Grade 10

1st term

اللغة الإنجليزية

ممنوع التصوير

الصف العاشر







الفصل الدراسي الأول

العام الدراسي 2026 ـ 2027









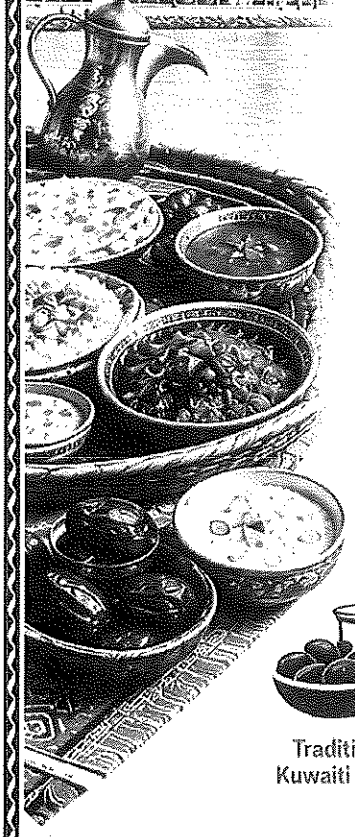
Grade 10 A

(First Term)

Unit One :
The Science of Nutrition

In this unit you'll learn about

1	Reading	Explore how the Kuwaiti diet has changed over time and understand different nutrition topics.
2	Grammar	Use the present simple, adverbs of frequency, present simple continuous, and the order of adjectives.
3	Listening	Listen to real-life topics about lunchboxes, the Mediterranean diet, and healthy food choices.
4	Speaking	Share opinions about school meal systems and food marketing.
5	Writing	Write about smart canteen swaps and mindful eating habits.
6	Focus	Learn how food affects health and how to make balanced, informed choices for a better life.





Traditional Kuwaiti Foods

Healthy Choices

Balanced Lifestyle

Our Heritage, Our Health

Food for the Future

2026 - 2027

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Grade 10 – First Term – 2026 - 2027

Unit 1: "The Science of Nutrition" علم التغذية

nutritious	adj.	مُغذ	regulate	v.	ينظم
pledge	n.	تعهّد / التزام	still	adv.	ما زال / لا يزال
portion	n.	حِصّة / كمية	aroma	n.	رائحة / عبير
resist	v.	يقاوم	filling	adj.	مُشبع
swap	v.	يستبدل	preservatives	n.	مواد حافظة
attitude	n.	موقف / توجّه	prioritise	v.	يعطي الأولوية لـ
bestow	v.	يمنح	soak	v.	ينقع
consume	v.	يستهلك / يتناول	decade	n.	عقد (عشر سنوات)
inactive	adj.	غير نشيط / خامل	legume	n.	بقوليات
involvement	n.	مشاركة / انخراط	overlook	v.	يتجاهل / يغفل عن
notable	adj.	ملحوظ / بارز	stroll	v.	يتمشّى
nutrition	n.	تغذية	sustainable	adj.	مستدام
routinely	adv.	بشكل روتيني / بانتظام	affordable	adj.	ميسور التكلفة
stimulate	v.	يحفز / ينشّط	indeed	adv.	بالفعل / حقا
urge	v.	يحثّ / يحفز	nutritional	adj.	غذائي / متعلق بالتغذية
biological	adj.	بيولوجي / حيوي	organisation	n.	منظمة
chemically	adv.	كيميائيا	subsidise	v.	يدعم ماليا
effective	adj.	فعّال	assign	v.	يكلف / يعيّن
fatigue	n.	إرهاق / تعب	break down	ph.v.	يحلل / يفكك
inflammation	n.	التهاب	hurdle	n.	عقبة
malnutrition	n.	سوء التغذية	tempting	adj.	مُغرٍ
personalised	adj.	مخصّص / شخصي	wholesome	adj.	صحي / مفيد للصحة
process	v.	يعالج / يَستوعب			

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

1. The fresh bread had a pleasant ..... that filled the entire kitchen.
   a) portion b) decade c) hurdle d) aroma
2. The doctor prepared a/an ..... meal plan based on each patient's needs.
   a) personalised b) sustainable c) effective d) tempting
3. Students were encouraged to ..... sugary drinks for water or fresh milk.
   a) soak b) consume c) swap d) regulate
4. The restaurant offers healthy meals at ..... prices for students and families.
   a) biological b) inactive c) affordable d) nutritious
5. A lack of iron in the diet may cause severe ..... during school hours.
   a) fatigue b) nutrition c) involvement d) organisation
6. The nutrition plan is practical, effective, and ..... over many future years.
   a) sustainable b) inactive c) tempting d) notable

المُعلّم للمذكرات التعليمية للمتوسط والثانوي
مذكرات أبو محمد
51093167
Teacher for Educational Books

7. Some packaged foods contain ..... that keep them fresh for much longer.
   a) legumes b) portions c) attitudes d) preservatives
8. Doctors often ..... patients to reduce their sugar intake and exercise more regularly.
   a) process b) bestow c) urge d) soak
9. Beans are a nutritious ..... that provides protein, fibre, and important minerals.
   a) aroma b) pledge c) legume d) portion
10. Busy families sometimes ..... the importance of eating meals slowly and mindfully.
    a) bestow b) overlook c) stimulate d) regulate

The table of answers:				
1. d) aroma	**2. a) personalised**	**3. c) swap**	**4. c) affordable**	**5. a) fatigue**
6. a) sustainable	**7. d) preservatives**	**8. c) urge**	**9. c) legume**	**10. b) overlook**

2. Fill in the spaces with words from the list:

nutritious – inflammation – swap – affordable – pledge – stroll

1. After dinner, we often ..... through the neighbourhood to remain physically active.
2. Our class made a/an ..... to avoid wasting food during lunchtime.
3. You can ..... fried chips for fruit when choosing an afternoon snack.
4. The coach advised every player to eat a ..... meal before the match.
5. Eating too much processed food may cause ..... in different parts of the body.

3. Fill in the spaces with words from the list:

urge – sustainable – preservatives – fatigue – prioritise – aroma

6. Some packaged foods contain ..... that keep them fresh for much longer.
7. The fresh bread had a pleasant ..... that filled the entire kitchen.
8. Poor nutrition and insufficient sleep can cause serious ..... during lessons.
9. Schools must ..... students' wellbeing when planning meals and daily activities.
10. Health experts repeatedly ..... that teenagers exercise daily and limit sugary drinks.

The table of answers:				
1. f) stroll	**2. e) pledge**	**3. c) swap**	**4. a) nutritious**	**5. b) inflammation**
6. c) preservatives	**7. b) aroma**	**8. d) fatigue**	**9. e) prioritise**	**10. a) urge**

Present Simple Tense زمن المضارع البسيط		
الاستخدام	العادات والروتين والأفعال المتكررة	**I read every evening.**
	أمور صحيحة دائمًا	**Six plus four equals ten.**
	الحقائق العامة	**The Earth moves around the sun.**
الإثبات مع الجمع	**I / You / We / They +** الفعل الأساسي	**We play football on Fridays.**
الإثبات مع المفرد	**He / She / It + s / es** إضافة الفعل مع	**She watches TV after dinner.**
النفي مع الجمع	**I / You / We / They + do not (don't) +** الفعل الأساسي	**We don't eat fish.**
النفي مع المفرد	**He / She / It + does not (doesn't) +** الفعل	**He doesn't drive a car.**

	الأساسي	
سؤال بأداة استفهام	الفاعل + الفعل + do / does + أداة الاستفهام +..... ? الأساسي +	Where do you study? What does she want?
سؤال نعم / لا مع الجمع	Do + I / you / we / they + الفعل الأساسي + ...?	Do they speak French?
سؤال نعم / لا مع المفرد	Does + he / she / it + الفعل الأساسي +..... ?	Does he like music?
بعد do / does / don't / doesn't يأتي الفعل دون إضافة s / es		تذكر أن الفعل الأساسي هو الفعل دون إضافات، مثل play ،watch ،eat

ظروف التكرار Adverbs of Frequency		
الاستخدام	لمعرفة كم مرة يحدث الفعل	
مع الفعل العادي	الفعل + ظرف التطرار Adverb + الفاعل	They often visit their grandparents.
مع فعلto be	ظرف التكرار Adverb + am / is / are + الفاعل	He is never bored at home.

الظرف	الترجمة	النسبة	درجة التكرار	Example	الترجمة
Always	دائماً	100%		I always drink milk in the morning.	أنا أشرب الحليب دائمًا في الصباح.
Usually	عادةً	80–90%		She usually finishes her homework early.	هي عادة تنتهي من واجبها المنزلي مبكرًا.
Often	غالباً	50–70%		We often go to the park on weekends.	نحن غالبًا نذهب إلى الحديقة في عطلات نهاية الأسبوع.
Sometimes	أحياناً	20–40%		They sometimes watch cartoons.	هم أحيانًا يشاهدون الرسوم المتحركة.
Hardly ever	نادراً جداً	5–10%		He hardly ever eats sweets.	هو نادرًا جدًا ما يأكل الحلويات.
Never	أبداً	0%		I never sleep late on school days.	أنا لا أنام متأخرًا أبدًا في أيام الدراسة.

