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.

سارة إبراهيم

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**

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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