Ministry of Education

Private Education

Al-Tamayouz Model School

Department of English

Grade 10

First Term 2026/2027

Work Sheet on Unit one

- Vocabulary
- Grammar
- Composition
- Key Answer



Vocabulary - Worksheet 1 المفردات – ورقة 1

A) Choose the correct answer from a, b, c and d:

1- Regular exercise helps the body ..... sleep, mood and energy levels.
a) soak b) regulate c) bestow d) stroll

2- The doctor warned the family about the danger of ..... in young children.
a) portion b) aroma c) malnutrition d) decade

3- Oatmeal is a ..... breakfast that keeps students full until lunchtime.
a) inactive b) filling c) biological d) tempting

4- The new nutrition programme is ..... producing excellent results.
a) routinely b) chemically c) indeed d) still

5- The charity plans to ..... healthy meals for families with low incomes.
a) subsidise b) overlook c) resist d) process

B) Fill in the spaces with words from the list:

consume – aroma – wholesome – routinely – prioritise – hurdle

1- Teenagers should not ..... too many sugary drinks each day.

2- Price is the main ..... for families who want fresh food.

3- The small bakery filled the street with a pleasant .....

4- Athletes ..... eat a balanced meal before training.

5- Schools must ..... students' health when they plan meals.

مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

Vocabulary - Worksheet 2 المفردات – ورقة 2

A) Choose the correct answer from a, b, c and d:

6- The parents' active ..... made the school campaign far more successful.
a) hurdle b) involvement c) legume d) aroma

7- The doctor prepared a ..... meal plan based on his patient's needs.
a) personalized b) inactive c) notable d) affordable

8- Children should learn to ..... advertisements for sugary snacks.
a) swap b) assign c) resist d) soak

9- Although the two products look the same, they are ..... different.
a) indeed b) chemically c) routinely d) still

10- Beans and peas are a cheap ..... that is full of protein.
a) legume b) decade c) attitude d) pledge

B) Fill in the spaces with words from the list:

stimulate – fatigue – swap – indeed – attitude – biological

6- A short walk can ..... the brain before a difficult lesson.

7- A lack of iron in the diet may cause severe ..... at school.

8- You can ..... a fizzy drink for water at break time.

9- A positive ..... towards vegetables usually starts at home.

10- Oatmeal is ..... one of the best breakfasts for students.

مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

A) Choose the correct answer from a, b, c and d:

11- Our science teacher asked us to ..... the advertisement into its main parts.
a) break down b) stroll c) bestow d) consume

12- The eating plan is practical, effective and ..... over many years.
a) tempting b) sustainable c) inactive d) biological

13- The whole kitchen was filled with the ..... of fresh bread.
a) pledge b) portion c) aroma d) fatigue

14- The teacher will ..... each student a role in the health week.
a) assign b) soak c) urge d) regulate

15- The restaurant offers nutritious meals at ..... prices for students.
a) notable b) filling c) affordable d) inactive

B) Fill in the spaces with words from the list:

soak – preservatives – notable – urge – nutrition – effective

11- You should ..... the beans overnight before you cook them.

12- Doctors ..... teenagers to sleep at least eight hours.

13- Some packaged foods contain ..... to keep them fresh longer.

14- Good ..... supports both growth and concentration.

15- There was a ..... change in the students' daily choices.

مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

Vocabulary - Worksheet 4 المفردات – ورقة 4

A) Choose the correct answer from a, b, c and d:

16- She ..... checks the label before she buys any new product.
a) still b) indeed c) chemically d) routinely

17- Eating too much processed food may cause ..... in different parts of the body.
a) inflammation b) organisation c) portion d) pledge

18- Factories ..... meat and fish so that they last much longer.
a) soak b) process c) stroll d) prioritise

19- Fresh fruit and vegetables are ..... choices for a growing body.
a) wholesome b) inactive c) tempting d) personalised

20- Eating habits have changed a great deal over the past ..... in Kuwait.
a) hurdle b) decade c) aroma d) legume

B) Fill in the spaces with words from the list:

bestow – inactive – portion – organisation – still – subsidise

16- An ..... lifestyle increases the risk of serious illness.

17- The committee will ..... an award on the healthiest class.

18- Careful ..... helps busy families prepare balanced meals.

19- Personalised nutrition is ..... a very new field of science.

20- A small ..... of nuts gives quick energy between lessons.

مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

Grammar - The Present Simple القواعد – المضارع البسيط

A) Choose the correct answer from a, b, c and d:

1- My father ..... coffee before work every single morning.
a) drink b) drinks c) is drinking d) drank

2- ..... your sister help you with your homework at weekends?
a) Do b) Is c) Does d) Are

3- They ..... fast food during the school week.
a) doesn't eat b) don't eat c) not eat d) aren't eat

4- The sun ..... in the east and sets in the west.
a) rise b) is rising c) rises d) rose

5- What time ..... the school canteen open every day?
a) do b) does c) is d) are

B) Do as shown between brackets, then choose from a, b and c:

1- Hessa (drink) enough water every day. **(Correct the verb)**
a- Hessa is drink enough water every day.
b- Hessa drinks enough water every day.
c- Hessa drinking enough water every day.

2- Ali prepares a healthy breakfast before school. **(Make negative)**
a- Ali don't prepare a healthy breakfast before school.
b- Ali doesn't prepares a healthy breakfast before school.
c- Ali doesn't prepare a healthy breakfast before school.

3- They walk to school every morning. **(Ask a question)**
a- Do they walk to school every morning?
b- Does they walk to school every morning?
c- Are they walk to school every morning?

4- My brother watches educational videos every evening. **(Use: never)**
a- My brother watches never educational videos every evening.
b- My brother never watches educational videos every evening.
c- My brother never watch educational videos every evening.

5- We eat vegetables with our lunch every day. **(Use: She)**
a- She eat vegetables with her lunch every day.
b- She is eat vegetables with her lunch every day.
c- She eats vegetables with her lunch every day

مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

Grammar - Adverbs of Frequency القواعد – كلمات التكرار

A) Choose the correct answer from a, b, c and d:

6- My mother ..... skips breakfast; she eats it every day.
a) always b) never c) often d) usually

7- Sara is ..... tired because she sleeps very well at night.
a) always b) hardly ever c) usually d) often

8- Which sentence is correct?
a) He always is active. b) He is always active. c) Always he is active.
d) He is active always.

9- We ..... visit our grandparents - about twice a month.
a) never b) sometimes c) always d) hardly ever

10- They ..... eat fruit after lunch; it is their daily habit.
a) rarely b) never c) always d) hardly ever

B) Do as shown between brackets, then choose from a, b and c:

6- Fahad eats a filling breakfast before school. **(Use: usually)**
a- Fahad usually eats a filling breakfast before school.
b- Fahad eats usually a filling breakfast before school.
c- Fahad usually eat a filling breakfast before school.

7- She is late for the first lesson. **(Use: never)**
a- She never is late for the first lesson.
b- She doesn't never late for the first lesson.
c- She is never late for the first lesson.

8- I drink water in the morning. **(Use: always)**
a- I drink always water in the morning.
b- I always drink water in the morning.
c- I am always drink water in the morning.

9- They often play football after school. **(Make negative)**
a- They doesn't often play football after school.
b- They don't often plays football after school.
c- They don't often play football after school.

10- He hardly ever eats sweets. **(Ask a question)**
a- Does he hardly ever eat sweets?
b- Do he hardly ever eats sweets?
c- Is he hardly ever eat sweets?

Grammar - The Present Continuous القواعد – المضارع المستمر

A) Choose the correct answer from a, b, c and d:

11- Look! The chef ..... a healthy meal for the students.
a) prepares b) is preparing c) prepare d) prepared

12- We ..... our teacher tomorrow afternoon; it is arranged.
a) meet b) met c) are meeting d) meets

13- I ..... my lunch at the moment, so I can't answer the phone.
a) eat b) am eating c) eats d) ate

14- ..... they studying for the science test now?
a) Do b) Does c) Are d) Is

15- The correct -ing form of the verb 'swim' is:
a) swiming b) swimming c) swimed d) swims

B) Do as shown between brackets, then choose from a, b and c:

11- The students are having lunch in the canteen now. **(Make negative)**
a- The students are not having lunch in the canteen now.
b- The students do not having lunch in the canteen now.
c- The students is not having lunch in the canteen now.

12- Sara is drinking water at the moment. **(Ask a question)**
a- Does Sara drinking water at the moment?
b- Is Sara drinking water at the moment?
c- Is Sara drink water at the moment?

13- The team (train) at the club now. **(Correct the verb)**
a- The team trains at the club now.
b- The team train at the club now.
c- The team is training at the club now.

