

Grade 10

كلمات الصف العاشر - المنهج الجديد

الفصل الدراسي الأول - 2026-2027

New Words
New Skills
Brighter Future

Learn Today
Build Tomorrow

KNOWLEDGE

SKILLS

OPPORTUNITY

SUCCESS

Unit 1

The Science of Nutrition

علم التغذية



Healthy Choices,
Healthier Futures

اختيارات صحية ... لمستقبل أكثر صحة

Unit 2

Choices & Change

الخيارات والتغيير



Small Choices
Make a Big Difference

خيارات صغيرة ... تصنع فرقاً كبيراً

Unit 3

Exploring Heritage

استكشاف التراث



Our Heritage ... Our Identity

تراثنا ... هويتنا

Unit 4

Citizenship

المواطنة



Responsible Today ...
Stronger Tomorrow

مسؤولون اليوم ... لمستقبل أقوى

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Same Vision
Stronger Generation

Food Log Reflection

	nutritious (adj)	مُغذي
	pledge (n)	تعهد
	portion (n)	حصة
	resist (v)	يُقاوم
	swap (v)	يُستبدل

The Evolution of the Kuwaiti Diet

	attitude (n)	موقف
	bestow (v)	يمنح
	consume (v)	يستهلك
	inactive (adj)	غير نشيط
	involvement (n)	مشاركة
	notable (adj)	ملحوظ
	nutrition (n)	تغذية
	routinely (adv)	بشكل روتيني
	stimulate (v)	يحفز
	urge (v)	يحث

The Heritage Lunchbox

	aroma (n)	رائحة
	filling (adj)	مُشبع
	preservatives (n)	مواد حافظة
	prioritise (v)	يعطي أولوية
	soak (v)	يُنقع

International School Meal Systems

	affordable (adj)	ميسور التكلفة
	indeed (adv)	بالفعل
	nutritional (adj)	غذائي
	organisation (n)	منظمة
	subsidise (v)	يدعم مادياً

Smart Canteen Swaps

	smart (adj)	ذكي
	canteen (n)	مُقصف
	swap (v)	يُستبدل

Personalised Nutrition

	biological (adj)	بيولوجي
	chemically (adv)	كيميائياً
	effective (adj)	فعال
	fatigue (n)	إرهاق
	inflammation (n)	التهاب
	malnutrition (n)	سوء التغذية
	personalised (adj)	مُخصص
	process (v)	يعالج
	regulate (v)	ينظم
	still (adv)	ما زال / لا يزال

The Mediterranean Secret

	decade (n)	عقد (10 سنوات)
	legume (n)	بقوليات
	overlook (v)	يتجاهل
	stroll (v)	يَتَترج
	sustainable (adj)	مستدام

Food Marketing

	assign (v)	يُخصص
	break down (ph.v)	يُوضّح / يُحلل
	hurdle (n)	عقبة
	tempting (adj)	مُغري
	wholesome (adj)	صحي ومُغذّر

Grammar 1: Present Simple and Adverbs of Frequency

- I **always** eat healthy food.
- He **usually** drinks water.
- We **often** exercise.
- She **sometimes** eats fast food.
- They **rarely** eat sweets.
- I **never** skip breakfast.

Adverbs of Frequency

always (100%)
usually (80%)
often (60%)
sometimes (40%)
rarely (20%)
never (0%)

Grammar 2: Present Simple Continuous & the Order of Adjectives

- He **is eating** lunch **now**.
- We **are studying** nutrition.
- She **is not watching** TV.
- Are** they exercising?

Order of Adjectives

opinion → size → age → shape
→ colour → origin → material
→ purpose

a beautiful small old round
blue Kuwaiti wooden table



Opener
Sustainable LivingReading
The Shagaya Renewable Energy Park

Grammar 1

Present Perfect Simple

Form:

- have / has + past participle

Used for:

- ✓ past actions with a present result
- ✓ experiences
- ✓ actions that continue to now

I **have visited** the park.
She **has** already **finished** her project.

Listening

Smart Homes, Smart Choices



Speaking

Powering a Greener GCC



Writing

Power With Purpose



Think Before You Throw!



Grammar 2

1st If Conditional and Modal Verbs

1st If Conditional

- If + present simple, will + base verb

☑ If we recycle, we **will** have a cleaner city.

Modal Verbs

can – could – may – might
should – must – have to
We **should** save energy.

Rethinking Waste Worldwide



Throw-away Culture



Habits for a Better World



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Hunterx2m7CLEAN
PLANET
STRONGER
TOMORROWSmall
Changes
Build a
Brighter
FutureTHINK
CHANGE
ACT

Grade
101st Term
2026-2027

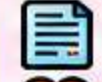
Unit Three: Exploring Heritage

المنهج الجديد

Stamps That Tell
Our Story

-  artefact (n) قطعة أثرية
-  evidence (n) دليل
-  illustrate (v) يوضح / يصوّر
-  pass down (ph.v) ينقل عبر الأجيال
-  stand for (ph.v) يرمز إلى

Cultural Ambassadors

-  automatic (adj) تلقائي
-  creativity (n) إبداع
-  creator (n) مبدع
-  detailed (adj) مفصل
-  devote to (ph.v) يكرّس لـ
-  director (n) مخرج
-  leading (adj) رائد / قيادي
-  precisely (adv) بدقة
-  sadly (adv) للأسف
-  translation (n) ترجمة

Grammar 1

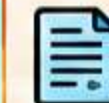
Non-Defining
Relative Pronouns
and ClausesUsed to add extra
information (not
essential).

