النجاح

2025-2024



انجليزي

مذكرة تفاعلية

10

الصف العاشر

لماذا ؟
مذكرات النجاح



اختبارات الكترونية
لكل درس
لكل وحدة

مجانا بدون اشتراك

الأسئلة الذهبية



تكرر في اختبارات سابقة
أكثر من **٥ مرات**



تكرر في اختبارات سابقة
من **٣ إلى ٥ مرات**



تكرر في اختبارات سابقة
من **١ إلى ٢ مرات**

- شاملة ومختصرة
- نماذج **اختبارات** محلولة
- باركود **حل الكتاب** المدرسي
- ملونة **ومرتبة**
- مرتبة حسب الدروس
- باركود **الاختبارات** الالكترونية
- **محلولة**

النجاح

2025-2024



مذكرات النجاح

طريقك للنجاح

66279318

وقف لحظة



قبل لا تكمل
روابط تهمك

حل
كتاب التدريبات

حل
كتاب الطالب

ملاحظات
المذكرة

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Unit 1: We are what we eat

اختبار الكتروني تدرب و تعلم

Vocabulary المفردات

Words	meaning	Words	Meaning
Iron	عنصر الحديد	Vitamin	فيتامين
Nutrition	تغذية	caffeine	كافيين
Absorb	يمتص	antioxidant	مضاد للأكسدة
Arthritis	التهاب المفاصل	calcium	كالسيوم
Dietician	أخصائي تغذية	metabolise	يحول الغذاء إلى طاقة
Unsaturated fat	دهن غير مشبع	probiotic	يحتوي على خمائر أو بكتيريا نافعة
Protein	بروتين	Saturated fat	دهن مشبع
Malnutrition	سوء تغذية	digestive	هضمي
Dietician	أخصائي تغذية	fiber	ألياف
Cholesterol	كوليسترول	stimulant	محفز/منبه
Combat	يقاوم /يكافح	metabolism	الأيض/التمثيل الغذائي
Neutralize	يعادل	grilled	مشوي
Organic	عضوي	eatery	مكان للأكل/مطعم
Supplement	مكمل غذائي	RDA	كم الغذاء الموصى بتناوله يوميا
pomegranate	فاكهة الرمان	supplement	مكمل غذائي
Deficiency	نقص	specialty	الاختصاص
Sodium	صوديوم	atmospheric	ممتع-شيق-جميل
Appeal to	يناسب-يروق لـ	crammed	مليْ بـ / مكتظ بـ
Fanatic	متعصب-متشدد	wholesome	مفيد/صحي
irresponsibility	على نحو غير مسئول	Salad bar	المكان المخصص لأكل السلطة داخل المطعم

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

1 I want .....meat and fresh salad for lunch today.

(a) organic (b) digestive (c) atmospheric (d) grilled

2 If I were you, I wouldn't eat burgers because I think this food contains much amounts of .....

(a) vitamin (b) arthritis (c) caffeine (d) cholesterol

3 I like eating ..... food because it's free of chemicals.

(a) grilled (b) stimulant (c) organic (d) digestive

4 Fruit and vegetables are rich in .....

(a) metabolism (b) fiber (c) pomegranate (d) cholesterol

5 My grandfather's health has improved a lot since he started to taking this vitamin .....

(a) influx (b) supplement (c) discourse (d) virtue

6 I think what .....to me about his painting is the colours he uses.

(a) adorns (b) combats (c) absorbs (d) appeals

7 He was acting totally ..... so he was fired from his job.

(a) richly (b) irresponsibly (c) consistently (d) slightly

8 Good ..... is essential if patients are to make a quick recovery.

(a) nutrition (b) review (c) pilgrimage (d) stimulant

9 Being ..... isn't a good thing. You will be deprived of meat which is a great source of protein.

(a) happy (b) rich (c) obese (d) vegetarian

10 He likes eating ....., it's his favorite fruit.

(a) cucumber (b) pomegranate (c) meat (d) vegetarian

11 ..... is the amount of nutrient and calorie intake per day considered necessary for maintenance of good health.