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

1. My mother usually ..... a healthy breakfast.
   a) prepare b) preparing c) prepares d) is prepare
2. We ..... eat too much sugar.
   a) don't b) doesn't c) aren't d) isn't
3. ..... your brother drink enough water?
   a) Is b) Does c) Do d) Are
4. Fresh vegetables ..... many vitamins.
   a) provides b) providing c) is provide d) provide
5. Ahmed ..... eats breakfast at home.
   a) usually b) never c) hardly ever d) doesn't
6. The body ..... nutrients from food.
   a) absorb b) absorbing c) absorbs d) is absorb
7. I ..... drink fizzy drinks.
   a) am never b) never c) doesn't never d) not
8. How often ..... your family eat fish?
   a) does b) are c) is d) do



9. She ..... eats fruit after lunch.
a) usually b) usual c) is usually d) usually is
10. ..... your parents buy fresh vegetables?
a) Does b) Do c) Is d) Are

B- Do as Shown Between Brackets and Choose the Correct Answer

1. Ali eats vegetables with his lunch. (Use "often")
a- Ali often eats vegetables with his lunch.
b- Ali eats often vegetables with his lunch.
c- Ali often eat vegetables with his lunch.

2. They consume a lot of processed food. (Make negative)
a- They doesn't consume a lot of processed food.
b- They don't consume a lot of processed food.
c- They not consume a lot of processed food.

3. Mona drinks milk every morning. (Make a question)
a- Does Mona drink milk every morning?
b- Do Mona drinks milk every morning?
c- Is Mona drink milk every morning?

4. My father usually cook healthy meals. (Correct the mistake)
a- My father usually cook healthy meals.
b- My father usually cooking healthy meals.
c- My father usually cooks healthy meals.

5. We eat fast food. (Use "hardly ever")
a- We hardly ever eat fast food.
b- We hardly ever eats fast food.
c- We eat hardly ever fast food.

6. The students drink enough water at school. (Make a question)
a- Does the students drink enough water at school?
b- Do the students drink enough water at school?
c- Are the students drink enough water at school?

7. She eats fruit after dinner. (Use "sometimes")
a- She sometimes eat fruit after dinner.
b- She eats sometimes fruit after dinner.
c- She sometimes eats fruit after dinner.

8. Our teacher explains the importance of balanced meals. (Make a question)
a- Does our teacher explain the importance of balanced meals?
b- Do our teacher explains the importance of balanced meals?
c- Is our teacher explain the importance of balanced meals?

9. He drinks sugary drinks every day. (Make negative)
a- He don't drink sugary drinks every day.
b- He doesn't drinks sugary drinks every day.
c- He doesn't drink sugary drinks every day.

10. Sara is careful about her diet. She ..... chooses nutritious foods. (Use "usually")
a- Sara is careful about her diet. She usually chooses nutritious foods.
b- Sara is careful about her diet. She chooses usually nutritious foods.
c- Sara is careful about her diet. She usually choose nutritious foods.

The table of answers:

A.1. c) prepares	2. a) don't	3. b) Does	4. d) provide	5. a) usually
6. c) absorbs	7. b) never	8. d) do	9. a) usually	10. b) Do
B.1. a) Ali often...	2. b) They don't.	3. a) Does Mona...?	4. c) ...usually..	5. a) ...hardly...
6. b) Do the students drink...?	7. c) She sometimes eats...	8. a) Does our...?	9. c) He doesn't drink...	10. a) ...usually chooses...

Present Continuous – زمن المضارع المستمر

يُستخدم زمن المضارع المستمر للتعبير عن الأمور التالية:

- أحداث تحدث الآن (في لحظة الكلام): للتعبير عن فعل أو نشاط مستمر في نفس لحظة التحدث عنه ولم ينتهِ بعد.
- مواقف مؤقتة (Temporary situations): للتعبير عن أحداث أو مواقف مؤقتة تستمر لفترة زمنية محددة، على عكس المضارع البسيط الذي يعبر عن مواقف دائمة.
- ترتيبات مستقبلية محددة (Future arrangements): للتعبير عن خطط أو ترتيبات مستقبلية جرى التخطيط والتحضير لها مسبقاً في الحاضر.

الإثبات (Affirmative)	الفاعل (Subject) + الفعل المساعد (am / is / are) + الفعل (verb) + ing
	◦ We are listening to Quran now. ◦ Mohammed is planning for his future now.
النفي (Negative)	الفاعل (Subject) + (am / is / are) + not + الفعل (verb) + ing
	◦ They are not studying Spanish now. ◦ Ahmed isn't reading a story.
الأسئلة (Questions)	أداة الاستفهام (Wh-word) + (am/is/are) + الفاعل (Subject) + الفعل+ing)?
	◦ What are you eating? ◦ Are they coming to the wedding party tonight?

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

1. Look! The students ..... a healthy meal in the kitchen now.
   a) prepare b) prepares c) are preparing d) preparing
2. Why ..... your sister studying in the library at the moment?
   a) are b) is c) do d) does
3. Listen! The teacher ..... about healthy food choices.
   a) talks b) talking c) is talking d) talk
4. My friends ..... not watching TV now because they are studying.
   a) isn't b) aren't c) don't d) doesn't

B- Do as Shown Between Brackets and Choose the Correct Answer

1. The students are preparing a healthy snack. (Make a question)
   a) Are the students preparing a healthy snack?
   b) Do the students prepare a healthy snack?
   c) Is the students preparing a healthy snack?
2. She is reading an article about nutrition. (Make negative)
   a) She doesn't reading an article about nutrition.
   b) She isn't reading an article about nutrition.
   c) She isn't read an article about nutrition.
3. The teacher is explaining the lesson. (Use "now")
   a) The teacher explains the lesson now.
   b) The teacher explaining the lesson now.
   c) The teacher is explaining the lesson now.
4. They are discussing healthy eating habits. (Make a question)
   a) Are they discussing healthy eating habits?
   b) Is they discussing healthy eating habits?
   c) Do they discussing healthy eating habits?

A1 c	A2b	A3c	A4b
B1a	B2b	B3c	B4a

OSASCOMP (Order of Adjectives) – قاعدة ترتيب الصفات			
Opinion	الرأي / الانطباع	beautiful = جميل delicious = لذيذ lovely = رائع	a beautiful large old house منزل جميل وكبير وقديم
Size	الحجم	large = كبيرtiny = صغير جدًا huge = ضخم	a large old round table طاولة كبيرة وقديمة ودائرية
Age	العمر / القِدم	ancient = قديم جدًا old = قديمnew = جديد	a large old round table طاولة كبيرة وقديمة ودائرية
Shape	الشكل	square = مربعround = دائريthin = رفيع	a large old round table طاولة كبيرة وقديمة ودائرية
Colour	اللون	red = أحمرsilver = فضيblack = أسود	a beautiful large red car سيارة جميلة وكبيرة وحمراء
Origin	الأصل / الجنسية	Kuwaiti = كويتيItalian = إيطاليFrench = فرنسي	a beautiful large Italian restaurant مطعم جميل وكبير وإيطالي
Material	المادة المصنوع منها	wooden = خشبيmetal = معدنيvelvet = مخملي	a beautiful large wooden table طاولة جميلة وكبيرة وخشبية
Purpose	الغرض / الاستخدام	dining = لتناول الطعامgardening = للبستنةsleeping = للنوم	a beautiful large wooden dining table طاولة طعام جميلة وكبيرة وخشبية

Examples:

1. She bought a beautiful small red bag. اشترت حقيبة جميلة وصغيرة وحمراء
2. We live in a large old Italian house. نحن نعيش في منزل إيطالي كبير وقديم
3. He sat on a comfortable round wooden chair. جلس على كرسي خشبي دائري ومريح
4. They ate a delicious hot Egyptian meal. تناولوا وجبة مصرية لذيذة وساخنة

A: Choose the correct answer from a, b, c and d: (4 Points)

1. We visited a ..... museum.
   a) an old beautiful Kuwaiti b) a Kuwaiti beautiful old
   c) a beautiful old Kuwaiti d) an old Kuwaiti beautiful
2. She bought a ..... watch.
   a) a silver small round b) a small silver round
   c) a round small silver d) a small round silver
3. My father drives a ..... car.
   a) a German new black b) a black new German
   c) a new black German d) a black German new
4. We bought a ..... cupboard.
   a) a wooden lovely old b) an old wooden lovely
   c) a lovely old wooden d) an old lovely wooden

B- Do as Shown Between Brackets and Choose the Correct Answer

1. He bought a beautiful / old / Italian painting. (Put the adjectives in the correct order)
   a) an Italian beautiful old painting
   b) a beautiful old Italian painting
   c) an old Italian beautiful painting
2. We saw a huge / modern / Japanese building. (Put the adjectives in the correct order)
   a) a huge modern Japanese building
   b) a Japanese huge modern building
   c) a modern huge Japanese building
3. She has a lovely / small / silver necklace. (Put the adjectives in the correct order)
   a) a silver lovely small necklace
   b) a small silver lovely necklace
   c) a lovely small silver necklace

4. They bought a large / new / black / German car. (Put the adjectives in the correct order) (7)

a) a black German large new car

b) a large new black German car

c) a German black large new car

A1	A2	A3	A4
c	d	c	c
B1	B2	B3	B4
b	a	c	b

Language Functions – سؤال المواقف (الوظائف اللغوية)

Write what you would say in the following situations.

١	**You are meeting a new student who has just joined your class. Introduce yourself politely.** .....
٢	**Your friend thinks that fast food is a good choice for teenagers. Express your opinion.** .....
٣	**Your classmate asks which type of food you prefer for lunch. Express your preference and give a reason.** .....
٤	**Your friend asks about the advantages and disadvantages of eating fast food regularly. State one advantage and one disadvantage.** .....

