اللغة الانجليزية

الصف العاشر

مراجعة الاختبار القصير

الفصل الدراسي الأول

العام الدراسي 2027/2026

المذكرة خدمة تطوعية لمن يحتاجها وليست للبيع

إعداد:

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UNIT 1

The Science of Nutrition
عِلم التغذية

الكلمات المقررة في الاختبار القصير

Lesson: 2

1-	bestow	v	يمنح-يهب	**6-**	attitude	n	موقف-توجه
2-	nutrition	n	غذاء - تغذية	**7-**	stimulate	v	يحفز-يشجع
3-	urge	v	يحث-يشجع	**8-**	consume	v	يستهلك
4-	routinely	adv	بشكل روتيني-بشكل اعتيادي	**9-**	notable	adj	ملحوظ - بارز
5-	inactive	adj	غير نشيط -قليل النشاط	**10-**	involvement	n	مشاركة-انخراط

Lesson: 7

11-	malnutrition	n	سوء تغذية	**16-**	process	v	يعالج (شيء ما-مادة)
12-	effective	adj	فعال-مؤثر	**17-**	fatigue	n	تعب شديد -ارهاق
13-	personalised	adj	مخصص-شخصي	**18-**	inflammation	n	التهاب
14-	biological	adj	بيولوجي-حيوي	**19-**	regulate	v	ينظم-يضبط
15-	chemically	adv	كيميائيا	**20-**	still	adv	لا يزال

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أفكار وجمل مساعدة لكتابة التعبير

The School Canteen
كافتيريا المدرسة

1- The benefits of the healthy food in the school canteen

فوائد الطعام الصحي في مقصف المدرسة

The school canteen offers many healthy food options.
مقصف المدرسة يقدم العديد من الخيارات الغذائية الصحية.

1-These foods are good for students' health.	1-هذه الأطعمة مفيدة لصحة الطلاب.
2-They give students important nutrients.	2- تعطي الطلاب عناصر غذائية التي مهمة.
3-Healthy food also gives students energy.	3-كما أن الطعام الصحي يمنح الطلاب الطاقة.
4-Healthy food helps students stay active.	4-يساعد الطعام الصحي الطلاب على البقاء نشيطين.
5-Healthy food has important vitamins.	5-يحتوي الطعام الصحي على فيتامينات مهمة.

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2- Suggesting further alternative options
اقتراح خيارات بديلة أخرى

- The school canteen can offer more options.
يمكن لمقصف المدرسة أن يقدم المزيد من الخيارات.

1- The canteen can sell more fresh fruit.	1-يمكن للمقصف بيع المزيد من الفواكه الطازجة.
2- It can offer fresh fruit juice.	2-يمكنه تقديم عصير الفواكه الطازج.
3-The canteen can offer boiled eggs.	يمكن للمقصف تقديم البيض المسلوق.
4- It can sell grilled chicken sandwiches.	يمكنه بيع شطائر الدجاج المشوي.
5- The canteen can offer fresh milk.	يمكن للمقصف تقديم الحليب الطازج.

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Mindful Eating
تناول الطعام بوعي

1- The physical benefits of mindful eating

الفوائد الجسدية لتناول الطعام بوعي.

There are many physical benefits of mindful eating.
هناك العديد من الفوائد الجسدية لتناول الطعام بوعي.

1-Eating healthy food mindfully gives us energy.	1-تناول الطعام الصحي بوعي يمنحنا الطاقة.
2-Fruits and vegetables provide important vitamins.	2-الفواكه والخضروات توفر الفيتامينات المهمة.
3-Protein helps our muscles grow.	3-البروتين يساعد عضلاتنا على النمو.
4-Drinking water keeps our bodies hydrated	4-شرب الماء يحافظ على رطوبة أجسامنا.
5-Eating slowly helps us digest food.	5-تناول الطعام ببطء يساعدنا على هضم الطعام.

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2- The academic benefits of mindful eating

الفوائد الأكاديمية لتناول الطعام بوعي.

There are many academic benefits of mindful eating.
هناك العديد من الفوائد الأكاديمية لتناول الطعام بوعي.

