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إعداد: إسلام طاجن

الملف اختبار قصير في المفردات والقواعد والتعبير مع الحل
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

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تدريب الصف العاشر
اللغة الانجليزية
الاختبار القصير (15 درجة)

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معلومات هامة:

1- الاختبار في حصة دراسية كاملة (40 دقيقة)
2- الاختبار القصير (الوحدة الأولى فقط)

يتكون الاختبار من:

1- سؤال الكلمات (4 أسئلة اختيار من متعدد)
2- سؤال القواعد (3 أسئلة قواعد اختيار من متعدد)
3- سؤال التعبير (مخطط + فقرة واحدة من 6 جمل)

استعد !



Grade 10 Quiz 1 (15 Marks)

I- Vocabulary

Choose the correct answer from a, b, c and d: (4 X 1 = 4M)

1- After working for twelve hours without rest, the nurse suffered from severe _____.

a) nutrition b) involvement c) fatigue d) attitude

2- Doctors _____ people to eat more vegetables and avoid unhealthy snacks.

a) urge b) bestow c) process d) consume

3- A _____ meal plan is designed to match each person's individual needs.

a) biological b) inactive c) notable d) personalised

4- Regular exercise can _____ the body and help people feel more energetic.

a) consume b) stimulate c) bestow d) process

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II- Grammar

Choose the correct answer from a, b and c: (3 X 1 = 3M)

5- My brother **usually** (not eat) fast food. **(Correct the verb)**

a) My brother usually doesn't eats fast food.

b) My brother usually doesn't eat fast food.

c) My brother usually don't eat fast food.

6- The students (prepare) a healthy meal **right now**. **(Correct the verb)**

a) The students prepare a healthy meal right now.

b) The students is preparing a healthy meal right now.

c) The students are preparing a healthy meal right now.

7- Our school canteen is clean. **(Add: always)**

a) Our school canteen is always clean.

b) Our school canteen always is clean.

c) Our school canteen is clean always.

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III- Writing (8 Marks)

Plan and write a short paragraph (**not less than 6 sentences**) about **Healthy Eating: its benefits and ways to develop healthy eating habits**.

The Outline

An introductory sentence:

_____

Supporting details:

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A concluding sentence:

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Quiz 1 - Answer Key

I- Vocabulary

1- c **2- a** **3- d** **4- b**

II- Grammar

5- b **6- c** **7- a**

III- Writing

The Outline

An introductory sentence: Healthy eating is important for our bodies and minds.

Supporting details:

Giving us energy. Eating more fruit and vegetables.

Helping us concentrate. Limiting fast food.

A concluding sentence: In conclusion, healthy eating habits help us enjoy a healthier life.

The Paragraph

Healthy eating is important for our bodies and minds. First, balanced meals give us energy for our daily activities. In addition, nutritious food helps us concentrate better at school. We should eat more fruit and vegetables every day. We should also limit fast food and choose meals that suit our needs. In conclusion, healthy eating habits help us enjoy a healthier life.

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Grade 10 Quiz 2 (15 Marks)

I- Vocabulary

Choose the correct answer from a, b, c and d: (4 X 1 = 4M)

1- Children who do not get enough nutritious food may suffer from _____.

a) involvement b) attitude c) nutrition d) malnutrition

2- Our bodies _____ food differently, so the same meal may not suit everyone.

a) bestow b) process c) urge d) consume

3- My brother has an _____ lifestyle because he spends most of his time sitting.

a) inactive b) effective c) notable d) personalised

4- Students' _____ in the school health programme helped make it successful.

a) fatigue b) inflammation c) involvement d) malnutrition

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II- Grammar

Choose the correct answer from a, b and c: (3 X 1 = 3M)

5- My parents (not buy) sugary drinks every week. **(Correct the verb)**

a) My parents doesn't buy sugary drinks every week.

b) My parents don't buys sugary drinks every week.

c) My parents don't buy sugary drinks every week.

6- Sara eats breakfast **at seven o'clock every morning**. **(Ask a question)**

a) When does Sara eat breakfast?

b) When do Sara eat breakfast?

c) When does Sara eats breakfast?

7- My mother bought a (**wooden / beautiful / large)** bowl. **(Reorder the adjectives)**

a) My mother bought a wooden large beautiful bowl.

b) My mother bought a beautiful large wooden bowl.

c) My mother bought a large wooden beautiful bowl.