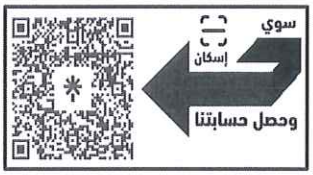
Suggested Answers

1	**Good morning, my name is Ahmed. Allow me to introduce myself. I am a new student in this class.** صباح الخير، اسمي أحمد. اسمح لي أن أقدم نفسي. أنا طالب جديد في هذا الصف.
2	**In my opinion, fast food is not a healthy choice because it is often high in fat, sugar and salt.** — في رأيي، الوجبات السريعة ليست خيارًا صحيًا لأنها غالبًا ما تكون غنية بالدهون والسكر والملح.
3	**I prefer healthy food for lunch because it gives me energy and helps me stay healthy.** — أفضل الطعام الصحي للغداء لأنه يمنحني الطاقة ويساعدني على البقاء بصحة جيدة.
4	**One advantage is that fast food is convenient, but one disadvantage is that eating it regularly can cause health problems.** — من مزاياه أنه مريح وسهل، ولكن من عيوبه أن تناوله بانتظام قد يسبب مشكلات صحية







Set Book Question & Answer – اسئلة واجوبة الستبوك

1	Q: What was the Kuwaiti diet like in the past? — ما شكل النظام الغذائي الكويتي في الماضي؟ A: It was simple, healthy and balanced. — كان بسيطًا وصحيًا ومتوازنًا.
2	Q: What foods did Kuwaitis eat in the past? — ما الأطعمة التي كان الكويتيون يتناولونها في الماضي؟ A: They ate fish, dates, rice and vegetables. — كانوا يتناولون السمك والتمر والأرز والخضروات.
3	Q: Why were health problems related to food rare in the past? — لماذا كانت المشكلات الصحية المرتبطة بالغذاء نادرة في الماضي؟ A: Because people were physically active. — لأن الناس كانوا نشيطين بدنيًا.
4	Q: What changes happened to the Kuwaiti diet after the discovery of oil? — ما التغيرات التي طرأت على النظام الغذائي الكويتي بعد اكتشاف النفط؟ A: People ate more convenient and fast food. — أصبح الناس يتناولون المزيد من الأطعمة الجاهزة والسريعة.
5	Q: Why did people become less active? — لماذا أصبح الناس أقل نشاطًا؟ A: Cars and technology reduced physical activity. — قللت السيارات والتكنولوجيا من النشاط البدني.
6	Q: What health problems can unhealthy habits cause? — ما المشكلات الصحية التي قد تسببها العادات غير الصحية؟ A: They can cause obesity and diabetes. — قد تسبب السمنة ومرض السكري.
7	Q: How can schools help students eat better? — كيف يمكن للمدارس مساعدة الطلاب على تناول طعام أفضل؟ A: They can teach students about nutrition. — يمكنها تعليم الطلاب عن التغذية.
8	Q: How did the nutrition programme help students? — كيف ساعد برنامج التغذية الطلاب؟ A: They ate more fruit and vegetables. — أصبحوا يتناولون المزيد من الفواكه والخضروات.
9	Q: Why may one diet not suit everyone? — لماذا قد لا يناسب نظام غذائي واحد الجميع؟ A: People have different biological needs. — لدى الناس احتياجات بيولوجية مختلفة.
10	Q: What is personalised nutrition? — ما هي التغذية الشخصية؟ A: It is a diet designed for each person. — هي نظام غذائي مصمم لكل شخص.
11	Q: What makes each person different? — ما الذي يجعل كل شخص مختلفًا؟ A: Genetics, gut bacteria and daily habits. — الجينات وبكتيريا الأمعاء والعادات اليومية.
12	Q: Why can two people react differently to the same food? — لماذا قد يتفاعل شخصان بشكل مختلف مع الطعام نفسه؟A: Their bodies process food differently. — لأن أجسامهما تعالج الطعام بشكل مختلف.
13	Q: How can scientists choose suitable foods for people? — كيف يمكن للعلماء اختيار الأطعمة المناسبة للناس؟ A: They can use DNA and blood tests. يمكنهم استخدام فحوصات الحمض النووي والدم.
14	Q: What can unsuitable food cause? — ماذا يمكن أن يسبب الطعام غير المناسب؟ A: It can cause fatigue and inflammation. — قد يسبب الإرهاق والالتهاب.
15	Q: How can personalised nutrition improve well-being? كيف يمكن للتغذية الشخصية أن تحسن الصحة العامة؟ A: It can reduce stress and improve focus. — يمكنها تقليل التوتر وتحسين التركيز.

Writing 1: Mindful Eating الأكل الواعي

Expository Writing مقال تعبيري

any students underestimate the direct connection between what they eat and how they perform in the classroom, often rushing through meals while distracted by devices.

an and write an expository essay of no fewer than 12 sentences (around 120-140 words), explaining the physical and academic benefits of mindful eating.

Introduction .....

Body Paragraph 1:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

I. Body Paragraph 2:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

.....

/. Conclusion

.....

Post-Writing Peer Check:

1. Clarity: Is it clear what 'mindful eating' is?
2. Organisation: Does it follow the structure (Introduction, Body, Conclusion)?
3. Vocabulary: Did they use at least two words related to health or academic performance?

مراجعة الزميل بعد الكتابة:(Post-Writing Peer Check)

1.الوضوح:(Clarity)

هل من الواضح ما المقصود بـ "**الأكل الواعي(mindful eating)** "؟

2.التنظيم:(Organisation)

هل يتبع المقال الهيكل المطلوب :المقدمة، الموضوع، الخاتمة؟

3.المفردات:(Vocabulary)

هل استخدمت **كلمتين على الأقل** مرتبطتين بالصحة أو بالأداء الدراسي؟

Write Your Topic Here

Writing 1: Mindful Eating الأكل الواعي

The Plan – الخطة

I. Introduction

Mindful eating is a healthy way of eating. It means eating slowly and paying attention to our food. It can help students become healthier and do better at school.

II. Body Paragraph 1

Topic Sentence:

Mindful eating has many physical benefits.

Supporting Detail 1:

It helps us choose healthy food. Healthy food gives us energy and helps our bodies grow.

Supporting Detail 2:

It can also help us avoid eating too much. We can feel full and stay healthy.

III. Body Paragraph 2

Topic Sentence:

Mindful eating can also improve students' school performance.

Supporting Detail 1:

Healthy food gives the brain energy. This helps students focus better in class.

Supporting Detail 2:

When students eat well, they may feel less tired. They can study better and get better results.

IV. Conclusion

In conclusion, mindful eating is good for the body and the mind. Students should eat slowly, choose healthy food, and avoid using devices while eating.

Mindful Eating

Mindful eating is a healthy way of eating. It means eating slowly and paying attention to our food. It can help students become healthier and do better at school.

Mindful eating has many physical benefits. It helps us choose healthy food. Healthy food gives us energy and helps our bodies grow. It can also help us avoid eating too much. We can feel full and stay healthy.

Mindful eating can also improve students' school performance. Healthy food gives the brain energy. This helps students focus better in class. When students eat well, they may feel less tired. They can study better and get better results.

In conclusion, mindful eating is good for the body and the mind. Students should eat slowly, choose healthy food, and avoid using devices while eating.

الأكل الواعي

الأكل الواعي هو طريقة صحية لتناول الطعام. ويعني أن نأكل ببطء وننتبه إلى طعامنا. ويمكن أن يساعد الطلاب على أن يصبحوا أكثر صحة وأن يؤدوا بشكل أفضل في المدرسة.

للأكل الواعي فوائد جسدية كثيرة. فهو يساعدنا على اختيار الطعام الصحي. والطعام الصحي يمنحنا الطاقة ويساعد أجسامنا على النمو. كما يمكن أن يساعدنا على تجنب تناول الكثير من الطعام. ويمكننا أن نشعر بالشبع ونبقى بصحة جيدة.

يمكن للأكل الواعي أيضًا أن يحسن أداء الطلاب في المدرسة. فالطعام الصحي يمنح الدماغ الطاقة. وهذا يساعد الطلاب على التركيز بشكل أفضل في الصف. وعندما يأكل الطلاب جيدًا، قد يشعرون بتعب أقل. ويمكنهم الدراسة بشكل أفضل والحصول على نتائج أفضل.

في الختام، الأكل الواعي مفيد للجسم والعقل. يجب على الطلاب أن يأكلوا ببطء، ويختاروا الطعام الصحي، ويتجنبوا استخدام الأجهزة أثناء تناول الطعام.

Writing 2: Smart Canteen Swaps - التبديلات الذكية في مقصف المدرسة

I. Introduction

Smart canteen swaps are simple changes that help students choose healthier food. They can make school meals healthier and better.

II. Body Paragraph 1

Topic Sentence:

Students can make many healthy swaps in the school canteen.

Supporting Detail 1:

They can choose fruit instead of sweets. They can also choose water instead of sugary drinks.

Supporting Detail 2:

They can choose a healthy sandwich instead of fried food. These simple choices give students more energy.

III. Body Paragraph 2

Topic Sentence:

Smart food choices can also help students at school.

Supporting Detail 1:

Healthy food helps students stay active and focused. It can help them pay attention in class.

Supporting Detail 2:

Good food choices can also help students feel less tired. They can study better and do well in their lessons.

IV. Conclusion

Smart canteen swaps are easy and useful. Students should choose healthy food and drinks to stay healthy and do better at school.

Smart Canteen Swaps

Smart canteen swaps are simple changes that help students choose healthier food. They can make school meals healthier and better.

Students can make many healthy swaps in the school canteen. They can choose fruit instead of sweets. They can also choose water instead of sugary drinks. They can choose a healthy sandwich instead of fried food. These simple choices give students more energy. Smart food choices can also help students at school. Healthy food helps students stay active and focused. It can help them pay attention in class. Good food choices can also help students feel less tired. They can study better and do well in their lessons.

Smart canteen swaps are easy and useful. Students should choose healthy food and drinks to stay healthy and do better at school.

