

NAME: _____

MARK: _____

GRADE 10 FIRST TERM QUIZ (MODEL 1)**TOTAL (15 MARKS)****I. VOCABULARY (4 MARKS)****A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)**

attitude / consume / swelling / nutrition / involve

1. Good _____ provides the nutrients teenagers need to grow and stay healthy.
2. The school's cooking project will _____ students in preparing healthy meals.
3. Some teenagers _____ too much sugar because they drink several soft drinks each day.
4. A positive _____ towards exercise can help students stay motivated.

II. GRAMMAR (3 MARKS)**B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)**

1. Look! Sara (prepare) a balanced lunch right now. (Correct the verb)
 - a) Look! Sara prepares a balanced lunch right now.
 - b) Look! Sara is preparing a balanced lunch right now.
 - c) Look! Sara was preparing a balanced lunch right now.
2. Hamad eats fried food every day. (Make negative)
 - a) Hamad doesn't eats fried food every day.
 - b) Hamad isn't eating fried food every day.
 - c) Hamad doesn't eat fried food every day.
3. Mariam carries a (glass / beautiful / small) water bottle. (Reorder the adjectives)
 - a) Mariam carries a beautiful small glass water bottle.
 - b) Mariam carries a glass beautiful small water bottle.
 - c) Mariam carries a small glass beautiful water bottle.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph explaining how nutritious meals support teenagers' physical fitness. Discuss energy, healthy growth, and participation in daily activities or sports.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

WRITE YOUR PARAGRAPH HERE (7 MARKS)

This image shows a full page of handwriting practice paper. It contains ten identical rows of horizontal guidelines. Each row is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line. The rows are evenly spaced across the entire page, providing ample space for practicing letter formation and alignment. There is no text or other markings on the page.

GRADE 10 FIRST TERM QUIZ (MODEL 2)TOTAL (15 MARKS)I. VOCABULARY (4 MARKS)A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)

custom / give / regularly / swelling / fatigue

1. The player felt severe _____, or extreme exhaustion, after a long training session.
2. The coach designed a _____ training plan for one student rather than a general plan for everyone.
3. Students should exercise _____ rather than only once a month.
4. Parents can _____ their children fresh fruit instead of sweets.

II. GRAMMAR (3 MARKS)B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)

1. My brother (exercise) every afternoon. (Correct the verb)
 - a) My brother is exercising every afternoon.
 - b) My brother exercise every afternoon.
 - c) My brother exercises every afternoon.
2. Noura usually eats yoghurt for breakfast. (Form a question using "What")
 - a) What does Noura usually eat for breakfast?
 - b) What do Noura usually eat for breakfast?
 - c) What does Noura usually eats for breakfast?
3. 1. She bought a/an (wooden / expensive / brown) table for her dining room. (Reorder)
 - a) She bought an expensive brown wooden table for her dining room.
 - b) She bought a brown wooden expensive table for her dining room.
 - c) She bought a wooden expensive brown table for her dining room.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph describing a healthy daily routine for teenagers. Include balanced meals, physical activity, and enough rest. Explain how these habits help students stay active and reduce tiredness.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

WRITE YOUR PARAGRAPH HERE (7 MARKS)

[illegible]

GRADE 10 FIRST TERM QUIZ (MODEL 3)TOTAL (15 MARKS)I. VOCABULARY (4 MARKS)

A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)

stimulate / active / tiredness / clear / limit

1. Walking and playing sports help teenagers lead a/an _____ lifestyle.
2. Too little sleep can lead to _____ during morning lessons.
3. To reduce their sugar intake, teenagers should _____ the number of sugary drinks they have.
4. Interesting health discussions can _____ students' thinking and help them develop new ideas.

II. GRAMMAR (3 MARKS)

B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)

1. At the moment, I (eat) a healthy snack. (Correct the verb)
 - a) At the moment, I am eating a healthy snack.
 - b) At the moment, I eat a healthy snack.
 - c) At the moment, I was eating a healthy snack.
2. The students are drinking soft drinks now. (Make negative)
 - a) The students don't drink soft drinks now.
 - b) The students not are drinking soft drinks now.
 - c) The students aren't drinking soft drinks now.
3. Ali wears (running / comfortable / new) shoes for exercise. (Reorder the adjectives)
 - a) Ali wears new running comfortable shoes for exercise.
 - b) Ali wears running comfortable new shoes for exercise.
 - c) Ali wears comfortable new running shoes for exercise.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph explaining how balanced meals, healthy snacks, and enough water can help students stay alert during lessons. Include practical examples of suitable foods and drinks.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

WRITE YOUR PARAGRAPH HERE (7 MARKS)

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GRADE 10 FIRST TERM QUIZ (MODEL 4)TOTAL (15 MARKS)I. VOCABULARY (4 MARKS)

A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)

prepare / swelling / useful / advise / poor nutrition

1. After twisting his ankle, the student noticed pain and _____ around the joint.
2. A diet that does not provide enough essential nutrients is an example of _____
3. Doctors often _____ teenagers about the risks of skipping meals.
4. Cafeteria workers _____ healthy meals for students every morning.