14- He is watching a documentary about nutrition now.(Change into the short form)
a- He is not watching a documentary about nutrition now.
b- He's watching a documentary about nutrition now.
c- He watching a documentary about nutrition now.

15- We arranged to visit the clinic tomorrow morning.(Use: present continuous)
a- We are visiting the clinic tomorrow morning.
b- We visit the clinic tomorrow morning.
c- We visited the clinic tomorrow morning.

مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

Grammar - The Order of Adjectives القواعد – ترتيب الصفات

A) Choose the correct answer from a, b, c and d:

16- She bought a ..... plate for the kitchen. (round / white / plastic)

a) round white plastic b) plastic round white

c) white plastic round d) round plastic white

17- He wore a ..... shirt to the school trip. (cotton / new / blue)

a) blue new cotton b) new blue cotton

c) cotton new blue d) blue cotton new

18- They live in a ..... house near the sea. (modern / large / white)

a) white large modern b) modern white large

c) large modern white d) modern large white

19- My mother bought a ..... table for the balcony. (wooden / small / round)

a) small round wooden b) round wooden small

c) wooden small round d) small wooden round

20- She carries a ..... bag to work. (leather / lovely / black)

a) black lovely leather b) leather lovely black

c) black leather lovely d) lovely black leather

B) Do as shown between brackets, then choose from a, b and c:

16- She bought a plate for the kitchen. **(Add: round / white / plastic)**

a- She bought a plastic round white plate for the kitchen.

b- She bought a round white plastic plate for the kitchen.

c- She bought a white plastic round plate for the kitchen.

17- He wore a shirt to the school trip. **(Add: cotton / new / blue)**

a- He wore a new blue cotton shirt to the school trip.

b- He wore a cotton new blue shirt to the school trip.

c- He wore a blue cotton new shirt to the school trip.

18- They live in a house near the sea. **(Add: modern / large / white)**

a- They live in a modern white large house near the sea.

b- They live in a white large modern house near the sea.

c- They live in a large modern white house near the sea.

19- My mother bought a table for the balcony. **(Add: wooden / small / round)**

a- My mother bought a wooden small round table for the balcony.

b- My mother bought a small round wooden table for the balcony.

c- My mother bought a round small wooden table for the balcony.

Writing	التعبير

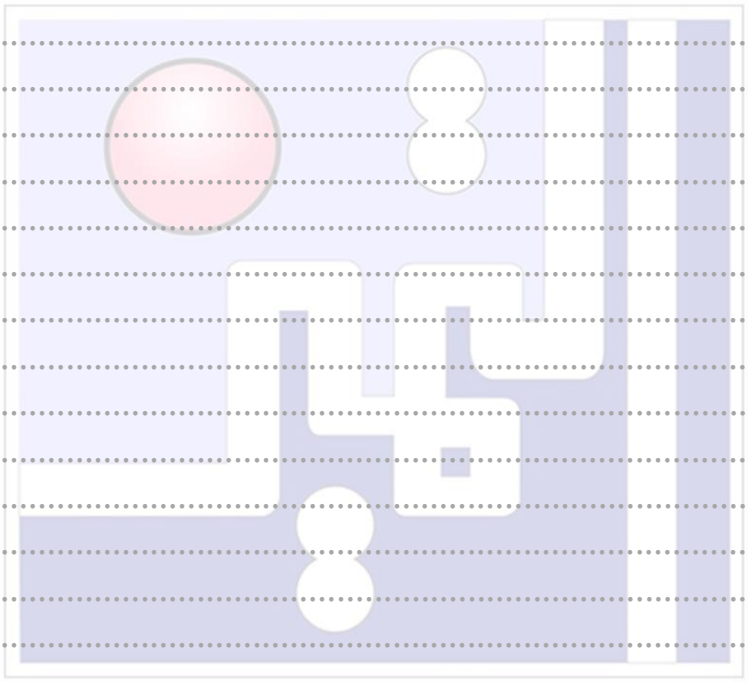
The Benefits of Healthy Eating for Students فوائد الأكل الصحي للطلاب

Writing Prompt: Plan and write an expository essay of no fewer than 12 sentences (120-140 words) explaining how healthy eating helps the body and improves school performance.

Part	Your Ideas
I. INTRODUCTION	....
II. BODY PARAGRAPH 1	....
III. BODY PARAGRAPH 2	....
IV. CONCLUSION	....

