GRADE 10 QUIZZES

FIRST TERM

Prepared by: Mrs. Shahinaz Hassan

State of Kuwait
Ministry of Education
Al-Ahmadi Educational Area
School: Hadiya Secondary School for Girls

15

School Year: 2026/2027
First Semester
Grade 10 Quiz
Time: 40 Minutes

Name:	**Class: 10 /**

Quiz Total (15 Marks)

I. Vocabulary (4 Marks)

A. Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)
(fatigue / soak / affordable / nutritious / aroma)

1. Fresh fruit and vegetables are very …… because they provide essential vitamins for the body.

2. The delicious …… of baked cookies filled the kitchen as soon as we opened the oven door.

3. After playing football for three hours under the sun, the players began to feel extreme ……

4. The school canteen sells healthy lunches at a/an …… price so that every student can buy one.

II. Grammar (3 Marks)

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

5. My brother usually (visit) the gym after school to stay healthy. (Correct the verb)

a. My brother visited the gym after school to stay healthy.

b. My brother visits the gym after school to stay healthy.

c. My brother is visiting the gym after school to stay healthy.

6. The students are preparing healthy meals for the science fair now. (Form a question)

a. What the students are preparing for the science fair now?

b. What have the students prepared for the science fair now?

c. What are the students preparing for the science fair now?

7. My mother bought a …….. salad bowl for our dinner table. (Complete)

a. beautiful large wooden

b. beautiful wooden large

c. large wooden beautiful

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

(routinely / consume / nutritional /resist / filling)

1. Starting your day with a/an ……...… breakfast provides essential fuel to keep your energy high.

2. It is recommended to ……....… plenty of fresh water daily to keep your body hydrated.

3. Healthy adults should ……...… eat balanced meals to maintain their energy levels.

4. It is often very difficult to …… eating sweet treats when you are feeling hungry.

II. Grammar (3 Marks)

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

5. Shahd always eats fresh fruit before going to school in the morning. (Negative)

a. Shahd didn't eat fresh fruit before going to school in the morning.

b. Shahd doesn't eat fresh fruit before going to school in the morning.

c. Shahd isn't eating fresh fruit before going to school in the morning.

6. Listen! The chef (explain) how to make a wholesome soup to the students. (Correct)

a. Listen! The chef explains how to make a wholesome soup to the students.

b. Listen! The chef is explaining how to make a wholesome soup to the students.

c. Listen! The chef was explaining how to make a wholesome soup to the students.

7. The teacher gave us a …… meal plan to follow this week. (Complete)

a. useful new paper

b. paper new useful

c. new paper useful

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

(process / inactive / portion / sustainable / stimulate)

1. Eating a smaller …… of dessert helps in maintaining a healthy weight.

2. Watching television for long hours can make a person feel weak and …….

3. Good teachers know how to …… young minds through fun learning activities.

4. Using reusable water bottles is a …… habit that protects our environment.

II. Grammar (3 Marks)

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

5. Salma skips breakfast because she gets up late every day. (Form a question)

a. Why did Salma skip breakfast?

b. Why has Salma skipped breakfast?

c. Why does Salma skip breakfast?

6. At the moment, our teacher (assign) new group projects to the class. (Correct)

a. At the moment, our teacher assigns new group projects to the class.

b. At the moment, our teacher assigned new group projects to the class.

c. At the moment, our teacher is assigning new group projects to the class.

7. She loves wearing her …… jacket during winter walks. (Completes)

a. comfortable old leather

b. leather old comfortable

c. comfortable leather old

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

(effective / swap / Legume / notable /break down)

1. Students like to …… their snacks with friends during break time.

2. The scientist made a …… discovery that helped cure many sick children.

3. Drinking warm water with honey is a/an …… remedy for a sore throat.

4. A lentil is a type of …… that contains plenty of healthy plant proteins.

II. Grammar (3 Marks)

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

5. **Yousuf usually (walk) in the park near his house on Friday afternoons. (Correct)**

a. Yousuf usually walks in the park near his house on Friday afternoons.

b. Yousuf usually walked in the park near his house on Friday afternoons.

c. Yousuf is usually walking in the park near his house on Friday afternoons.

6. My friends are walking along the beach to enjoy the sunset. (Negative)

a. My friends don't walk along the beach to enjoy the sunset.

b. My friends aren't walking along the beach to enjoy the sunset.

c. My friends didn't walk along the beach to enjoy the sunset.

7. He served the food on a …… platter. (Complete)

a. silver round lovely

b. lovely round silver

c. lovely silver round

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

(soak / decade / nutrition / inflammation /wholesome)

1. Proper …… is necessary for growing children to build strong bones and muscles.

2. The doctor explained that resting the ankle reduces pain and …….

3. It is best to …… dried beans in water overnight before cooking them.

4. Our school celebrated a …… of success during its tenth anniversary celebration.

II. Grammar (3 Marks)

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

5. Ahmed often drinks a glass of fresh milk before sleeping at night. (Negative)

a. Ahmed doesn't drink a glass of fresh milk before sleeping at night.

b. Ahmed wasn't drinking a glass of fresh milk before sleeping at night.

c. Ahmed isn't drinking a glass of fresh milk before sleeping at night.