1- Healthy food gives our brains energy.	1-الطعام الصحي يمنح عقولنا طاقة.
2- Good food helps us concentrate in class.	2-الطعام الجيد يساعدنا على التركيز في الصف.
3-Eating breakfast can improve our focus.	3-تناول وجبة الإفطار يمكن أن يحسن تركيزنا.
4- Water helps us stay alert during lessons.	4-الماء يساعدنا على البقاء يقظين أثناء الدروس.
5- Healthy eating helps us get better school results.	5-تناول الطعام الصحي يمكن أن يساعدنا في الحصول على نتائج مدرسية أفضل.

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REMEDIAL EXERCISES

VOCABULARY

Fill in the spaces with the suitable words from the list:

(bestow / nutrition / urge / routinely / inactive)

1- The foundation aims to ……. financial support upon students in need.

2- Hospitals ……. examine patients and monitor their medical conditions.

3- Police officers ……drivers to obey traffic laws and avoid dangerous behavior.

4- People who lead a/an ……. lifestyle may face various health problems.

Fill in the spaces with the suitable words from the list:

(attitude / stimulate / consume / notable / involvement)

1- There has been a/an ……. improvement in the students' performance.

2- Children who ……. too much sugar may develop unhealthy eating habits.

3- Her negative ……. made it difficult for her to adapt to the new system.

4- Teachers should use creative activities to ……. students' interest in learning.

Fill in the spaces with the suitable words from the list:

(malnutrition / effective / personalised / biological / chemically)

1- Regular exercise is a/an ……. way to maintain good physical health.

2- The researchers analyzed the substance ……. to determine its composition.

3- Children who suffer from ……. may have weaker immune systems.

4- Doctors can develop ……treatment plans based on a patient's individual needs.

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Fill in the spaces with the suitable words from the list:

(process / fatigue / inflammation / regulate / still)

1- The athlete experienced muscle ……. after the intense training session.

2- Factories ……large quantities of raw materials into finished products every day.

3- A diet rich in fiber can help ……digestion and maintain a healthy digestive system.

4- The treatment was designed to reduce ……. and relieve discomfort.

Fill in the spaces with the suitable words from the list:

(nutrition / involvement/ biological / still/ inactive)

1- They are ……working on the project because they have several important tasks.

2- The teacher encouraged students to increase their …….in classroom activities.

3- Children need good ……to grow properly, stay active, and develop strong bones.

4- Genetics plays an important role in determining many ……. characteristics.

Fill in the spaces with the suitable words from the list:

(urge / notable/ effective / fatigue/ consume)

1- Working under pressure for several weeks can lead to physical and mental …….

2- The researcher made a/an ……. contribution to the field of medicine.

3- People who ……. too much processed food may not get enough vitamins.

4- The teacher used a/an ……. method to help students understand the lesson.

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GRAMMAR

Present Simple --- المضارع البسيط

Key words الكلمات الدالة	Form الصيغة	Use الاستخدام
- always - usually - sometimes – often - every - never	I We You + **فعل مصدر** They أو اسم جمع ---------- He She It + **فعل مضاف له s أو es** أو اسم مفرد	1-للحديث عن العادات والأعمال المتكررة 2- للحديث عن الحقائق العامة

Negative
النفي

- إذا كان الفعل مصدر نستخدم **(don't)** دون أي تغييرفي الفعل.
- إذا كان الفعل ينتهي ب **s** أو **es** نستخدم **(doesn't)** ونحذف **s** أو **es** من الفعل

أمثلة

1-They **work** hard.
-They don't work hard.
2-He **drinks** coffee every morning.
-He doesn't drink coffee every morning.

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Forming Questions
تكوين السؤال

- اذا كان الفعل مصدر نستخدم **(do)** دون أي تغيير الفعل.
- إذا كان الفعل ينتهي ب **s** أو **es** نستخدم **(does)** ونحذف **s** أو **es** من الفعل

أمثلة

1-They go to school by car.
How do they go to school ?
2-He lives in London.
Does he live?

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From a, b, and c, choose the correct answer as required:

1-Sara (**go**) to school by bus every day. **(Correct the verb)**
a- Sara go to school by bus every day.
b- Sara goes to school by bus every day.
c- Sara going to school by bus every day.

2-My father usually (**drink**) coffee in the morning. **(Correct the verb)**
a- My father usually drinks coffee in the morning.
b- My father usually drink coffee in the morning.
c- My father is usually drinking coffee in the morning.

3-They often (**play**) football after school. **(Correct the verb)**
a- They often plays football after school.
b- They often playing football after school.
c- They often play football after school.