مدرسة التميز النموذجية بين (ابتدائي - متوسط - ثانوي)

Write your topic here اكتب موضوعك هنا



مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)

Writing	التعبير

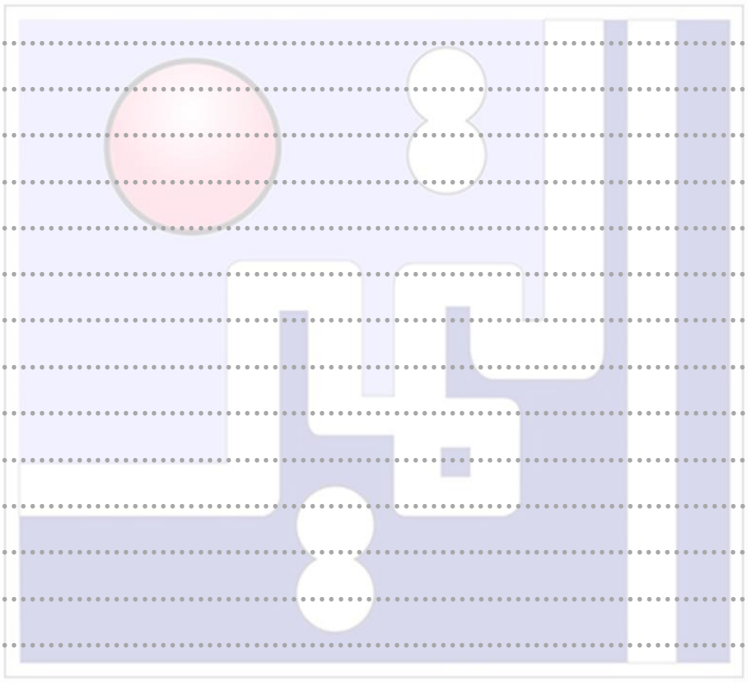
How Schools Can Help Students Eat Better كيف تساعد المدارس الطلاب على الأكل الصحي

Writing Prompt: Plan and write an expository essay of no fewer than 12 sentences (120-140 words) explaining what schools can do to encourage healthier eating habits.

Part	Your Ideas
I. INTRODUCTION	....
II. BODY PARAGRAPH 1	....
III. BODY PARAGRAPH 2	....
IV. CONCLUSION	....

مدرسة التميز النموذجية بين (ابتدائي - متوسط - ثانوي)

Write your topic here اكتب موضوعك هنا



مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)

Answer Key	نموذج الإجابة

Vocabulary - Choose the correct answer

1. b) regulate	**2.** c) malnutrition	**3.** b) filling
4. c) indeed	**5.** a) subsidise	**6.** b) involvement
7. a) personalised	**8.** c) resist	**9.** b) chemically
10. a) legume	**11.** a) break down	**12.** b) sustainable
13. c) aroma	**14.** a) assign	**15.** c) affordable
16. d) routinely	**17.** a) inflammation	**18.** b) process
19. a) wholesome	**20.** b) decade	

Vocabulary - Fill in the spaces

1. consume	**2.** hurdle	**3.** aroma	**4.** routinely	**5.** prioritise
6. stimulate	**7.** fatigue	**8.** swap	**9.** attitude	**10.** indeed
11. soak	**12.** urge	**13.** preservatives	**14.** nutrition	**15.** notable
16. inactive	**17.** bestow	**18.** organisation	**19.** still	**20.** portion

مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)

Grammar - The Present Simple (A) Choose

1. b) drinks	**2.** c) Does	**3.** b) don't eat
4. c) rises	**5.** b) does	

Grammar - The Present Simple (B) Do as shown

1. b	**2.** c	**3.** a	**4.** b	**5.** c

Grammar - Adverbs of Frequency (A) Choose

6. b) never	**7.** b) hardly ever	**8.** b) He is always active.
9. b) sometimes	**10.** c) always	

Grammar - Adverbs of Frequency (B) Do as shown

6. a	**7.** c	**8.** b	**9.** c	**10.** a

Grammar - The Present Continuous (A) Choose

11. b) is preparing	**12.** c) are meeting	**13.** b) am eating
14. c) Are	**15.** b) swimming	

Grammar - The Present Continuous (B) Do as shown

11. a	**12.** b	**13.** c	**14.** b	**15.** a

Grammar - The Order of Adjectives (A) Choose

16. a) round white plastic	**17.** b) new blue cotton	**18.** c) large modern white
19. a) small round wooden	**20.** d) lovely black leather	

