7 Quizzes
Unit 1

Lessons 2,3,7&8

Grade 10

1 st Term

Prepared By

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2026 - 2027

Name : ..... Class : 10 .....

15

First Period Quiz (No 1)

4

(I) *Vocabulary (4 Marks)*

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

involvement - consume - attitude - stimulate - nutrition

1. Many families .....consume..... fresh vegetables as part of a healthy diet.
2. Olivia's positive .....attitude.... helped her deal with the problem calmly.
3. The teacher used an interesting question to.....stimulate.....students' thinking.
4. Parents' .....involvement.. in healthy meal planning can encourage good habits.

(II) *Grammar (3 Marks)*

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

3

5. **Look! Emily (eat) a healthy sandwich .** **(Correct the verb)**

Ⓐ Look! Emily eats a healthy sandwich.
Ⓑ Look! Emily is eating a healthy sandwich.
Ⓒ Look! Emily was eating a healthy sandwich.

6. **Mona always eats fruit after lunch.** **(Make negative)**

Ⓐ Mona doesn't always eat fruit after lunch.
Ⓑ Mona didn't always eat fruit after lunch.
Ⓒ Mona hasn't always eaten fruit after lunch.

7. **She bought a (wooden / beautiful / small) table.** **(Reorder the adjectives)**

Ⓐ She bought a small wooden beautiful table.
Ⓑ She bought a wooden beautiful small table.
Ⓒ She bought a beautiful small wooden table.

(III) Writing (8 Marks)

8

It's never been easier to eat healthily.

Plan and write a six-sentence paragraph about how healthy food can improve our physical health.

The Outline (1 mark)

1. Introductory sentence :

2. Supporting Idea 1 :

3. Supporting Idea 2 :

4. A Concluding Sentence :

5. Write Your paragraph Here (7 Marks)

Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

15

First Period Quiz (No 2)

4

(I) *Vocabulary (4 Marks)*

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

fatigue - effective - attitude - personalised - nutrition

1. The new plan was simple but very.....effective.....
2. Good .....nutrition..... gives teenagers the energy they need for school.
3. The coach prepared a/an..personalised..training plan for each player on the team.
4. Not getting enough sleep can cause .....fatigue.. during the school day.

(II) *Grammar (3 Marks)*

3

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

5. **My sister (track) her calories every day.** **(Correct the verb)**

Ⓐ My sister tracked her calories every day.
Ⓑ My sister tracks her calories every day.
Ⓒ My sister is tracking her calories every day.

6. **Noura usually has fruit for breakfast.** **(Ask a question)**

Ⓐ What does Noura usually have for breakfast?
Ⓑ What is Noura usually having for breakfast?
Ⓒ What did Noura usually have for breakfast?

7. **Emily is preparing a healthy meal now.** **(Make negative)**

Ⓐ Emily was not preparing a healthy meal now.
Ⓑ Emily does not prepare a healthy meal now.
Ⓒ Emily is not preparing a healthy meal now.

(III) Writing (8 Marks)

8

It's never been easier to eat healthily.

Plan and write a six-sentence paragraph about how healthy food can help us think clearly and focus better.

The Outline (1 mark)

1. Introductory sentence :

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2. Supporting Idea 1 :

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3. Supporting Idea 2 :

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4. A Concluding Sentence :

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5. Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

Name : ..... Class : 10 .....

15

First Period Quiz (No 3)

4

(I) *Vocabulary (4 Marks)*

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

biological - urge - inactive - notable - stimulate

1. A/ an .....inactive..... lifestyle may lead to health problems over time.
2. Colourful food displays can .....stimulate..... students' interest in healthy meals.
3. The school has made a/an.....notable....improvement in sports activities this year.
4. Parents often.....urge.....their children to spend less time on their phone.

(II) *Grammar (3 Marks)*

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

3

5. **Currently, I (prepare) for an important exam.** **(Correct the verb)**

Ⓐ Currently, I was preparing for an important exam.
Ⓑ Currently, I am preparing for an important exam.
Ⓒ Currently, I prepared for an important exam.

6. **Rashed often stays at home at weekends.** **(Make negative)**

Ⓐ Rashed didn't often stay at home at weekends.
Ⓑ Rashed isn't often staying at home at weekends.
Ⓒ Rashed doesn't often stay at home at weekends.

7. **He bought (running / comfortable / new) trainers.** **(Reorder the adjectives)**

Ⓐ He bought comfortable new running trainers.
Ⓑ He bought running comfortable new trainers.
Ⓒ He bought new running comfortable trainers.

(III) *Writing (8 Marks)*

8

It's never been easier to eat healthily.

Plan and write a six-sentence paragraph about healthy habits that keep teenagers in good shape.

The Outline (1 mark)

1. Introductory sentence :

2. Supporting Idea 1 :

3. Supporting Idea 2 :

4. A Concluding Sentence :

5. Write Your paragraph Here (7 Marks)

Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

Name : ..... Class : 10 .....

15

First Period Quiz (No 4)

4

(I) *Vocabulary (4 Marks)*

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

malnutrition - regulate - inflammation - attitude - urge

1. Doctors often .....urge..... teenagers to reduce sugary drinks.
2. Schools.....regulate.....the use of mobile phones in class.
3. A small injury may lead to.....inflammation.....and pain.
4. Poor eating habits can cause.....malnutrition.....and other health problems.

(II) *Grammar (3 Marks)*

3

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

5. **At the moment, the students (stretch) their muscles.** **(Correct the verb)**

Ⓐ At the moment, the students stretch their muscles.
Ⓑ At the moment, the students are stretching their muscles.
Ⓒ At the moment, the students were stretching their muscles.