4-Ali never (**eat**) fast food. **(Correct the verb)**
a- Ali never eat fast food.
b- Ali never eats fast food.
c- Ali never eating fast food.

5-We sometimes (**watch**) movies at the weekend. **(Correct the verb)**
a- We sometimes watch movies at the weekend.
b- We sometimes watches movies at the weekend.
c- We sometimes watching movies at the weekend.

6-My sister always (**help**) my mother at home. **(Correct the verb)**
a- My sister always help my mother at home.
b- My sister always helping my mother at home.
c- My sister always helps my mother at home.

7-My parents usually (**get up**) late. **(Correct the verb)**
a - My parents usually gets up late.
b- My parents usually get up late.
c- My parents usually getting up late.

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8-I never (**be**) late for school. **(Correct the verb)**
a- I am never late for school.
b- I never are late for school.
c- I never be late for school.

9-Omar always (**be**) helpful and friendly. **(Correct the verb)**
a- Omar am always helpful and friendly.
b- Omar are always helpful and friendly.
c- Omar is always helpful and friendly.

10-The boys sometimes (**be**) busy. **(Correct the verb)**
a- The boys am sometimes busy.
b- The boys are sometimes busy.
c- The boys is sometimes busy.

11-My brother usually play football after school. **(Make negative)**
a- My brother don't usually play football after school.
b- My brother doesn't usually plays football after school.
c- My brother doesn't usually play football after school.

12-We often (not eat) at restaurants. **(Make negative)**
a- We don't often eat at restaurants.
b- We doesn't often eat at restaurants.
c- We don't often eats at restaurants.

13- I often visit my grandparents on Fridays. **(Make a question)**
a- Does you often visit your grandparents on Fridays?
b- Do you often visit your grandparents on Fridays?
c- Have you often visit your grandparents on Fridays?

14- She usually studies in the evening. **(Make a question)**
a- Does she usually study in the evening?
b- Does she usually studies in the evening?
c- Do she usually study in the evening?

ظروف التكرار --- Adverbs of Frequency

-تستخدم ظروف التكرار مع المضارع البسيط للتعبير عن مدى تكرار حدوث شيء ما

always	usually	sometimes	often	never	hardly ever
دائما	عادةً	أحيانا	غالبا	أبدا	نادرا جدا

مكان ظرف التكرار في الجملة:

1-مع الأفعال العادية يأتي ظرف التكرار بين الفاعل والفعل

2-مع أفعال الكون:(**am / is / are**) يأتي ظرف التكرار بعد فعل الكون مباشرةً

From a, b, and c, choose the correct answer as required:

1-I drink coffee in the morning. **(Use an adverb of frequency)**
a- I drink never coffee in the morning.
b- I never drink coffee in the morning.
c- I drink coffee in the morning never.

2-Ali does his homework after dinner. **(Use an adverb of frequency)**
a- Ali does his homework after dinner always.
b- Ali does always his homework after dinner.
c- Ali always does his homework after dinner.

3-I am confused. **(Use an adverb of frequency)**
a- I am sometimes confused.
b- I sometimes am confused.
c- I am confused sometimes.

4-She is friendly. **(Use an adverb of frequency)**
a- She always is friendly.
b- She is friendly always.
c- She is always friendly.

5-The children are quiet. **(Use an adverb of frequency)**
a- The children usually are quiet.
b- The children are usually quiet.
c- The children are quiet usually.

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المضارع المستمر---Present Continuous

Key words الكلمات الدالة	Form الصيغة	Use الاستخدام
- now - look - listen - still - at present - at the moment	I + **am** + **فعل** + **ing** --- He She It + **is** + **فعل** + **ing** أو اسم مفرد --- We You + **are** + فعل + **ing** They أو اسم جمع	1-للحديث عن الأعمال المستمرة أثناء الحديث

Negative
النفي

- ينفى المضارع المستمر بإضافة **(not)** بعد **(are-is-am)**

1- He is drinking coffee at the moment.
- He **is not** drinking coffee at the moment.
2-They are playing football.
- They **are not** playing football.

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Forming Questions
تكوين السؤال

- لتكوين السؤال نعكس بين فعل الكون والفاعل

أمثلة

1-The boys are playing in the garden.
Where are the boys playing?

2-Khalid is writing a letter.
Is Khalid writing a letter?