- who (people)
- which (things)
- where (places)
- when (time)

Kuwait, **which** has
a rich history, is a
unique country.Stories Beyond
The Walls

-  expand (v) يُوسّع
-  narrow (adj) ضيق
-  passage (n) ممر
-  surround (v) يحيط بـ
-  watchtower (n) برج مراقبة

Big Dreamers

-  award (n) جائزة
-  conference (n) مؤتمر
-  document (v) يوثق
-  insightful (adj) ثاقب في الرؤية
-  mechanical (adj) ميكانيكي

Writing

Honour,
Inspire,
Remember

Can Technology Save Heritage?

-  alive (adj) حي / نابض بالحياة
-  ceremony (n) مراسم
-  continuous (adj) مستمر
-  educate (v) يعلم
-  identify (v) يحدّد
-  overseas (adv) في الخارج
-  patiently (adv) بصبر
-  publish (v) ينشر
-  root (n) يشاهد / يطّلع على

Grammar 2

Past Simple and
Past Continuous

Past Simple

- finished actions in the past.
- I **visited** the museum yesterday.

Past Continuous

- actions in progress in the past.
- I **was visiting** the museum at 5 p.m.

Continuous Culture:
Sadu Weaving

-  bridge (n) جسر
-  classic (adj) كلاسيكي
-  decorative (adj) زخرفي
-  dye (v) يصبغ
-  identity (n) هوية

Hidden Gems

-  amazingly (adv) بشكل مذهل
-  customise (v) يخصّص / يطور
-  hidden (adj) مخفي
-  tuck away (ph.v) يخبئ بعيدا
-  walker (n) متجوّل / سائح

Writing

Preserving
HeritageHeritage
Lives in
People,
Places and
Stories.

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Hunterx2m7EXPLORE
RESPECT
PRESERVE
OUR HERITAGESame
Roots...
Brighter
Future

Grade
10

1st Term
2026-2027

Unit Four: Citizenship

المنهج الجديد

What Makes a Good Citizen?

-  citizenship (n) المواطنة
-  continuously (adv) بشكل مستمر
-  site (n) موقع
-  tie (v) يربط
-  well-known (adj) معروف جيداً

Timeless Growth

-  capacity (n) القدرة
-  collection (n) مجموعة
-  culturally (adj) ثقافياً
-  hub (n) مركز
-  mark (v) يميز / يترك أثراً
-  nation (n) أمة
-  new-found (adj) مكتشف حديثاً
-  rapidly (adj) بسرعة
-  sustain (v) يستدام
-  transformation (n) تحول

Grammar 1 Reported Speech



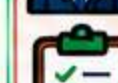
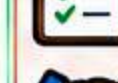
Changes in Reported Speech:

- tenses
- pronouns
- time and place words
- question forms
- modals

An Address to the Nation

-  defence (n) الدفاع
-  downplay (v) يقلل من الأهمية
-  leader (n) قائد
-  safeguard (v) يحمي
-  stable (adj) مستقر

The Golden Rule

-  altruism (n) الإيثار
-  ancestor (n) سلف
-  comply (v) يلتزم
-  loyal (adj) مخلص
-  volunteer (v) يتطوع

Writing The Digital Diwan



Law, Values, and Universal Citizenship

-  contract (n) عقد
-  equality (n) المساواة
-  formal (adj) رسمي
-  freedom (n) الحرية
-  impose (v) يفرض
-  informal (adj) غير رسمي
-  interestingly (adv) بشكل مثير للاهتمام
-  respect (v) يحترم
-  sentence (v) يحكم
-  universal (adj) شامل / عالمي

Grammar 2 Future & Countable and Uncountable Nouns

Future Forms:

- will + base verb
- be going to + base verb
- present continuous (for future)

Countable Nouns:

- a book – two books

Uncountable Nouns:

- water – information



Living Monuments

-  monument (n) معلم تذكاري
-  rare (adj) نادر
-  showcase (v) يبرز / يعرض
-  skyline (n) الأفق العمراني
-  symbolise (v) يرمز إلى

The Invisible Safeguard

-  character (n) شخصية
-  lasting (adj) دائم
-  mature (adj) ناضج
-  regulation (n) لائحة / تنظيم
-  record (n) سجل

Writing National Duty



My Country
My Responsibility
A Brighter
Tomorrow

Knowledge
Today ...
A Stronger
Kuwait
Tomorrow

Good
Citizens
Stronger
Nations

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CITIZENS
CREATE
BRIGHTER
TOMORROW