6. **Your sister eats fruit every morning.** **(Ask a question)**

Ⓐ What does your sister eat every morning?
Ⓑ What is your sister eating every morning?
Ⓒ What was your sister eating every morning?

7. **Olivia stays at home at weekends.** **(Use never)**

Ⓐ Olivia never stays at home at weekends.
Ⓑ Olivia stays never at home at weekends.
Ⓒ Olivia stays at home never at weekends.

(III) Writing (8 Marks)

8

It's never been easier to eat healthily.

Plan and write a six-sentence paragraph about the benefits of healthy food options in the school canteen and suggest some healthy alternatives.

The Outline (1 mark)

1. Introductory sentence :

2. Supporting Idea 1 :

3. Supporting Idea 2 :

4. A Concluding Sentence :

5. Write Your paragraph Here (7 Marks)

Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

Name : ..... Class : 10 .....

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First Period Quiz (No 5)

4

(I) *Vocabulary (4 Marks)*

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

chemically - bestow - routinely - urge - process

1. The school will....bestow....an award on the student who wins the competition.
2. The machines are.....routinely....checked to make sure they are working well.
3. Workers.....process.....fresh milk before it is sold in shops.
4. Some materials are.....chemically....treated to make them last longer.

(II) *Grammar (3 Marks)*

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

3

5. **Be quiet! The students (take) a test now.** **(Correct the verb)**

Ⓐ Be quiet! The students have taken a test now.
Ⓑ Be quiet! The students are taking a test now.
Ⓒ Be quiet! The students were taking a test now.

6. **My brother always drinks plenty of water.** **(Make negative)**

Ⓐ My brother doesn't always drink plenty of water.
Ⓑ My brother isn't always drinking plenty of water.
Ⓒ My brother didn't always drink plenty of water.

7. **I bought a (glass / beautiful / small) bottle.** **(Reorder the adjectives)**

Ⓐ I bought a beautiful small glass bottle.
Ⓑ I bought a glass beautiful small bottle.
Ⓒ I bought a small glass beautiful bottle.

(III) *Writing (8 Marks)*

8

It's never been easier to eat healthily.

Plan and write a six-sentence paragraph about small food swaps you can make to stay healthy.

The Outline (1 mark)

1. Introductory sentence :

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2. Supporting Idea 1 :

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3. Supporting Idea 2 :

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4. A Concluding Sentence :

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5. Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

Name : ..... Class : 10 .....

15

First Period Quiz (No 6)

4

(I) *Vocabulary (4 Marks)*

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

nutrition - biological - fatigue - malnutrition - personalised

1. After a long and busy day, she felt great....fatigue.....and needed some rest.
2. Fresh food provides the body with good .....nutrition..... and energy.
3. Every person has different...biological..needs depending on age and other factors.
4. The website gives each student a.....personalised..experience based on their level.

(II) *Grammar (3 Marks)*

3

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

5. **Listen! The teacher (explain) the importance of sleep.** **(Correct the verb)**

Ⓐ Listen! The teacher explains the importance of sleep.
Ⓑ Listen! The teacher was explaining the importance of sleep.
Ⓒ Listen! The teacher is explaining the importance of sleep.

6. **Emily often takes a healthy snack to school.** **(Make negative)**

Ⓐ Emily doesn't often take a healthy snack to school.
Ⓑ Emily isn't often taking a healthy snack to school.
Ⓒ Emily didn't often take a healthy snack to school.

7. **Mariam eats vegetables with lunch.** **(Use often)**

Ⓐ Mariam often eats vegetables with lunch.
Ⓑ Mariam eats often vegetables with lunch.
Ⓒ Mariam eats vegetables often with lunch.

(III) *Writing (8 Marks)*

8

It's never been easier to eat healthily.

Plan and write a six-sentence paragraph about the academic benefits of mindful eating.

The Outline (1 mark)

1. Introductory sentence :

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2. Supporting Idea 1 :

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3. Supporting Idea 2 :

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4. A Concluding Sentence :

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5. Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	

Name : ..... Class : 10 .....

15

First Period Quiz (No 7)

4

(I) *Vocabulary (4 Marks)*

(A) Fill in the spaces with the most suitable words from the list below: (4x1= 4 Marks)

routinely - effective - still - inactive - notable

1. The shop was about to close, but several customers were...still.. waiting inside.
2. The young scientists made a/an.....notable....discovery during the experiment.
3. The doctor.....routinely...visits his patients in the morning.
4. Some people become .inactive... when they spend too much time sitting at home.

(II) *Grammar (3 Marks)*

3

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

5. **My brother (drink) water with every meal.** **(Correct the verb)**

Ⓐ My brother drinks water with every meal.
Ⓑ My brother is drinking water with every meal.
Ⓒ My brother was drinking water with every meal.

6. **Merit exercises after school three times a week.** **(Form a question)**

Ⓐ How often did Merit exercise after school?
Ⓑ How often does Merit exercise after school?
Ⓒ How often was Merit exercising after school?

7. **They served a (Italian/ large / delicious) meal.** **(Reorder the adjectives)**

Ⓐ They served a large delicious Italian meal.
Ⓑ They served an Italian large delicious meal.
Ⓒ They served a delicious large Italian meal.

(III) *Writing (8 Marks)*

8

It's never been easier to eat healthily.

Plan and write a six-sentence paragraph about the physical benefits of mindful eating.

The Outline (1 mark)

1. Introductory sentence :

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2. Supporting Idea 1 :

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3. Supporting Idea 2 :

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4. A Concluding Sentence :

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5. Write Your paragraph Here (7 Marks)

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Grade	Rubrics	Mark	Total Mark
10	Outlining	1	8
	Exposition of ideas & coherence	5	
	Paragraphing and number of sentence	1	
	Spelling, Grammar and punctuation	1	