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From a, b, and c, choose the correct answer as required:

1-My sister **(write)** a letter to her friend right now. **(correct the verb)**
a- My sister is writing a letter to her friend right now.
b- My sister writes a letter to her friend right now.
c- My sister was writing a letter to her friend right now.

2-Listen! Someone **(play)** the piano. **(correct the verb)**
a- Listen! Someone plays the piano.
b- Listen! Someone are playing the piano.
c- Listen! Someone is playing the piano.

3-The students (**wait**) for their teacher at the moment. **(correct the verb)**
a- The students are waiting for their teacher at the moment.
b- The students waiting for their teacher at the moment.
c- The students were waiting for their teacher at the moment.

4-What is your brother **(do)** now? **(correct the verb)**
a- What is your brother does now?
b- What is your brother doing now?
c- What is your brother did now?

5-They are eating dinner at the moment. **(Make negative)**
a- They aren't eating dinner at the moment.
b- They don't eating dinner at the moment.
c- They not eating dinner at the moment.

6-She is playing with her younger brother now. **(Make negative)**
a- She doesn't playing with her younger brother now.
b- She not playing with her younger brother now.
c- She isn't playing with her younger brother now.

7- The boys are wearing their school uniforms today. **(Ask question)**
a- Is the boys wearing their school uniforms today?
b- Are the boys wearing their school uniforms today?
c- Do the boys wear their school uniforms today?

8- Ali is driving to work now. **(Ask question)**
a- Is Ali driving to work now?
b- Does Ali drive to work now?
c- Is Ali drive to work now?

Order of Adjectives
ترتيب الصفات

ـعندما يكون هناك أكثر من صفة مع الاسم فيجب استخدام تلك الصفات حسب الترتيب التالي:

1-	**Opinion**	الرأي	wonderful-nice-beautiful-attractive
2-	**Size**	الحجم	small-medium-big-huge
3-	**Age**	العمر	old-young
4-	**Shape**	الشكل	fat-round-square-oval
5-	**Colour**	اللون	black-white-green
6-	**Origin**	الأصل-المنشأ	Kuwaiti-American-Japanese
7-	**Material**	مادة الصنع	woolen-wooden-plastic-metal
8-	**Purpose**	الغرض-الاستخدام	dining-gardening-sleeping-cooking

From a, b, and c, choose the correct answer as required:

1-She has bought a **(wooden/ beautiful/blue)** vase. **(Reorder the adjectives)**
a- She has bought a beautiful blue wooden vase.
b- She has bought a beautiful wooden blue vase.
c- She has bought a blue beautiful wooden vase.

2-The pharmacy is beside the (**grey / round / small**) building. **(Reorder the adjectives)**
a- The pharmacy is beside the grey small round building.
b- The pharmacy is beside the round small grey building.
c- The pharmacy is beside the small round grey building.

3- They live in a (**modern / large / Kuwaiti**) house. **(Reorder the adjectives)**
a- They live in a Kuwaiti large modern house.
b- They live in a large modern Kuwaiti house.
c- They live in a modern large Kuwaiti house.

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4- Sara has a (**red / lovely / little**) bag. **(Reorder the adjectives)**
a- Sara has a red lovely little bag.
b- Sara has a little lovely red bag.
c- Sara has a lovely little red bag.

5- We saw a (**round / old / beautiful**) table. **(Reorder the adjectives)**
a- We saw a beautiful old round table.
b- We saw a round beautiful old table.
c- We saw an old round beautiful table.

6- My father bought a (**Japanese / racing / black**) car. **(Reorder the adjectives)**
a- My father bought a Japanese black racing car.
b -My father bought a black Japanese racing car.
c- My father bought a racing black Japanese car.

7-We need a (**dining / round / large**) table. **(Reorder the adjectives)**
a- We need a dining large round table.
b.- We need a round large dining table.
c- We need a large round dining table.

8- I bought a (**large / wonderful / Japanese**) car last month.
a- I bought a Japanese wonderful large car last month.
b- I bought a wonderful large Japanese car last month.
c- I bought a large wonderful Japanese car last month.

9- She is wearing a **(cotton / large / red)** shirt.
a- She is wearing a large red cotton shirt.
b- She is wearing a cotton large red shirt.
c- She is wearing a large cotton red shirt.