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III- Writing (8 Marks)

Plan and write a short paragraph (**not less than 6 sentences**) about **A Healthy Lifestyle: healthy food choices and daily physical activity**.

The Outline

An introductory sentence:

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Supporting details:

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A concluding sentence:

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Quiz 2 - Answer Key

I- Vocabulary

1- d **2- b** **3- a** **4- c**

II- Grammar

5- c **6- a** **7- b**

III- Writing

The Outline

An introductory sentence: A healthy lifestyle helps us stay active and feel better.

Supporting details:

Eating fruit and vegetables.
Limiting sugary drinks and fast food.
Walking or playing sports.
Taking breaks from sitting.

A concluding sentence: In conclusion, healthy food and regular exercise help us enjoy a better life.

The Paragraph

A healthy lifestyle helps us stay active and feel better. First, we should eat fruit and vegetables every day. In addition, we should limit sugary drinks and fast food. We can walk or play sports to keep our bodies strong. We should also take regular breaks from sitting for long periods. In conclusion, healthy food and regular exercise help us enjoy a better life.

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Grade 10 Quiz 3 (15 Marks)

I- Vocabulary

Choose the correct answer from a, b, c and d: (4 X 1 = 4M)

1- Eating too much sugar can cause _____ in the body, leading to swelling and pain.

a) attitude b) inflammation c) involvement d) nutrition

2- Students should _____ less fast food and eat more fresh vegetables.

a) consume b) bestow c) stimulate d) urge

3- The school programme was _____ because it helped many students improve their eating habits.

a) inactive b) biological c) personalised d) effective

4- My sister ____ checks food labels before buying snacks, making it part of her daily routine.

a) chemically b) still c) routinely d) inactive

II- Grammar

Choose the correct answer from a, b and c: (3 X 1 = 3M)

5- Our teacher (explain) the benefits of good nutrition every Monday. **(Correct the verb)**

a) Our teacher explain the benefits of good nutrition every Monday.

b) Our teacher explains the benefits of good nutrition every Monday.

c) Our teacher is explaining the benefits of good nutrition every Monday.

6- Look! The children (eat) fresh fruit in the playground. **(Correct the verb)**

a) Look! The children are eating fresh fruit in the playground.

b) Look! The children eats fresh fruit in the playground.

c) Look! The children is eating fresh fruit in the playground.

7- We choose healthy snacks. **(Add: usually)**

a) We choose usually healthy snacks.

b) We choose healthy usually snacks.

c) We usually choose healthy snacks.

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III- Writing (8 Marks)

Plan and write a short paragraph (**not less than 6 sentences**) about **Personalised Nutrition: why individual food needs differ and how suitable meals help us**.

The Outline

An introductory sentence:

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Supporting details:

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A concluding sentence:

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Quiz 3 - Answer Key

I- Vocabulary

1- b **2- a** **3- d** **4- c**

II- Grammar

5- b **6- a** **7- c**

III- Writing

The Outline

An introductory sentence: Personalised nutrition means choosing food that suits our individual needs.

Supporting details:

Having different bodies and daily habits.
Responding differently to the same food.
Getting energy from suitable meals.
Improving concentration and well-being.

A concluding sentence: In conclusion, a suitable diet can support both our bodies and minds.

The Paragraph

Personalised nutrition means choosing food that suits our individual needs. First, our bodies and daily habits are different. In addition, the same food may affect people in different ways. Suitable meals can give us energy and help us feel less tired. They can also improve our concentration and mental well-being. In conclusion, a suitable diet can support both our bodies and minds.

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Grade 10 Quiz 4 (15 Marks)

I- Vocabulary

Choose the correct answer from a, b, c and d: (4 X 1 = 4M)

1- The students showed a positive _____ towards healthy eating and became willing to try nutritious meals.

a) inflammation b) fatigue c) attitude d) malnutrition

2- Certain chemicals in our bodies help _____ our mood and emotions.

a) regulate b) consume c) bestow d) urge

3- The programme made a _____ difference, with a clear improvement in students' eating habits.

a) inactive b) biological c) personalised d) notable

4- Good _____ involves giving the body the nutrients it needs to stay healthy.

a) involvement b) nutrition c) attitude d) inflammation

II- Grammar

Choose the correct answer from a, b and c: (3 X 1 = 3M)

5- Huda (not drink) fizzy drinks every day. **(Correct the verb)**

a) Huda don't drink fizzy drinks every day.

b) Huda doesn't drink fizzy drinks every day.

c) Huda doesn't drinks fizzy drinks every day.