II. GRAMMAR (3 MARKS)

B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)

1. The school cafeteria (serve) fresh salad every day. (Correct the verb)
 - a) The school cafeteria serve fresh salad every day.
 - b) The school cafeteria serves fresh salad every day.
 - c) The school cafeteria is serving fresh salad every day.
2. Mariam walks after school four times a week. (Form a question using "How often")
 - a) How often does Mariam walks after school?
 - b) How often does Mariam walk after school?
 - c) How often do Mariam walk after school?
3. 2. They found a/an (leather / small / old) wallet in the park. (Reorder)
 - a) They found a leather old small wallet in the park.
 - b) They found a small old leather wallet in the park.
 - c) They found an old leather small wallet in the park.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph explaining why schools should offer healthy cafeteria food. Suggest two nutritious meals or snacks and describe how they can benefit students.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

WRITE YOUR PARAGRAPH HERE (7 MARKS)

[illegible]

TOTAL (15 MARKS)**I. VOCABULARY (4 MARKS)****A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)**

effective / artificially / physical / attitude / treat

1. A good health programme supports both mental and _____ well-being.
2. The nurse will _____ the student's minor injury.
3. Some drinks are _____ flavored instead of getting their flavor from real fruit.
4. The new school campaign is _____: more students are choosing fruit than before.

II. GRAMMAR (3 MARKS)**B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)**

1. Listen! The coach (give) advice about healthy meals. (Correct the verb)
 - a) Listen! The coach gives advice about healthy meals.
 - b) Listen! The coach give advice about healthy meals.
 - c) Listen! The coach is giving advice about healthy meals.
2. My friends consume sugary snacks at school. (Make negative)
 - a) My friends don't consume sugary snacks at school.
 - b) My friends doesn't consume sugary snacks at school.
 - c) My friends don't consumes sugary snacks at school.
3. She uses a (wooden / small / beautiful) bowl for her salad. (Reorder the adjectives)
 - a) She uses a wooden small beautiful bowl for her salad.
 - b) She uses a beautiful small wooden bowl for her salad.
 - c) She uses a small wooden beautiful bowl for her salad.

GRADE 10 FIRST TERM QUIZ (MODEL 6)**TOTAL (15 MARKS)****I. VOCABULARY (4 MARKS)****A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)**

clear / consume / lazy / illness / tailored

1. The student missed PE because of a/an _____ that required several days of rest.
2. The improvement in the cafeteria menu is _____: everyone can easily see the healthier choices.
3. The exercise programme is _____ to each student's individual needs.
4. Although he has plenty of energy, Omar is sometimes too _____ to get off the sofa and exercise.

II. GRAMMAR (3 MARKS)**B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)**

1. Mona usually (prepare) her lunch at home. (Correct the verb)
 - a) Mona usually prepares her lunch at home.
 - b) Mona usually prepare her lunch at home.
 - c) Mona usually is preparing her lunch at home.
2. Emily brings fruit to school every day. (Form a question using "What")
 - a) What do Emily bring to school every day?
 - b) What does Emily brings to school every day?
 - c) What does Emily bring to school every day?
3. 3. He was wearing a/an (woolen / nice / red) sweater yesterday. (Reorder)
 - a) He was wearing a red woolen nice sweater yesterday.
 - b) He was wearing a woolen nice red sweater yesterday.
 - c) He was wearing a nice red woolen sweater yesterday.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph explaining how mindful eating can support physical health. Discuss eating slowly, chewing food well, and noticing feelings of hunger and fullness.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

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GRADE 10 FIRST TERM QUIZ (MODEL 7)TOTAL (15 MARKS)I. VOCABULARY (4 MARKS)

A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)

inactive / nutrition / still / impressive / useful

1. This guide is _____ for learning how to read food labels.
2. Although lunch break has ended, Ali is _____ eating his salad.
3. People who spend most of their time sitting and do little exercise are physically _____
4. Breaking three school sports records in one week was an _____ achievement.

II. GRAMMAR (3 MARKS)

B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)

1. Right now, we (plan) healthier meals for the week. (Correct the verb)
 - a) Right now, we plan healthier meals for the week.
 - b) Right now, we are planning healthier meals for the week.
 - c) Right now, we plans healthier meals for the week.
2. Faisal drinks soda with dinner. (Make negative)
 - a) Faisal doesn't drinks soda with dinner.
 - b) Faisal doesn't drink soda with dinner.
 - c) Faisal don't drink soda with dinner.
3. The cafeteria offers a (Italian / delicious / large) meal. (Reorder the adjectives)
 - a) The cafeteria offers a delicious large Italian meal.
 - b) The cafeteria offers a delicious Italian large meal.
 - c) The cafeteria offers a large Italian delicious meal.