(a) RAD (b) RDA (c) RDW (d) RAS

12 His family suffers from ....., they're all fat.

a obesity b poverty c wealth d nature

13 The cheap travelers ..... all of their belongings into one small suitcase so that they wouldn't have to pay for a second bag.

a bought b thought c crammed d cried

14 My husband is an exercise .....who runs six miles every day.

a happy b active c fanatic d desperate

15 He suffers from iron ....., he doesn't eat meat.

a deficiency b elevation c prosperity d increase

2 Fill in the spaces with words from the list:

(sodium-organic–eatery–fatigue- irresponsibly –dehydration -atmosphere- appeal to – malnutrition – vegetarian – crammed – probiotic- antioxidant- cholesterol - neutralizes)

- The new restaurant is.... (crammed) .... with a lot of people.
- There is an increasing demand on having .... (organic) ...and healthy food in the supermarkets.
- Yesterday, we went to a wonderful ..... (eatery)..... where we had Shawarma.
- My wife and I don›t eat meat because we are ...(vegetarian).....
- Some teenagers drive ..... (irresponsibly) ..... causing fatal car accidents.
- A lot of people in Africa suffer from ..... (malnutrition) ..... and health problems.
- The production of antibacterial products by various.... (Probiotics).... has also been demonstrated.
- You feel ...(fatigue).... Because you didn't sleep well yesterday.
- .....(Dehydration).....is a state that results from not drinking water.
- Salt is ..... (sodium)..... chloride.
- Vitamin E is ..... (antioxidant).....
- Don't eat junk food regularly as it will elevate your .... (cholesterol)...level.
- The alkalinity of saliva ...(neutralizes).... the acidity of stomach contents as you vomit.
- In the morning the .... (atmosphere)..... is quiet and fresh.

Set Book Questions

1 Probiotic drinks مشروبات التى تحتوى على بكتيريا نافعةcontain billions of good bacteria. How can good bacteria help us?

- They can improve our immune system.تحسين جهاز المناعة
- They can stimulate our digestive process.تحفيز الجهاز الهضمى
- They help to absorb nutrients. امتصاص العناصر الغذائية
- They can neutralize the bad bacteria.التخلص من البكتيريا الضارة

2 It is well known that dark chocolateالشيكولاتة الغامقة is good for health. Explain.

- It can lower blood pressure.تقليل ضغط الدم
- It helps metabolize sugar.احتراق السكر

3 As a drink, green tea الشاى الاخضرis very good for health. What is the secret of green tea?

- It is rich in antioxidants مضادات الأكسدة which combat diseases and improve the immune system. It can treat headaches الصداعand depressionالاكتئاب

4 We are what we eat. Explain?

The food that we eat has a great effect on our healthتأثير كبير على الصحة. If we eat healthy food, we will be healthy. If we don›t eat healthy food, we won›t be well

5 Why do some people prefer eating home-made mealsالوجبات المعدة فى المنزل?

- As they are full of healthy ingredients. مليئة بالمكونات الصحية

6 What are the advantages and disadvantages of a vegetarianالنظام الغذائي النباتى lifestyle?

advantages: (pros)

- It contains a lot of vitamins.الفيتامينات
- It is rich in minerals and water. المياه والمعادن

disadvantages

- It can cause malnutrition.سوء تغذية
- It lacks the RDA. كمية الغذاء الموصى بتناولها

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7 **Probiotic drinks contain billions of good bacteria. How can good bacteria help us?**

- They can improve our immune system.
- They can stimulate our digestive process.
- They help to absorb nutrients.
- They can neutralize the bad bacteria.

Grammar

اختبار الكتروني تدرب و تعلم

Order of adjectives

ترتيب الصفات

١	٢	٣	٤	٥	٦	٧
Opinion	Size	Age	shape	color	origin	material
Beautiful Amazing	Small huge	Old Young	Thin Fat	Red blue	Kuwaiti Egyptian	Cotton gold

The Past Simple Tense

ماضى بسيط

Formation:تكوينه

* For regular verbs الافعال المنتظمة , we use the base form المصدر+ ed with all pronouns.
كل الضمائر

* Irregular verbs do not follow this rule. They need to be memorized well.
الأفعال الشاذة لا تخضع لقاعدة ونحتاج حفظ تصريفات كل فعل على حدة

Indicating words:الكلمات الدالة

Yesterday	in the past
Last	in (١٩٩٠)
Ago	

ex:

- I played football yesterday.
- Hamad went to US last year.