6- Ali plays football in the park every Friday. **(Ask a question)**

a) Where do Ali play football every Friday?

b) Where does Ali plays football every Friday?

c) Where does Ali play football every Friday?

7- My sister bought a **(small / plastic / lovely)** lunchbox. **(Reorder the adjectives)**

a) My sister bought a lovely small plastic lunchbox.

b) My sister bought a plastic lovely small lunchbox.

c) My sister bought a small plastic lovely lunchbox.

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III- Writing (8 Marks)

Plan and write a short paragraph (**not less than 6 sentences**) about **School Health Programmes: their benefits and ways to encourage healthy habits**.

The Outline

An introductory sentence:

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Supporting details:

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A concluding sentence:

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Write your topic here

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Quiz 4 - Answer Key

I- Vocabulary

1- c **2- a** **3- d** **4- b**

II- Grammar

5- b **6- c** **7- a**

III- Writing

The Outline

An introductory sentence: School health programmes help students develop healthier habits.
Supporting details:
Learning about balanced meals.
Choosing nutritious snacks.
Joining sports activities.
Taking part in healthy cooking lessons.
A concluding sentence: In conclusion, school health programmes can help students enjoy healthier lives.

The Paragraph

School health programmes help students develop healthier habits. First, they teach students about balanced meals and good nutrition. In addition, they encourage students to choose fruit and vegetables instead of unhealthy snacks. Schools can organise sports activities to help students stay active. They can also offer cooking lessons to teach students how to prepare healthy food. In conclusion, school health programmes can help students enjoy healthier lives.

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Grade 10 Quiz 5 (15 Marks)

I- Vocabulary

Choose the correct answer from a, b, c and d: (4 X 1 = 4M)

1- Although he has improved his diet, he _____ eats too many sugary snacks.

a) chemically b) inactive c) biological d) still

2- The school encourages parents' _____ in activities by inviting them to help plan healthy meals.

a) inflammation b) involvement c) fatigue d) malnutrition

3- Our bodies have different _____ needs because of differences in genetics and physical activity.

a) biological b) inactive c) notable d) effective

4- Schools can _____ students to make healthier choices by offering enjoyable nutrition activities.

a) consume b) bestow c) urge d) process

II- Grammar

Choose the correct answer from a, b and c: (3 X 1 = 3M)

5- Listen! The doctor (talk) about healthy eating. **(Correct the verb)**

a) Listen! The doctor talks about healthy eating.
b) Listen! The doctor are talking about healthy eating.
c) Listen! The doctor is talking about healthy eating.

6- The students eat fast food every day. **(Make negative)**

a) The students doesn't eat fast food every day.
b) The students don't eats fast food every day.
c) The students don't eat fast food every day.

7- She bought a (**cotton / large / beautiful)** bag. **(Reorder the adjectives)**

a) She bought a large cotton beautiful bag.
b) She bought a beautiful large cotton bag.
c) She bought a cotton beautiful large bag.

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III- Writing (8 Marks)

Plan and write a short paragraph (**not less than 6 sentences**) about **Healthy Eating at Home: its benefits and ways families can encourage it**.

The Outline

An introductory sentence:

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Supporting details:

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A concluding sentence:

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Write your topic here

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Quiz 5 - Answer Key

I- Vocabulary

1- d **2- b** **3- a** **4- c**

II- Grammar

5- c **6- a** **7- b**

III- Writing

The Outline

An introductory sentence: Healthy eating at home helps families stay healthy and active.
Supporting details:
Getting energy from balanced meals. Preparing meals together.
Improving concentration. Choosing healthier snacks.
A concluding sentence: In conclusion, families can develop healthy eating habits through simple daily choices.

The Paragraph

Healthy eating at home helps families stay healthy and active. First, balanced meals give us energy for our daily activities. In addition, nutritious food helps us concentrate better at school or work. Families can prepare healthy meals together using fresh ingredients. They can also choose fruit and yoghurt instead of sugary snacks. In conclusion, families can develop healthy eating habits through simple daily choices.

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