التبديلات الذكية في مقصف المدرسة

التبديلات الذكية في المقصف هي تغييرات بسيطة تساعد الطلاب على اختيار طعام أكثر صحة. ويمكن أن تجعل وجبات المدرسة أكثر صحة وأفضل.يمكن للطلاب إجراء العديد من التبديلات الصحية في مقصف المدرسة. يمكنهم اختيار الفاكهة بدلا من الحلويات. ويمكنهم أيضًا اختيار الماء بدلا من المشروبات السكرية. ويمكنهم اختيار شطيرة صحية بدلًا من الطعام المقلي. هذه الاختيارات البسيطة تمنح الطلاب المزيد من الطاقة.

يمكن أن تساعد الاختيارات الغذائية الذكية الطلاب أيضًا في المدرسة. يساعد الطعام الصحي الطلاب على البقاء نشيطين ومركزين. ويمكن أن يساعدهم على الانتباه في الصف. كما يمكن أن تساعد الاختيارات الغذائية الجيدة الطلاب على الشعور بتعب أقل. ويمكنهم الدراسة بشكل أفضل والأداء جيدًا في دروسهم.

التبديلات الذكية في المقصف سهلة ومفيدة. يجب على الطلاب اختيار الطعام والشراب الصحي للبقاء بصحة جيدة وتحقيق أداء أفضل في المدرسة.

Reading Comprehension سؤال قطعة الفهم

Read the following passage, then answer the questions on the next page.

Healthy eating is important for teenagers because food affects both the body and the mind. However, many students do not always make healthy choices. Busy school days, advertisements and easy access to fast food can affect their decisions. Some students may choose crisps, sweets or sugary drinks because they are quick and easy. These foods may give them energy for a short time, but they can later make them feel tired and unable to concentrate well.

Schools can help students make better choices by improving their canteens. Small changes can make a big difference. For example, schools can offer fresh fruit instead of some sweets and water instead of sugary drinks. They can also provide healthy sandwiches and affordable meals. When healthy food is easy to find and reasonably priced, students are more likely to choose it. Students can also give their opinions about the food sold at school.

Mindful eating is another useful way to develop healthy habits. It means eating slowly and paying attention to the food we eat. Students can notice when they are hungry and when they are full. They can also think about how different foods make them feel. Mindful eating does not mean following a perfect diet. It means making small and sensible choices every day.

Nutrition is also connected to school performance. A balanced diet gives students energy and helps their bodies grow. Healthy food can help them focus during lessons and feel less tired. On the other hand, eating too much food that is high in sugar, salt and unhealthy fat may increase the risk of health problems. Therefore, students should try to eat a variety of healthy foods and drink enough water.

Finally, healthy eating is a shared responsibility. Families can provide healthy food at home, while schools can offer better choices in their canteens. Students also have an important role because they can choose healthier food and develop good habits. Small changes, such as swapping a sugary drink for water or choosing fruit instead of sweets, can become daily habits. In this way, teenagers can build a healthier lifestyle and perform better at school.

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

1. The best title for the passage is:

a) The History of Fast Food
b) Healthy Choices for Teenagers
c) Problems with School Canteens
d) The Importance of Advertisements

2. The word "affordable" in paragraph 2 is closest in meaning to:

a) expensive
b) difficult to find
c) reasonably priced
d) unhealthy

3. The pronoun "They" in paragraph 3 refers to:

a) students
b) foods
c) habits
d) schools

4. According to paragraph 4, a balanced diet can:

a) make students avoid all health problems
b) help students focus during lessons
c) replace the need for sleep
d) make students eat more fast food

المعلم للمذكرات التعليمية للمتوسط والثانوي
مذكرات أبو محمد
51093167
Teacher for Educational Books

5. Which statement is NOT true according to the passage?
a) Small changes can help students develop healthy habits.
b) Schools can offer healthier food in their canteens.
c) Mindful eating means following a perfect diet.
d) Healthy food can help students feel less tired.

6. The writer's main purpose is to:
a) explain how teenagers can develop healthier eating habits
b) compare different school subjects
c) encourage students to eat more sweets
d) describe the history of school canteens

B) Answer the following questions:

7. Why are small changes in school canteens useful?

.....
.....

8. What are two examples of healthy swaps mentioned in the passage?

.....
.....

1. b)	2. c)	3. a)	4. b)
6. a)	5. c)	7. Because small changes can help students develop healthy habits.	8. Choosing water instead of sugary drinks and fruit instead of sweets.

Summary Making – سؤال التلخيص

Read the following passage, then in FOUR sentences summarise and paraphrase its main ideas in answer to the question below.

What are the benefits of making healthy and personalised food choices?

Making healthy and personalised food choices can improve teenagers' health and daily lives. Nutritious and wholesome foods provide the body with energy and important nutrients, while sensible portions can help prevent overeating. Teenagers can also swap unhealthy snacks and sugary drinks for healthier choices and learn to resist tempting foods. Personalised nutrition is useful because people have different biological needs, habits and ways of processing food. Choosing suitable foods may help reduce fatigue, improve focus and support mental well-being. In addition, choosing affordable and sustainable foods can encourage healthier habits that are easier to follow regularly.

.....
.....
.....
.....
.....
.....
.....

حل التلخيص

First, healthy food gives teenagers energy and helps them stay healthy. Second, eating the right portions can help prevent eating too much and reduce tiredness. Also, teenagers can swap unhealthy food for wholesome food and resist tempting snacks. Finally, personalized nutrition can improve focus and mental health because everyone has different needs.

أولًا، الطعام الصحي يعطي المراهقين الطاقة ويساعدهم على البقاء بصحة جيدة. ثانيًا، تناول الحصص المناسبة يمكن أن يساعد على منع الإفراط في الأكل وتقليل التعب. أيضًا، يمكن للمراهقين استبدال الطعام غير الصحي بالطعام المفيد ومقاومة الوجبات الخفيفة المغرية. أخيرًا، يمكن أن تساعد التغذية الشخصية على تحسين التركيز والصحة النفسية لأن لكل شخص احتياجات مختلفة

سؤال الترجمة Translation

Translate the following into good English:

1. جاك :كان النظام الغذائي الكويتي في الماضي بسيطًا وصحيًا ومتوازنًا.

إبراهيم :نعم، فقد كان يعتمد على الأسماك الطازجة والتمر والأرز وبعض الخضروات.

.....

.....

2. أحمد :يمكن أن تؤثر التغذية الشخصية على صحة الإنسان وتركيزه.

خالد :نعم، فهي تساعد كل شخص على اختيار الطعام المناسب لاحتياجات جسمه.

.....

.....

The Answer – الإجابة

1. Jack: The Kuwaiti diet in the past was simple, healthy and balanced.

Ibrahim: Yes, it was based on fresh fish, dates, rice and some vegetables.

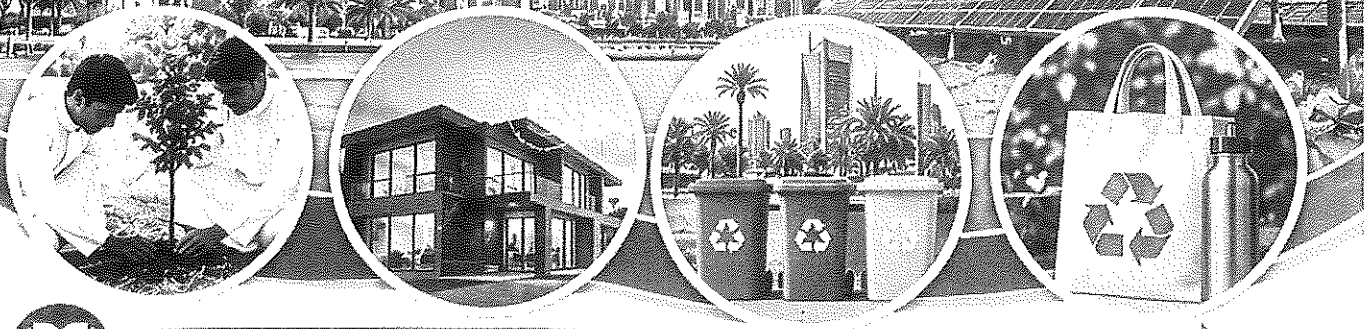
2. Ahmed: Personalized nutrition can affect a person's health and focus.

Khaled: Yes, it helps each person choose the right food for their body's needs.

GRADE 10 A
FIRST TERM

UNIT TWO:
CHOICES & CHANGE

Small Choices Today, Big Changes Tomorrow



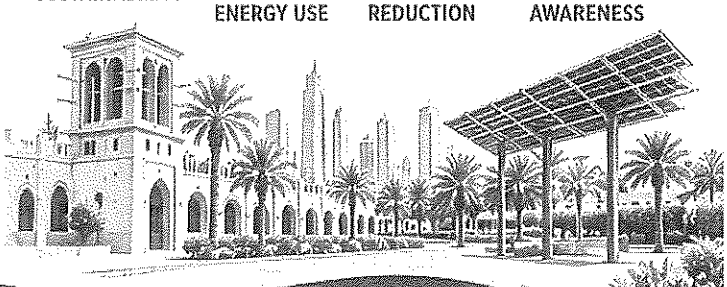
IN THIS UNIT YOU WILL LEARN:

- Sustainable Living
- The Shaqaya Renewable Energy Park and Clean Energy
- Present Perfect Simple
- Smart Homes, Smart Choices
- Speaking: Powering a Greener GCC
- Writing: Power With Purpose
- Think Before You Throw
- 1st If Conditional and Modal Verbs
- Rethinking Waste Worldwide
- Speaking: Throw-away Culture
- Writing: Habits for a Better World

FIRST PROJECT

Apply what you learn by creating a project that promotes:

SUSTAINABILITY | SMART ENERGY USE | WASTE REDUCTION | ENVIRONMENTAL AWARENESS



"Every choice we make today shapes the world we live in tomorrow."