Negative sentences	Questions and short answers
ex: I didn't walk to school. - She didn't catch the bus.	ex: Did you finish your breakfast? - Yes, I did. / No, I didn't.

The Past Continuous Tense

زمن الماضى المستمر

was \ were + infinitive المصدر+ ing

Indicating words:الكلمات الدالة

While	As	When

ex: She was studying hard as she was in grade 10.



اختبار الكتروني تدرب و تعلم

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

1 ..... bags should be recycled for the sake of our environment.

(a) Black small plastic (b) Small black plastic
(c) Plastic small black (d) Plastic black small

2 My friend and I were swimming in the sea when we ..... a huge shark.

(a) see (b) saw (c) had seen (d) have seen

3 I was completing my research ..... you called me yesterday.

(a) before (b) after (c) when (d) while

4 ..... I was chatting with my neighbor, my mobile rang.

(a) Because (b) While (c) Yet (d) For

5 What..... you..... when the earthquake started?

(a) do...do (b) does... do (c) were...doing (d) was...doing

6 children played in the park yesterday. (Make negative)

(a) The children don't play in the park yesterday.
(b) The children did not play in the park yesterday.
(c) The children didn't played in the park yesterday.

7 What.....you doing at 8 p.m. last night?

(a) was (b) are (c) were (d) did

8 When the guests arrived, Mary.....dinner.

(a) was cooking (b) were cooking (c) cooked (d) cooking

9 My grandmother has.....painting

(a) old French lovely (b) lovely old French
(c) French lovely old (d) lovely French old

10 Mary was wearing a.....dress.

(a) new red silk (b) silk new red
(c) red new silk (d) new silk red

11 While we..... dinner, it started to rain.

(a) was having (b) having (c) were having (d) have

12 My mom.....wake up early this morning.

(a) didn't (b) doesn't (c) don't (d) wasn't

1 Do as shown between Brackets:

1 Dana bought for her mother (red/ large/ beautiful) roses.
(Re-order the adjectives)

Dana bought for her mother beautiful large red roses.

2 I met my old friend while I (walk) to school yesterday. (Correct the verb)

(was walking)

3 There was a / an (Egyptian / interesting /big) statue in the museum .
(Re-order the adjectives)

(interesting / big / Egyptian)

4 I went shopping with my father this morning. (Negative)

I didn't go shopping with my father this morning.

5 I was reading a book at 7 o'clock yesterday. (Ask a question)

- What I was doing at V o'clock yesterday?
- What you were doing at V o'clock yesterday?
- What were you doing at V o'clock yesterday?

6 I wasn't listening when the teacher (give) the instructions. (Correct the verb)

- I wasn't listening when the teacher gave the instructions.
- I wasn't listening when the teacher gives the instructions.
- I wasn't listening when the teacher was giving the instructions

7 Peter travelled to London last summer . (Ask a question)

- Where Peter travel to last summer?
- Where did Peter travel to last summer?
- Where did Peter travelled to last summer?

Language Functions

اختبار الكتروني تدرب و تعلم

Expressing Uncertainty

التعبير عن عدم التاكد

- I'm not sure about.....
- Maybe it is .....
- I am not sure.....

Expressing personal opinions

التعبير عن الرأى

- I like ..... better than/ more than.....
- I'd prefer to.....

Expressing personal opinions

التعبير عن الرأى

- In my opinion.....
- I think .....
- As I see it.....

1 Write what you would say in the following situations:

1 Your friend is overweight and wants to go a diet.

I think, it's the right decision to take.

2 Your young sister wants to drink fizzy drinks but you want to order fresh juice.

I prefer to drink fresh juice it's a healthy drink.

3 You want someone to show you the way to the Science Centre.

Can you show me the way to the science Centre, please?

4 You have had a meal in a new restaurant and you liked the food they served.

It's very delicious, I think it will be my favorite restaurant.

5 One of your friends gave you a valuable present on your birthday.

Thank you very much, it's a very expensive present.