10-She has a **(beautiful / leather / small)** bag.
a- She has a leather beautiful small bag.
b- She has a small leather beautiful bag.
c- She has a beautiful small leather bag.

WRITING

Write on the following topic:

"The canteen: the heart of every school break."

Plan and write a paragraph of **(6)** sentences showing the benefits of the healthy food in the school canteen.

Outline

I-Introductory sentence:

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II-Supporting details:

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III-Concluding sentence:

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Write your paragraph here

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WRITING

Write on the following topic:

"The school canteen is a place for healthy choices."

Plan and write a paragraph of **(6)** sentences suggesting further alternative options to make the food in the school canteen better for the students.

Outline

I-Introductory sentence:

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II-Supporting details:

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III-Concluding sentence:

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Write your paragraph here

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WRITING

Write on the following topic:

"Eat with your mind, not just your appetite."

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

Outline

I-Introductory sentence:

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II-Supporting details:

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III-Concluding sentence:

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Write your paragraph here

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WRITING

Write on the following topic:

"Healthy food helps us learn better."

Plan and write a paragraph of **(6)** sentences showing the academic benefits of mindful eating.

Outline

I-Introductory sentence:

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II-Supporting details:

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III-Concluding sentence:

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Write your paragraph here

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نموذج اختبار قصير (1)

First Period Quiz (15 Marks)

I- VOCABULARY (4 Marks)

A-Fill in the spaces with the suitable words from the list:(4x1=4 marks)

(notable / stimulate / biological / regulate / inactive)

1- Drinking enough water helps **regulate** our temperature and keeps us fresh.

2- The school canteen has made a/an **notable** change by offering more healthy meals.

3- Reading interesting books can **stimulate** the mind and improve our imagination.

4- Instead of staying **inactive**, students can walk, play sports, or do simple exercises.

II - GRAMMAR (3 Marks)

B- From a, b and c choose the right answer as required: (3x1=3)

5- Listen! Some people (**shout**) outside. **(correct the verb)**

a- Listen! Some people are shouting outside.
b- Listen! Some people shouting outside.
c- Listen! Some people is shouting outside.

6- Omar usually watches TV in the morning. **(Make negative)**

a- Omar doesn't usually watches TV in the morning.
b- Omar doesn't usually watch TV in the morning.
c- Omar don't usually watch TV in the morning.

7- We visited a **(old / small / Spanish)** village. **(Reorder the adjectives)**

a- We visited a Spanish small old village.
b- We visited a small old Spanish village.
c- We visited a small Spanish old village.

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III- WRITING

Write on the following topic:

"Healthy food should always be our first choice."

Plan and write a paragraph of **(6)** sentences about the importance of healthy food for our bodies.

Outline

I-Introductory sentence:

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II-Supporting details:

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III-Concluding sentence:

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Write your paragraph here

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نموذج اختبار قصير (2)

First Period Quiz (15 Marks)

I- VOCABULARY (4 Marks)

A-Fill in the spaces with the suitable words from the list:(4x1=4 marks)

(fatigue / personalised / attitude / biological / involvement)

1- The teacher gave me a **personalised** study plan to help me improve my grades.

2- Student **involvement** in school activities can improve their confidence.

3- Hard work can cause **fatigue**, so it is important to get enough rest and sleep well.

4- A/An **positive** attitude can help us stay calm, and think clearly when we have problems.

II - GRAMMAR (3 Marks)

B- From a, b and c choose the right answer as required: (3x1=3)

5- She bought a (**silk / lovely / red**) scarf. **(Reorder the adjectives)**
a- She bought a lovely red silk scarf.
b- She bought a red lovely silk scarf.
c- She bought a silk red lovely scarf.

6- The girls are cleaning their rooms now. **(Ask question)**
a- Do the girls cleaning their rooms now?
b- Is the girls cleaning their rooms now?
c- Are the girls cleaning their rooms now?

7- My mother usually (**cook**) dinner at six o'clock. **(Correct the verb)**
a- My mother usually cook dinner at six o'clock.
b- My mother usually cooks dinner at six o'clock.
c- My mother usually cooking dinner at six o'clock.

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III- WRITING

Write on the following topic:

"Good food, clear mind, better learning."

Plan and write a paragraph of **(6)** sentences about the importance of healthy food for our minds.

Outline

I-Introductory sentence:

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II-Supporting details:

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III-Concluding sentence:

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Write your paragraph here

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