Unit 2: "Choices and Change اختيارات وتغيير "

injure	(v)	يُصيب / يُجرح	regard	(v)	يعتبر
landfill	(n)	مكبّ النفايات	tablet	(n)	جهاز لوحي
reusable	(adj)	قابل لإعادة الاستخدام	upcycling	(n)	إعادة التدوير الإبداعي
second-hand	(adj)	مستعمل	combination	(n)	مزيج / مجموعة
wind turbine	(n)	توربين رياح	concept	(n)	مفهوم
alternative	(n)	بديل	unnecessary	(adj)	غير ضروري
awareness	(n)	وعي	unplug	(v)	يفصل عن الكهرباء
convert	(v)	يحوّل	vacant	(adj)	شاغر / خال
decisive	(adj)	حاسم	ambitious	(adj)	طموح
ecosystem	(n)	نظام بيئي	ideal	(adj)	مثالي
emission	(n)	انبعاث	power	(v)	يزوّد بالطاقة / يشغّل
entirely	(adv)	تمامًا / كليًا	power grid	(n)	شبكة الكهرباء
expertise	(n)	خبرة / مهارة متخصصة	tailor	(v)	يكيّف / يفصّل
flowing	(adj)	متدفق / جار	bury	(v)	يدفن
run out	(ph.v)	ينفد	composting	(n)	تحويل النفايات العضوية إلى سماد
add up	(ph.v)	يجمع / يتراكم	decompose	(v)	يتحلل
antique	(n)	تحفة أثرية / شيء عتيق	densely	(adv)	بكثافة
directly	(adv)	مباشرة	incineration	(n)	حرق النفايات
dispose of	(ph.v)	يتخلص من	brand-new	(adj)	جديد تمامًا
enormous	(adj)	ضخم جدًا / هائل	manufacture	(v)	يصنّع
eventually	(adv)	في النهاية	outlive	(v)	يعيش أطول من
make over	(ph.v)	يجدّد / يعيد تصميم	seldom	(adv)	نادرًا
strict	(adj)	صارم			

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

1. The factory has taken several steps to reduce harmful gas _____ into the atmosphere.
   a) concepts b) emissions c) antiques d) tablets
2. If we _____ of clean water, life in the area could become very difficult.
   a) make over b) add up c) run out d) tailor
3. The new shopping centre is located in a _____ populated part of the city.
   a) densely b) entirely c) directly d) seldom
4. This old building was empty for years, but the owners decided to _____ it and turn it into a modern café.
   a) decompose b) regard c) bury d) make over
5. Scientists are studying how plastic affects the marine _____.
   a) power grid b) ecosystem c) landfill d) combination
6. Buying a _____ phone can be a good way to save money and reduce electronic waste.
   a) second-hand b) decisive c) vacant d) enormous
7. The company wants to _____ its products locally rather than importing them.
   a) unplug b) outlive c) manufacture d) dispose of
8. After several years of research, the scientists _____ found a better way to recycle the material.
   a) directly b) entirely c) densely d) eventually

9. We should avoid buying _____ items that we do not really need.
   a) unnecessary b) ideal c) reusable d) ambitious
10. The government is encouraging people to use renewable energy as an _____ to fossil fuels.
   a) awareness b) alternative c) expertise d) incineration

1. b) emissions	2. c) run out	3. a) densely	4. d) make over	5. b) ecosystem
6. a) second-hand	7. c) manufacture	8. d) eventually	9. a) unnecessary	10. b) alternative

2. Fill in the spaces with words from the list:

(tablet / expertise / antique / eventually / upcycling / enormous)

1. The museum displayed an _____ vase from the 18th century.
2. My brother uses his _____ to read digital books and complete assignments.
3. The company's _____ in solar energy helped it complete the project successfully.
4. The old bridge was repaired and _____ became safe for pedestrians again.
5. _____ is a creative way of reusing unwanted materials instead of throwing them away.

3. Fill in the spaces with words from the list:

(reusable / landfill / awareness / convert / unplug / vacant)

1. We should use _____ shopping bags instead of plastic bags that are thrown away after one use.
2. More public campaigns are needed to increase people's _____ of environmental problems.
3. Solar panels _____ sunlight into electrical energy.
4. Please _____ the television when you leave the house to save electricity.
5. Most household rubbish is taken to a _____ if it cannot be recycled.

2. 1. c) antique	2. a) tablet	3. b) expertise	4. d) eventually	5. e) upcycling
3. a) reusable	2. c) awareness	3. d) convert	4. b) unplug	5. e) landfill

Present Perfect Simple المضارع التام البسيط

الفاعل	التكوين	مثال
I / You / We / They الجمع و	have + V3	We have reduced waste.
He / She / It المفرد و	has + V3	Kuwait has reduced emissions.

القاعدة الذهبية: التصريف الثالث للفعل(V3) Past Participle + have / has + Subject الفاعل

PAST ◄◄ ——————— NOW

وله علاقة أو نتيجة بالحاضر ← حدث في الماضي

Kuwait has reduced its carbon emissions.

KW الكويت قلّلت انبعاثات الكربون.

والنتيجة: الانبعاثات الآن أقل. →

استخدامات المضارع التام البسيط

Usage	متى نستخدمه؟	مثال
حدث في الماضي وله نتيجة الآن	حدث انتهى، لكن أثره ما زال موجودًا	Kuwait has reduced its carbon emissions.
الخبرات والتجارب	حدث وقع في وقت غير محدد في الماضي	Scientists have discovered new sources of clean energy.
مواقف بدأت في الماضي وما زالت مستمرة	شيء بدأ منذ فترة وما زال مستمرًا	Researchers have worked on this project for many years.
أحداث حدثت مؤخرًا	شيء حدث منذ وقت قريب وما زال مهمًا الآن	Engineers have just completed the new phase.
شيء لم يحدث حتى الآن	في النفي yet غالبًا مع	Many countries have not switched to clean energy yet.

كيف أعرف أن الجملة Present Perfect ؟

اسأل نفسك:

هل حدث شيء في الماضي؟ ⏪

↓

هل له علاقة بالحاضر؟

↓

✓ نعم Present Perfect →

Example: Scientists have developed a new technology. حدث التطوير بالفعل، والتكنولوجيا موجودة الآن.

Time Expressions الكلمات الدالة ومكانها في الجملة

الكلمة	المعنى	مكانها غالبًا	مثال
just	للتو / منذ لحظات	بين have/has و V3	We have just finished the project.
already	بالفعل / مسبقًا	بين have/has و V3	She has already left.
for	لمدة	قبل مدة زمنية	They have worked for five years.
since	منذ	قبل نقطة بداية زمنية	He has lived here since 2020.
yet	حتى الآن / بعد	في النفي والأسئلة، غالبًا في النهاية	She hasn't finished her work yet.
lately	مؤخرًا	غالبًا قرب نهاية الجملة	People have recycled more lately.
only	فقط	قبل الفعل الرئيسي غالبًا	We have only used renewable energy.
moments ago	منذ لحظات	في نهاية الجملة	The bus has arrived moments ago.
done	تم / انتهى	تاتي كـ V3 من do	We have done our homework.
sooner than expected	في وقت أبكر من المتوقع	غالبًا في نهاية الجملة	They have finished sooner than expected.

ملاحظة مهمة جدًا ⚠

FOR ⏳ = مدة زمنية

for two years
for three hours
for a long time

SINCE = نقطة بداية

since 2020
since Monday
since January

احفظها بهذه الطريقة:

FOR = How long? كم من الوقت؟

SINCE = When did it start? متى بدأ؟

مكان الكلمات الدالة

1 **Middle** — في المنتصف

بعد have / has وقبل V3

Subject + have/has + JUST/ALREADY + V3

They have just completed the work.
She has already finished her homework.

2 **Close to the End** — بالقرب من النهاية

خصوصًا مع **for / since**

We have lived here for ten years.
He has worked there since 2020.

3 **At the End** — في النهاية

خصوصًا مع **yet / lately** وبعض التعبيرات الزمنية الأخرى.

They haven't finished the project yet.
Scientists have made important discoveries lately.

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

1. Kuwait _____ significantly in the development of clean energy over recent years.
   a) progressed b) has progressed c) is progressing d) progress
2. _____ you ever seen a wind turbine in real life?
   a) Did b) Do c) Have d) Has
3. The engineers _____ the project yet.
   a) haven't completed b) didn't complete c) don't complete d) aren't completing
4. My family has lived in Kuwait _____ 2018.
   a) for b) ago c) since d) already
5. Scientists have studied climate change _____ many years.
   a) since b) yet c) for d) ago
6. The company has _____ introduced a new recycling system.
   a) since b) yet c) for d) just
7. We have _____ completed the first stage of the experiment, so we can start the next one.
   a) already b) ago c) since d) yet

8. ..... they finished the recycling project?
   a) Have b) Did c) Has d) Had
9. He has ..... a report about solar energy.
   a) wrote b) writes c) written d) writing
10. I ..... the museum several times.
    a) Ivisited b) am visiting c) will visit d) have visited