GRADE 10 FIRST TERM QUIZ (MODEL 8)TOTAL (15 MARKS)I. VOCABULARY (4 MARKS)**A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)**

limit / balanced / give / inspire / tiredness

1. A young athlete's success story can _____ students to begin exercising.
2. A/An _____ lunch includes different food groups in suitable amounts.
3. Adequate rest helps reduce _____ after a busy school day.
4. Teenagers should _____ their daily screen time so they have more time to be active.

II. GRAMMAR (3 MARKS)**B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)**

1. Rashed (drink) water with every meal. (Correct the verb)
 - a) Rashed drink water with every meal.
 - b) Rashed drinks water with every meal.
 - c) Rashed is drinking water with every meal.
2. We saw a/an (glass / huge / blue) vase at the museum. (Reorder)
 - a) We saw a huge blue glass vase at the museum.
 - b) We saw a glass blue huge vase at the museum.
 - c) We saw a blue glass huge vase at the museum.
3. Mariam is eating sweets now. (Make negative)
 - a) Mariam doesn't eat sweets now.
 - b) Mariam not is eating sweets now.
 - c) Mariam isn't eating sweets now.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph explaining why a nutritious breakfast can help students feel energetic and concentrate during lessons. Suggest two suitable breakfast foods and explain their benefits.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

WRITE YOUR PARAGRAPH HERE (7 MARKS)

[illegible]

GRADE 10 FIRST TERM QUIZ (MODEL 9)TOTAL (15 MARKS)I. VOCABULARY (4 MARKS)**A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)**

regularly / nutrition / encourage / physical / prepare

1. The school posters _____ healthy eating among students.
2. We wash fresh vegetables before we _____ a salad.
3. Walking to school every day is one way to exercise _____
4. Our health lesson explains the importance of good _____ for growing teenagers.

II. GRAMMAR (3 MARKS)**B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)**

1. Look! The children (choose) fresh fruit in the cafeteria. (Correct the verb)
 - a) Look! The children chooses fresh fruit in the cafeteria.
 - b) Look! The children choose fresh fruit in the cafeteria.
 - c) Look! The children are choosing fresh fruit in the cafeteria.
2. Sara usually eats fast food after school. (Make negative)
 - a) Sara doesn't usually eat fast food after school.
 - b) Sara doesn't usually eats fast food after school.
 - c) Sara isn't usually eating fast food after school.
3. 5. She carries a/an (plastic / light / yellow) bag to school. (Reorder)
 - a) She carries a plastic light yellow bag to school.
 - b) She carries a light yellow plastic bag to school.
 - c) She carries a yellow plastic light bag to school.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph explaining how mindful eating and good nutrition can support students' well-being and study habits. Discuss eating without screens, keeping regular mealtimes, and taking time to enjoy meals.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

WRITE YOUR PARAGRAPH HERE (7 MARKS)

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GRADE 10 FIRST TERM QUIZ (MODEL 10)TOTAL (15 MARKS)I. VOCABULARY (4 MARKS)**A) Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)**

treat / still / balanced / fatigue / advise

1. Students need a/an _____ diet, not a diet made up only of sweets.
2. Doctors _____ teenagers against skipping breakfast before school.
3. Workers use heat to _____ milk and make it safer to drink.
4. Sleeping too little can lead to _____ and difficulty concentrating.

II. GRAMMAR (3 MARKS)**B) From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)**

1. As a regular habit, my parents (prepare) balanced dinners at home. (Correct the verb)
 - a) As a regular habit, my parents prepare balanced dinners at home.
 - b) As a regular habit, my parents prepares balanced dinners at home.
 - c) As a regular habit, my parents are preparing balanced dinners at home.
2. Your sister eats vegetables with lunch. (Form a question using "What")
 - a) What do your sister eat with lunch?
 - b) What does your sister eats with lunch?
 - c) What does your sister eat with lunch?
3. Mariam uses a (wooden / small / beautiful) tray to serve fruit. (Reorder)
 - a) Mariam uses a small wooden beautiful tray to serve fruit.
 - b) Mariam uses a beautiful small wooden tray to serve fruit.
 - c) Mariam uses a wooden beautiful small tray to serve fruit.

III. WRITING (8 MARKS)

Write on the following topic: (Expository)

Plan and write a 6-sentence paragraph describing how students can maintain a balanced diet on busy school days. Discuss planning meals, preparing healthy snacks, and choosing suitable drinks.

OUTLINE (1 MARK)

INTRODUCTORY SENTENCE:

SUPPORTING IDEAS:

CONCLUDING SENTENCE:

WRITE YOUR PARAGRAPH HERE (7 MARKS)

[illegible]