Summary Making

In FOUR sentences, summarize and paraphrase the following passage in an answer to the following question:

1 Why do some people refuse to live in big cities?

Big cities in the States are the worst choice for living. The funny thing is that you have to pay dearly for the advantage of living in a city where it can be very difficult to buy your own house. Large cities are too large to control; they impose their living conditions on the people who inhabit them. City- dwellers are obliged to adapt to an unusual way of life. Furthermore, it seems impossible to avoid the rush hour; wherever you go roads are blocked with cars and streets are filled with people. In addition, crimes are more in cities which are full of places you would be afraid to visit. Can anyone doubt that the country is where a man truly belongs?

.....

.....

.....

.....

Translation

1 Translate the following sentences into good English:

- ليس من السهل انتقاء الطعام الصحي وتناوله.

- It's not easy to choose the healthy food and eat it.

- تساعد البكتيريا النافعة على تنشيط عملية الهضم و على امتصاص العناصر الغذائية.

- Good bacteria help to stimulate the digestive process and absorbing nutrients.

Writing

Expository Writing

Some might reveal the secrets of being healthy. Write a report of about the importance of eating healthily and the value of good nutrition.

Writing plan

Introduction: .....

.....

.....

Body

Paragraph (I) .....

.....

.....

Paragraph (Γ) .....

.....

.....

Conclusion:

.....

.....

.....

Topic

Regular exercise and the consumption of a healthy diet can lead to a host of benefits, including increased energy, happiness, health and even a long life. Exercise and diet are pivotal to determining a person›s overall health, and making them both part of your lifestyle can make a dramatic difference in how you look and feel.

A healthy diet should consist of fruits, vegetables, whole grains, low-fat dairy products and lean meats. On top of eating well, you must also minimize your consumption of cholesterol, sodium, sugar and saturated fat. In conjunction with regular exercise, a healthy diet can reduce your risk of heart disease, osteoporosis, typeſ- diabetes, high blood pressure and some cancers.

If you›re overweight, eating healthfully and exercising regularly can help you lose weight safely and keep it off. If you don›t have a weight problem, physical activity and a healthy diet can help you maintain your current weight and reduce your risk of gaining weight as you age. Healthy foods are generally lower in calories and higher in nutrients than other foods, and regular physical activity burns off extra calories to keep a healthy physique.

A combination of working out and eating healthy foods can boost your energy level and help you feel more alert and aware, both mentally and physically. Healthy foods give your body the nutrients and vitamins it needs to function at its best.



Quiz ON Unit 1

Grammar

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

1 Trees ..... carbon dioxide and produce oxygen.

(a) appeal (b) absorb (c) comprise (d) combat

2 The ..... will give advice so that everyone is given adequate nourishment.

(a) carbohydrate (b) cholesterol (c) deficiency (d) dietician

3 .....is necessary for forming bones.

(a) Vitamin (b) Caffeine (c) Cholesterol (d) Calcium

Grammar

1 Do as shown in brackets:

1 We (go) to the cinema with some friends last night. (Correct)

- We went to the cinema with some friends last night.
- We are going to the cinema with some friends last night.
- We go to the cinema with some friends last night.

2 As I (study), my little brother knocked at the door. (Correct)

- As I studying, my little brother knocked at the door.
- As I was studying, my little brother knocked at the door.
- a- As I study, my little brother knocked at the door

2 Choose the right answer from a, b, c and d

1 He was wearing a .....shirt.

(a) dirty big old (b) big old dirty (c) old big dirty (d) big old dirty

2 It's in the .....

(a) large blue metal container (b) blue large metal container

(c) blue metal large container (d) container large blue metal

Writing

Following a balanced diet plays a great role in our life as it keeps us healthy, and active. We can have a healthy mind only when we have a healthy body

Plan and write an essay of (12 sentences- 140 words) explaining what a healthy diet should include and how it can affect your health in the future.

Outline

Introduction: .....

.....

.....

Paragraph (I) .....

.....

.....

Paragraph (Γ) .....

.....

.....

conclusion .....

.....

.....

Write your topic here (Expository Writing)

.....

.....

.....

.....

.....

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لطلب المذكرة كـــــامـــلـــة



مذكـــرات النجـــاح

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