Grammar - The Order of Adjectives (B) Do as shown

16. b	**17.** a	**18.** c	**19.** b	**20.** a

مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)

Answer Key - Writing	نموذج الإجابة – التعبير

The Benefits of Healthy Eating for Students فوائد الأكل الصحي للطلاب

Outline المخطط

Part	Ideas
I. INTRODUCTION	- Hook: healthy eating is a key habit for every student. - Definition: choosing nutritious food and sensible portions. - Thesis: it helps the body and improves school performance.
II. BODY PARAGRAPH 1	- Topic sentence: healthy eating has a great effect on the body. - Supporting detail 1: balanced meals give steady energy all day. - Supporting detail 2: nutritious food supports growth and immunity. - Supporting detail 3: eating slowly reduces overeating and fatigue.
III. BODY PARAGRAPH 2	- Topic sentence: it also improves academic performance. - Supporting detail 1: a good breakfast improves concentration. - Supporting detail 2: water keeps the brain active and clear. - Supporting detail 3: steady energy increases participation.
IV. CONCLUSION	- Restate: healthy eating benefits the body and the mind. - Recommendation: prioritise wholesome, affordable food daily.

Model Essay الموضوع

■ Introduction ■ Topic Sentence ■ Supporting Detail ■ Linking Word ■ Conclusion

Healthy eating is one of the most important habits for every student. It means choosing nutritious food and sensible portions instead of tempting snacks. Such habits improve both our health and our results at school.

Firstly, healthy eating has a great effect on the body. Balanced meals give us steady energy throughout the whole day. **In addition,** nutritious food supports growth and strengthens the immune system. **Moreover,** eating slowly helps students avoid large portions and reduces fatigue.

Secondly, healthy eating improves academic performance. A good breakfast helps students concentrate during the first lessons. **Furthermore,** drinking enough water keeps the brain active and the mind clear. **As a result,** students take part more and finish their work effectively.

In conclusion, healthy eating benefits both the body and the mind. **Therefore,** every student should prioritise wholesome, affordable food every day.

How Schools Can Help Students Eat Better كيف تساعد المدارس الطلاب على الأكل الصحي

مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)

Part	Ideas
I. INTRODUCTION	- Hook: schools protect students' health every day. - Definition: they teach habits and offer better choices. - Thesis: a healthy school builds a healthy generation.
II. BODY PARAGRAPH 1	- Topic sentence: schools can improve the food they offer. - Supporting detail 1: nutritious meals at affordable prices. - Supporting detail 2: fruit and water replace fizzy drinks. - Supporting detail 3: students share in planning the menu.
III. BODY PARAGRAPH 2	- Topic sentence: education and activity are equally important. - Supporting detail 1: lessons explain the nutritional value of food. - Supporting detail 2: daily sport keeps students active, not inactive. - Supporting detail 3: parents' involvement makes the plan effective.
IV. CONCLUSION	- Restate: food, education and exercise change habits. - Recommendation: simple steps create a sustainable routine.

Outlineالمخطط

Model Essayالموضوع

■ Introduction ■ Topic Sentence ■ Supporting Detail ■ Linking Word ■ Conclusion

Schools play a great role in protecting students' health. They can teach useful habits and offer better food choices every day. A healthy school helps to build a healthy generation.

To begin with, schools can improve the food they offer. The canteen can sell nutritious meals at affordable prices. **In addition,** fresh fruit and water can replace fizzy drinks and heavy snacks. **Moreover,** involving students in planning the weekly menu makes them feel respected.

Secondly, education and daily activity are equally important. Lessons and campaigns can explain the nutritional value of different foods. **Furthermore,** regular sport keeps students active instead of inactive. **Also,** parents' involvement makes any programme far more effective.

In conclusion, schools can change habits through food, education and exercise. **Therefore,** simple, realistic steps can become a sustainable routine.

مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)

عندما يكون تعليم أبنائكم
اهتمامكم الأول في الحياة

مدرسة التميز النموذجية
ابتدائي - متوسط - ثانوي

قنواتنا على تليجرام

الصف الأول

الصف الثاني

الصف الثالث

الصف الرابع

الصف الخامس

الصف السادس

الصف السابع

الصف الثامن

الصف التاسع

الصف العاشر

صف ١١ علمي

صف ١١ أدبي

صف ١٢ علمي

صف ١٢ أدبي