B- Do as Shown Between Brackets and Choose the Correct Answer

1. She has wrote an email to the manager. (Correct the mistake)
   a) She has wrote an email to the manager.
   b) She has writing an email to the manager.
   c) She has written an email to the manager.
2. We have completed the recycling project. (Make negative)
   a) We haven't completed the recycling project.
   b) We didn't have completed the recycling project.
   c) We don't have completed the recycling project.
3. They have visited the new science museum. (Make a question)
   a) Did they have visited the new science museum?
   b) Have they visited the new science museum?
   c) Do they have visited the new science museum?
4. She has lived in Kuwait. She moved there in 2020. (Join using "since")
   a) She has lived in Kuwait since 2020.
   b) She has lived in Kuwait for 2020.
   c) She have lived in Kuwait since 2020.
5. I have know my best friend for six years. (Correct the mistake)
   a) I has known my best friend for six years.
   b) I have knew my best friend for six years.
   c) I have known my best friend for six years.
6. The engineers finished the work a short time ago. (Rewrite using "just")
   a) The engineers just have finished the work.
   b) The engineers have just finished the work.
   c) The engineers have finished just the work.
7. The scientist have already arrived. (correct)
   a) The scientist already has arrived.
   b) Has the scientist already arrived.
   c) The scientist has already arrived.
8. They have studied renewable energy **when** three years. (correct)
   a) for b) since c) ago
9. Have you ever see a wind turbine? (Correct the mistake)
   a) Have you ever see a wind turbine?
   b) Have you ever seen a wind turbine?
   c) Did you ever seen a wind turbine?
10. The researchers **develop** a new recycling method. (correct)
    a) developed b) develop c) have developed

A. 1. b) has progressed	2. c) Have	3. a) haven't completed	4. c) since	5. c) for
6. d) just	7. a) already	8. a) Have they finished the recycling project?	9. c) He has written a report about solar energy.	10. d) I have visited the museum several times.
B. 1. c) She has…..	2. a) We …..	3. b) Have they	4. a) She has..	5. c) I have …
6. b) The engineers….	7. c) Th….	8. a) for	9. b) Have ….	10. c) have developed

First Conditional If — الحالة الشرطية الأولى

If Clause — جملة الشرط	Result Clause — جملة النتيجة
If + Present Simple	Subject + Modal + V1 فاعل + فعل ناقص والتصريف الأول أو المصدر

If we save energy, we can reduce pollution. إذا وفرنا الطاقة، يمكننا تقليل التلوث.

الاستخدام		مثال
Future possibility	نتيجة مستقبلية محتملة	If it rains, we will stay indoors.
Advice	تقديم نصيحة	If you feel tired, you should rest.
Prediction	توقع شيء في المستقبل	If the weather is sunny, the panels will produce more energy.
Future ability	القدرة على القيام بشيء في المستقبل	If you practise, you can improve your English.

النوع	التكوين	مثال
✅ إثبات	If + subject + V1, subject + will/modal + V1	If she studies, she will pass.
✗ نفي الشرط	If + subject + don't/doesn't + V1, subject + will/modal + V1	If she doesn't study, she might fail.
✗ نفي النتيجة	If + subject + V1, subject + will/modal + not + V1	If you hurry, you will not miss the bus.
؟ سؤال	Modal + subject + V1 + if + subject + V1?	Will you go if it rains?

مكان جملة If

يمكن أن تأتي جملة الشرط في البداية أو في النهاية.

If it rains, we will stay home.

We will stay home if it rains.

دير بالك

✗ لا تستخدم WILL بعد IF مباشرة

خطأ: ✗ If it **will rain**, we will stay home.

صحيح: ✅ If it **rains**, we will stay home.

Modal Verbs — الأفعال الناقصة

الـ Modal Verb يساعدنا على تحديد معنى النتيجة.

Modal	المعنى	مثال
will	توقع / تأكيد قوي	If you study, you **will pass**.
can	قدرة / إمكانية	If you practise, you **can improve**.
could	قدرة / إمكانية	If we use solar power, we **could reduce** pollution.
may	احتمال	If it rains, the match **may be cancelled**.
might	احتمال	If it gets colder, it **might snow**.
must	ضرورة / إلزام / تأكيد قوي	If you drive, you **must wear** a seatbelt.
should	نصيحة	If you feel sick, you **should see** a doctor.

أهم أخطاء الامتحان ⚠

الخطأ ✗	الصحيح ✓
If it **will rain**, we will stay home.	If it **rains**, we will stay home.
If she doesn't **studies**, she might fail.	If she doesn't **study**, she might fail.
If I **would go**, I will help.	If I **go**, I will help.
If you study, you can **to pass**.	If you study, you can **pass**.
If you are tired you should **resting**.	If you are tired, you should **rest**.

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

1. If Ahmed ..... hard, he will get a good grade.
   a) study b) studies c) will study d) studied
2. If we leave early, we ..... arrive on time.
   a) arriving b) arrived c) will d) arrive
3. If they don't save water, they ..... face problems in the future.
   a) might b) mighting c) will might d) are might
4. Choose the correctly formed First Conditional sentence.
   a) If she will come, I will help her.
   b) If she comes, I will help her.
   c) If she coming, I will help her.
   d) If she came, I will help her.
5. You ..... follow the school rules.
   a) might b) can c) must d) could
6. My brother ..... swim very well.
   a) should b) can c) must d) may
7. Take an umbrella. It ..... rain this evening.
   a) might b) must c) should d) can't
8. If you study regularly, you ..... improve your English.
   a) can b) canning c) are can d) can to
9. Choose the sentence that gives advice.
   a) You must be tired.
   b) You might be tired.
   c) You should get some rest.
   d) You can swim well.
10. If she doesn't take an umbrella, she ..... get wet.
    a) could to b) will c) is will d) will to

B- Do as Shown Between Brackets and Choose the Correct Answer

1. If she will study hard, she will pass the exam. (Correct)
   a) If she will study hard, she will pass the exam.
   b) If she studies hard, she will pass the exam.
   c) If she studied hard, she will pass the exam.
2. If you exercise regularly, you ..... (feel) healthier. (Complete)
   a) feel
   b) feels
   c) will feel
3. If he doesn't leave now, he will catch the train. (Make negative)
   a) If he doesn't leave now, he won't catch the train.
   b) If he doesn't leave now, he doesn't catch the train.
   c) If he not leave now, he won't catch the train.

التواصل على رقمنا الوحيد
51093167

4. If I have enough time, I ..... (help) you with your project. (Complete)
   a) help. b) will help. c) helped
5. You ..... wear a helmet when riding a bicycle. (Choose)
   a) might. b) must. c) could
6. If you don't hurry, you will miss the bus. (Choose)
   a) If you don't hurry, you will miss the bus.
   b) If don't you hurry, you will miss the bus.
   c) You if don't hurry, will miss the bus.
7. There are dark clouds in the sky. It ..... rain soon. (Choose)
   a) might. b) must. c) should
8. If they don't recycle, they will produce more waste. (Make negative)
   a) If they don't recycle, they won't produce more waste.
   b) If they won't recycle, they don't produce more waste.
   c) If they not recycle, they won't produce more waste.
9. If we use public transport, we ..... (reduce) air pollution. (Complete)
   a) reduced. b) will reduce. c) reducing
10. My cousin ..... speak English and French. (Choose)
    a) can. b) must. c) might

A. 1. b) studies	2. c) will	3. a) might	4. b) If she	5. c) must
6. b) can	7. a) might	8. a) can	9. c) You ...	10. b) will
B.1. b) If she studies ..	2. c) will feel	3. a) If he	4. b) will help	5. b) must
6. a) If ...	7. a) might	8. a) If ..	9. b) will reduce	10. a) can

Language Functions – سؤال المواقف (الوظائف اللغوية)

Write what you would say in the following situations.

1. Your friend suggests using solar energy at home. Agree with the suggestion and mention one benefit.

يقترح صديقك استخدام الطاقة الشمسية في المنزل. وافق على الاقتراح واذكر فائدة واحدة.

.....

2.Your classmate asks you why recycling is important. Give a reason and explain its importance.

يسألك زميلك لماذا إعادة التدوير مهمة. اذكر سببًا واشرح أهميتها.

.....

3.Your group is discussing how to reduce waste at school. Give a suggestion and explain how it could help.

تتناقش مجموعتك حول كيفية تقليل النفايات في المدرسة. قدم اقتراحًا واشرح كيف يمكن أن يساعد.

.....

4.You are discussing a new environmental project with your classmates. Make a decision about the best change to introduce.

تتناقش مع زملائك حول مشروع بيئي جديد. اتخذ قرارًا بشأن أفضل تغيير يمكن تنفيذه.

.....

Suggested Answers

1.That's a good idea. Using solar energy is beneficial because it can reduce pollution.

هذه فكرة جيدة. استخدام الطاقة الشمسية مفيد لأنه يمكن أن يقلل التلوث.

2.Recycling is important because it helps reduce waste. For this reason, we should all recycle more.

إعادة التدوير مهمة لأنها تساعد على تقليل النفايات. ولهذا السبب، يجب علينا جميعًا إعادة التدوير بشكل أكبر.

3.I suggest that we use reusable bottles at school. This will help because it can reduce plastic waste.

أقترح أن نستخدم زجاجات قابلة لإعادة الاستخدام في المدرسة. سيساعد هذا لأنه يمكن أن يقلل من النفايات البلاستيكية.

4.After careful thinking, we have decided to use more recycling bins. This choice makes sense because it will help reduce waste.

بعد التفكير بعناية، قررنا استخدام المزيد من صناديق إعادة التدوير. هذا الاختيار منطقي لأنه سيساعد على تقليل النفايات.