6. Be quiet! The baby (sleep) in the bedroom right now. (Correct)

a. Be quiet! The baby is sleeping in the bedroom right now.

b. Be quiet! The baby sleeps in the bedroom right now.

c. Be quiet! The baby slept in the bedroom right now.

7. The chef used a …… bowl to mix the salad ingredients. (Complete)

a. nice small ceramic

b. nice ceramic small

c. small ceramic nice

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

(malnutrition / involvement /attitude / filling / prioritise)

1. Parents' active …… in school activities helps children achieve higher grades.

2. Poor diets lacking essential vitamins can cause severe …… in young kids.

3. Oats and cereal make a very …… meal that keeps you full until lunchtime.

4. Students should always …… their studies and homework over playing video games.

II. Grammar (3 Marks)

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

5. Active students sometimes exercise in the morning before breakfast. (Question)

a. What do active students do in the morning before breakfast?

b. What are active students doing in the morning before breakfast?

c. What did active students do in the morning before breakfast?

6. Look at Rehab's lunch! She (not eat) unhealthy food anymore. (Correct)

a. Look at Rehab's lunch! She doesn't eat unhealthy food anymore.

b. Look at Rehab's lunch! She didn't eat unhealthy food anymore.

c. Look at Rehab's lunch! She isn't eating unhealthy food anymore.

7. My grandmother made a …… pie for dessert. (Complete)

a. delicious big apple

b. delicious apple big

c. big apple delicious

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

(personalised / preservatives / soak / overlook / biological)

1. Every child has unique …… needs that determine how fast they grow.

2. The dietitian gave me a/an …… meal plan tailored specifically to my sport goals.

3. Fresh fruits do not contain artificial chemical …… like canned food does.

4. Our teacher warned us not to …… small grammar mistakes in our writing.

II. Grammar (3 Marks)

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

5. The heart always regulates blood flow throughout the human body. (Question)

a. What does the heart do throughout the human body?

b. What did the heart do throughout the human body?

c. What is the heart doing throughout the human body?

6. Currently, the charitable organisation (offer) healthy meals for families. (Correct)

a. Currently, the charitable organisation offers healthy meals for families.

b. Currently, the charitable organisation is offering healthy meals for families.

c. Currently, the charitable organisation offered healthy meals for families.

7. We sat under a …… umbrella at the beach resort. (Complete)

a. giant yellow plastic

b. plastic giant yellow

c. yellow plastic giant

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

(assign / nutritional / subsidise / decade / wholesome)

1. Reading food labels helps consumers check the …… value of their snacks.

2. The government decided to …… fresh fruits to lower their prices for families.

3. Teachers usually …… daily homework to help students review their lessons.

4. My mother prepares homemade …… meals full of fresh and healthy ingredients.

II. Grammar (3 Marks)

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

5. Healthy people choose water instead of sugary fizzy drinks. (Question)

a. What do healthy people choose instead of sugary fizzy drinks?

b. What are healthy people choosing instead of sugary fizzy drinks?

c. What did healthy people choose instead of sugary fizzy drinks?

6. Currently, I (study) for my English exam to improve my grades. (Correct)

a. Currently, I was studying for my English exam to improve my grades.

b. Currently, I am studying for my English exam to improve my grades.

c. Currently, I have studied for my English exam to improve my grades.

7. She loves eating from her …… lunchbox at school every day. (Complete)

a. pretty small red

b. pretty red small

c. small red pretty

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(pledge / tempting /bestow / urge / hurdle)

1. It is very …… to buy fast food when you walk past a restaurant that smells good.

2. Lack of money can be a major …… when trying to start a community project.

3. All students signed a/an …… promising to eat more fruits and exercise regularly.

4. Doctors always …… young children to drink plenty of pure water daily.

II. Grammar (3 Marks)

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

5. Smart athletes ignore the importance of warming up before matches. (Negative)

a. Smart athletes don't ignore the importance of warming up before matches.

b. Smart athletes didn't ignore the importance of warming up before matches.

c. Smart athletes aren't ignoring the importance of warming up before matches.

6. Right now, the sports coach (encourage) all team members to do their best. (Correct)

a. Right now, the sports coach encourages all team members to do their best.

b. Right now, the sports coach is encouraging all team members to do their best.

c. Right now, the sports coach encouraged all team members to do their best.

7. They bought a …… dining table for their new house. (Complete)

a. beautiful long wooden

b. wooden long beautiful

c. long wooden beautiful

Mrs. Shahinaz Hassan

III. Writing

Write on the following topic: (Expository)

"O believers! Eat from the good thing We have provided for you. And give thanks to Allah if you truly worship Him alone."

Plan and write a paragraph of 6 sentences **explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.**

Outline (1 Mark)

Introductory sentence:

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Supporting ideas

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Concluding sentence:

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Write your paragraph here (7 Marks)

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III. Writing

Write on the following topic: (Expository)

"Many students underestimate the direct connection between what they eat and how they perform in the classroom, often rushing through meals while distracted by devices."

Plan and write a paragraph of 6 sentences **explaining the physical and academic benefits of mindful eating.**

Outline (1 Mark)

Introductory sentence:

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Supporting ideas

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Concluding sentence:

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Write your paragraph here (7 Marks)

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