery during the experiment.
- 3 The doctor.....**routinely**...visits his patients in the morning.
- 4 Some people become **.inactive**... when they spend too much time sitting at home.

(II) Grammar (3 Marks)

(B) From a, b, and c choose the correct answer as required: (3x1= 3 Marks)

- 5 My brother (drink) water with every meal. (Correct the verb)
 - A My brother drinks water with every meal.
 - B My brother is drinking water with every meal.
 - C My brother was drinking water with every meal.
- 6 Merit exercises after school three times a week. (Form a question)
 - A How often did Merit exercise after school?
 - B How often does Merit exercise after school?
 - C How often was Merit exercising after school?
- 7 They served a (Italian/ large / delicious) meal. (Reorder the adjectives)
 - A They served a large delicious Italian meal.
 - B They served an Italian large delicious meal.
 - C They served a delicious large Italian meal.

(III) Writing (8 Marks)*It's never been easier to eat healthily.*

 Plan and write a six-sentence paragraph about the physical benefits of mindful eating.

The Outline (1 mark)

1 Introductory sentence :

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2 Supporting Idea 1 :

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3 Supporting Idea 2 :

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4 A Concluding Sentence :

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5 Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	