Set book Part – سؤال الستبوك

1	Q: What types of fossil fuels has Kuwait depended on for a long time, and how do they affect the environment? س :ما أنواع الوقود الأحفوري التي اعتمدت عليها الكويت لفترة طويلة، وكيف تؤثر في البيئة؟ A: Kuwait has depended on fossil fuels such as oil and natural gas for many years. They produce harmful emissions that damage the environment. ج :اعتمدت الكويت على الوقود الأحفوري مثل النفط والغاز الطبيعي لسنوات عديدة. وهي تنتج انبعاثات ضارة تضر بالبيئة.
2	Q: Where can the Shagaya Renewable Energy Park be found, and which organization manages it? س :أين تقع حديقة الشقايا للطاقة المتجددة، وما المؤسسة التي تديرها؟ A: It is located in a desert area west of Kuwait City and is managed by the Kuwait Institute for Scientific Research (KISR). ج :تقع في منطقة صحراوية غرب مدينة الكويت، ويديرها معهد الكويت للأبحاث العلمية.
3	Q: How do wind turbines and solar panels produce electricity at Shagaya? س :كيف تنتج توربينات الرياح والألواح الشمسية الكهرباء في الشقايا؟ A: Wind turbines use the power of flowing air, while solar panels collect energy from the sun and convert it into electricity. ج :تستخدم توربينات الرياح قوة الهواء المتحرك، بينما تجمع الألواح الشمسية الطاقة من الشمس وتحولها إلى كهرباء.
4	Q: What percentage of Kuwait's energy does the country aim to produce from renewable sources by 2030? س :ما النسبة التي تهدف الكويت إلى إنتاجها من الطاقة من مصادر متجددة بحلول عام ٢٠٣٠؟ A: Kuwait aims to produce 15% of its energy from renewable sources by 2030. ج :تهدف الكويت إلى إنتاج ١٥٪ من طاقتها من مصادر متجددة بحلول عام ٢٠٣٠.
5	Q: Besides producing clean energy, what other benefits does the Shagaya project provide? س :إلى جانب إنتاج الطاقة النظيفة، ما الفوائد الأخرى التي يقدمها مشروع الشقايا؟ A: It develops expertise in renewable energy, supports innovation, and raises awareness among engineers, researchers, and students. ج :يطور الخبرات في مجال الطاقة المتجددة، ويدعم الابتكار، ويزيد الوعي بين المهندسين والباحثين والطلاب.
6	Q: What does the term "life cycle" mean when we talk about a product? س :ماذا يعني مصطلح «دورة الحياة» عندما نتحدث عن منتج؟ A: It is the journey a product goes through, from extracting raw materials and manufacturing to transporting, selling, and finally disposing of it. ج :هي الرحلة التي يمر بها المنتج، بدءًا من استخراج المواد الخام وتصنيعه، ثم نقله وبيعه، وأخيرًا التخلص منه.
7	Q: How are thrifting and upcycling different from each other? س :ما الفرق بين شراء المستعمل وإعادة التدوير الإبداعي؟ A: Thrifting means buying used or second-hand items instead of new ones, while upcycling means turning an old item into something new and often more attractive. ج :يعني شراء المستعمل شراء أشياء مستعملة بدلًا من الجديدة، بينما تعني إعادة التدوير الإبداعي تحويل شيء قديم إلى شيء جديد وغالبًا أكثر جاذبية.
8	Q: What are two examples of upcycling given in the article? س :ما مثالان على إعادة التدوير الإبداعي وردا في المقال؟ A: An old blanket can be made over into a jacket, and old tablets can be reused as e-readers. ج :يمكن تحويل بطانية قديمة إلى سترة، ويمكن إعادة استخدام الأجهزة اللوحية القديمة كأجهزة لقراءة الكتب الإلكترونية.
9	Q: Why do you think an increasing number of young people in Kuwait are choosing thrift markets? س :لماذا تعتقد أن عددًا متزايدًا من الشباب في الكويت يختارون أسواق المستعمل؟ A: They may choose thrift markets to save money, protect the environment, and follow a trend that has become more popular and socially accepted. ج :قد يختارون أسواق المستعمل لتوفير المال، وحماية البيئة، واتباع اتجاه أصبح أكثر انتشارًا وقبولًا اجتماعيًا.

10	Q: According to the article, what simple actions can we take every day to reduce waste? س :بحسب المقال، ما الإجراءات البسيطة التي يمكننا القيام بها يوميًا لتقليل النفايات؟ A: We can think twice before throwing things away, choose to thrift or upcycle items, and remember that every small action adds up. ج :يمكننا التفكير مرتين قبل التخلص من الأشياء، واختيار شراء المستعمل أو إعادة تدوير الأشياء إبداعيًا، وتذكر أن كل خطوة صغيرة تحدث فرقًا.

Writing 1: Habits for a Better World – عادات لعالم أفضل

Expository Writing مقال تعبيرى

"... He has produced you from the earth and settled you therein..."

(Surah Hud, 11:61)

Plan and write an expository essay of no fewer than 12 sentences (around 120-140 words), explaining the changes teenagers can make inside their homes and the choices they can make outside their homes to protect the environment.

I. Introduction

.....

II. Body Paragraph 1:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

III. Body Paragraph 2:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

.....

IV. Conclusion

.....

Write Your Topic Here

Writing 1: Habits for a Better World - عادات لعالم أفضل

The Plan – الخطة

I. Introduction

Topic: Changes teenagers can make at home and outside to protect the environment.

Teenagers can make simple changes in their daily lives to protect the environment. These habits can reduce waste, save energy and help create a cleaner world.

II. Body Paragraph 1: Changes Inside the Home

Topic Sentence:

There are several things teenagers can do inside their homes to protect the environment.

Supporting Detail 1:

They can save energy by switching off lights and unplugging electronic devices when they are not being used.

Supporting Detail 2:

They can also reduce waste by using reusable bags and bottles and by recycling paper, plastic and other materials.

III. Body Paragraph 2: Choices Outside the Home

Topic Sentence:

Teenagers can also make environmentally friendly choices when they are outside their homes.

Supporting Detail 1:

They can use public transport, walk or ride a bicycle instead of using cars for short trips.

Supporting Detail 2:

They can choose second-hand items and avoid buying unnecessary products. They should also think twice before throwing things away.

IV. Conclusion

Small changes can make a big difference to the environment. If teenagers develop good habits at home and make responsible choices outside, they can help build a cleaner and better world for the future.

Habits for a Better World

Teenagers can make simple changes in their daily lives to protect the environment. These habits can reduce waste, save energy and help create a cleaner world.

There are several things teenagers can do inside their homes to protect the environment. They can save energy by switching off lights and unplugging electronic devices when they are not being used. They can also reduce waste by using reusable bags and bottles. Recycling paper, plastic and other materials is another useful habit.

Teenagers can also make environmentally friendly choices when they are outside their homes. They can use public transport, walk or ride a bicycle instead of using cars for short trips. They can choose second-hand items and avoid buying unnecessary products. They should also think twice before throwing things away.

Small changes can make a big difference to the environment. If teenagers develop good habits at home and make responsible choices outside, they can help build a cleaner and better world for the future.

عادات لعالم أفضل

يمكن للمراهقين إجراء تغييرات بسيطة في حياتهم اليومية لحماية البيئة. ويمكن لهذه العادات أن تقلل من النفايات، وتوفر الطاقة، وتساعد في خلق عالم أكثر نظافة.

هناك العديد من الأشياء التي يمكن للمراهقين القيام بها داخل منازلهم لحماية البيئة. يمكنهم توفير الطاقة عن طريق إطفاء المصابيح وفصل الأجهزة الإلكترونية عندما لا تكون قيد الاستخدام. كما يمكنهم تقليل النفايات باستخدام الأكياس والزجاجات القابلة لإعادة الاستخدام. وتُعد إعادة تدوير الورق والبلاستيك والمواد الأخرى عادة مفيدة أيضًا.

يمكن للمراهقين أيضًا اتخاذ خيارات صديقة للبيئة عندما يكونون خارج منازلهم. يمكنهم استخدام وسائل النقل العام، أو المشي، أو ركوب الدراجة بدلًا من استخدام السيارات في الرحلات القصيرة. ويمكنهم اختيار شراء الأشياء المستعملة وتجنب شراء المنتجات غير الضرورية. كما ينبغي عليهم التفكير مرتين قبل التخلص من الأشياء.

يمكن للتغييرات الصغيرة أن تحدث فرقًا كبيرًا للبيئة. وإذا طور المراهقون عادات جيدة في المنزل واتخذوا خيارات مسؤولة خارجه، فيمكنهم المساعدة في بناء عالم أنظف وأفضل في المستقبل.

Writing 2: Power With Purpose الطاقة بهدف

Plan and write an expository essay of no fewer than 12 sentences (around 120–140 words), explaining how renewable energy can help Kuwait protect the environment and build a better future.

I. Introduction

Topic: The importance of renewable energy for Kuwait.

Renewable energy is important for Kuwait because it can reduce pollution, protect the environment and provide cleaner energy for the future.

II. Body Paragraph 1: Renewable Energy in Kuwait

Topic Sentence:

Kuwait can use different types of renewable energy to produce clean electricity.

Supporting Detail 1:

Solar panels can use the strong sunlight in Kuwait to generate electricity.

Supporting Detail 2:

Wind turbines can use flowing air to produce energy and reduce the use of fossil fuels.

III. Body Paragraph 2: Benefits for the Future

Topic Sentence:

Renewable energy can provide many environmental and economic benefits for Kuwait.

Supporting Detail 1:

It can reduce harmful emissions and help create a cleaner and healthier environment.

Supporting Detail 2:

It can also support innovation, develop expertise and create new opportunities for engineers, researchers and young people.

IV. Conclusion

Renewable energy can help Kuwait protect its environment and prepare for the future. By using energy wisely and with purpose, Kuwait can build a cleaner and more sustainable country.

Power With Purpose

Renewable energy is important for Kuwait because it can reduce pollution, protect the environment and provide cleaner energy for the future.

Kuwait can use different types of renewable energy to produce clean electricity. Solar panels can use the strong sunlight in Kuwait to generate electricity. Wind turbines can also use flowing air to produce energy. These renewable sources can reduce Kuwait's dependence on fossil fuels.

Renewable energy can provide many environmental and economic benefits for Kuwait. It can reduce harmful emissions and help create a cleaner and healthier environment. It can also support innovation, develop expertise and create new opportunities for engineers, researchers and young people. Renewable energy projects can also raise awareness about the importance of protecting the environment.

In conclusion, renewable energy can help Kuwait protect its environment and prepare for the future. By using energy wisely and with purpose, Kuwait can build a cleaner and more sustainable country.

الطاقة بهدف

تُعد الطاقة المتجددة مهمة للكويت لأنها يمكن أن تقلل التلوث، وتحمي البيئة، وتوفر طاقة أنظف للمستقبل.

يمكن للكويت استخدام أنواع مختلفة من الطاقة المتجددة لإنتاج الكهرباء النظيفة. ويمكن للألواح الشمسية الاستفادة من أشعة الشمس القوية في الكويت لتوليد الكهرباء. كما يمكن لتوربينات الرياح استخدام الهواء المتحرك لإنتاج الطاقة. ويمكن لهذه المصادر المتجددة أن تقلل اعتماد الكويت على الوقود الأحفوري.

يمكن للطاقة المتجددة أن توفر العديد من الفوائد البيئية والاقتصادية للكويت. فهي يمكن أن تقلل من الانبعاثات الضارة وتساعد في خلق بيئة أنظف وأكثر صحة. كما يمكنها دعم الابتكار وتطوير الخبرات وخلق فرص جديدة للمهندسين والباحثين والشباب. ويمكن لمشروعات الطاقة المتجددة أيضًا أن تزيد الوعي بأهمية حماية البيئة.

في الختام، يمكن للطاقة المتجددة أن تساعد الكويت على حماية بيئتها والاستعداد للمستقبل. ومن خلال استخدام الطاقة بحكمة وبهدف، تستطيع الكويت بناء دولة أنظف وأكثر استدامة.

Reading Comprehension سؤال قطعة الفهم

30

Read the following passage, then answer the questions on the next page.

Renewable energy is becoming increasingly important in Kuwait because the country needs clean and **sustainable** sources of power. For many years, Kuwait has depended mainly on fossil fuels such as oil and natural gas. Although these fuels have supported the country's development, they produce harmful emissions that can damage the environment. Renewable energy can help reduce these emissions and protect natural resources.

Solar energy is especially useful in Kuwait because the country receives plenty of sunshine throughout the year. Solar panels collect energy from the sun and convert it into electricity. Wind energy is another important source. Wind turbines use the power of flowing air to generate electricity. These technologies can produce clean energy without burning fossil fuels.

The Shagaya Renewable Energy Park is an important renewable energy project in Kuwait. It is located in a desert area west of Kuwait City and is managed by the Kuwait Institute for Scientific Research (KISR). The project uses different renewable energy technologies and helps develop local expertise. **It** also supports innovation and raises awareness among engineers, researchers and students.

Renewable energy can provide many benefits for Kuwait in the future. It can help reduce pollution and create a cleaner environment. It can also provide opportunities for young people to learn about science, technology and sustainable development. By investing in renewable energy, Kuwait can prepare for a better and more sustainable future.

Using energy responsibly is not only the responsibility of governments and large projects. Individuals can also make a difference by saving electricity, switching off unnecessary lights and using energy wisely. Small actions may seem simple, but when many people follow them, they can have a positive effect. In this way, everyone can use power with purpose and help protect the environment.

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

1. The best title for the passage is:

a) The History of Oil in Kuwait
b) Power With Purpose
c) Problems with Solar Panels
d) Life in Kuwait's Desert

2. The word "sustainable" in paragraph 1 is closest in meaning to:

a) harmful
b) temporary
c) able to continue for a long time
d) expensive

3. The pronoun "It" in paragraph 3 refers to:

a) Kuwait City
b) the desert area
c) the Shagaya Renewable Energy Park
d) the Kuwait Institute for Scientific Research

4. According to paragraph 2, solar panels:

a) produce energy from flowing air
b) convert energy from the sun into electricity
c) burn fossil fuels to produce electricity
d) reduce the amount of sunlight in Kuwait

5. Which statement is NOT true according to the passage?

a) Kuwait has depended on oil and natural gas for many years.
b) Wind turbines use the power of flowing air.
c) The Shagaya project is located east of Kuwait City.
d) Renewable energy can help reduce pollution.

6. The writer's main purpose is to:

a) explain the importance and benefits of renewable energy in Kuwait
b) describe how oil is produced in Kuwait
c) compare Kuwait with other countries
d) explain why people should use more fossil fuels.

B) Answer the following questions:

7. Why is solar energy especially useful in Kuwait?

.....

8. How does the Shagaya project benefit Kuwait besides producing renewable energy?

.....

No.	Answer
1.	b) Power With Purpose
2.	c) able to continue for a long time
3.	c) the Shagaya Renewable Energy Park
4.	b) convert energy from the sun into electricity
5.	c) The Shagaya project is located east of Kuwait City.
6.	a) explain the importance and benefits of renewable energy in Kuwait
7.	Because Kuwait receives plenty of sunshine throughout the year.
8.	It develops local expertise, supports innovation and raises environmental awareness.

Summary Making – سؤال التلخيص

Read the following passage, then in FOUR sentences summarise and paraphrase its main ideas in answer to the question below.

What are the benefits of using renewable energy in Kuwait?

Renewable energy can provide many important benefits for Kuwait and its future. Solar energy is especially useful because Kuwait receives plenty of sunshine throughout the year, while wind energy can use flowing air to produce clean electricity. Using renewable energy can reduce harmful emissions, protect the environment and decrease the country's dependence on fossil fuels. It can also support innovation, develop local expertise and create new opportunities for young people in science and technology. In addition, renewable energy projects can raise environmental awareness and encourage people to use energy responsibly. By investing in clean energy and using electricity wisely, Kuwait can build a cleaner and more sustainable future.

.....

.....

.....

.....

First, renewable energy can provide Kuwait with clean electricity from sources such as sunlight and wind. Second, using clean energy can reduce pollution and protect the environment. Also, renewable energy can develop local expertise, support innovation and create opportunities for young people. Finally, renewable energy projects can raise awareness and help Kuwait build a cleaner and more sustainable future.

أولا، يمكن أن توفر الطاقة المتجددة للكويت كهرباء نظيفة من مصادر مثل ضوء الشمس والرياح. ثانيًا، يمكن أن يساعد استخدام الطاقة النظيفة على تقليل التلوث وحماية البيئة. أيضًا، يمكن للطاقة المتجددة أن تطور الخبرات المحلية وتدعم الابتكار وتوفر فرصًا للشباب. أخيرًا، يمكن لمشروعات الطاقة المتجددة أن تزيد الوعي وتساعد الكويت على بناء مستقبل أكثر نظافة واستدامة.

Translation سؤال الترجمة

Translate the following into good English:

١. أنجلينا: يمكن أن تساعد الطاقة المتجددة الكويت على حماية البيئة وتقليل التلوث.

فاطمة: نعم، فهي تستخدم مصادر طبيعية مثل الشمس والرياح لإنتاج الطاقة النظيفة.

.....

.....

٢. مريم: من المهم أن نستخدم الكهرباء بحكمة ونطفئ الأجهزة غير الضرورية.

ماريا: نعم، فهذه العادات البسيطة يمكن أن تساعد في توفير الطاقة وحماية البيئة.

.....

.....

The Answer – الإجابة

1. Angelina: Renewable energy can help Kuwait protect the environment and reduce pollution.
Fatima: Yes, it uses natural sources such as the sun and wind to produce clean energy.
2. Mariam: It is important to use electricity wisely and switch off unnecessary devices.
Maria: Yes, these simple habits can help save energy and protect the environment.

The First Project : المشروع الأول

The Healthy Plate: Making Smart Food Choices

Good nutrition is very important for a healthy body and mind. It gives us the energy we need to study, play, and grow. Eating a variety of healthy foods helps our bodies get the nutrients they need. A balanced diet is the key to maintaining a healthy lifestyle and feeling our best every day.

Fruits and vegetables are rich in vitamins and minerals that help keep our bodies strong. They support our immune system and protect us from diseases. Proteins are also important because they build and repair muscles and tissues. Healthy sources of protein include fish, chicken, eggs, beans, and nuts.

Whole grains provide long-lasting energy and help us stay active throughout the day. They also contain fiber, which supports healthy digestion. Dairy products such as milk and yogurt help build strong bones and teeth. Drinking enough water every day is also essential for maintaining good health and keeping our bodies hydrated.

On the other hand, some foods contain too much sugar, salt, and unhealthy fats. Eating these foods too often can lead to weight gain and other health problems. Unhealthy eating habits can also reduce our energy levels and affect our concentration. Therefore, it is important to enjoy these foods only in moderation.

Making healthy food choices is a smart decision for everyone. Healthy habits improve our mood, energy, and overall well-being. Even small changes in our daily diet can make a big difference in the future. By choosing healthy foods, we can build a healthier life for ourselves and create a better future.

الطبق الصحي : اتخاذ خيارات غذائية ذكية

تُعد التغذية الجيدة مهمة جدًا لصحة الجسم والعقل. فهي تمنحنا الطاقة التي نحتاجها للدراسة واللعب والنمو. كما أن تناول مجموعة متنوعة من الأطعمة الصحية يساعد أجسامنا على الحصول على العناصر الغذائية التي تحتاجها. ويُعتبر النظام الغذائي المتوازن مفتاح الحفاظ على أسلوب حياة صحي والشعور بأفضل حال كل يوم.

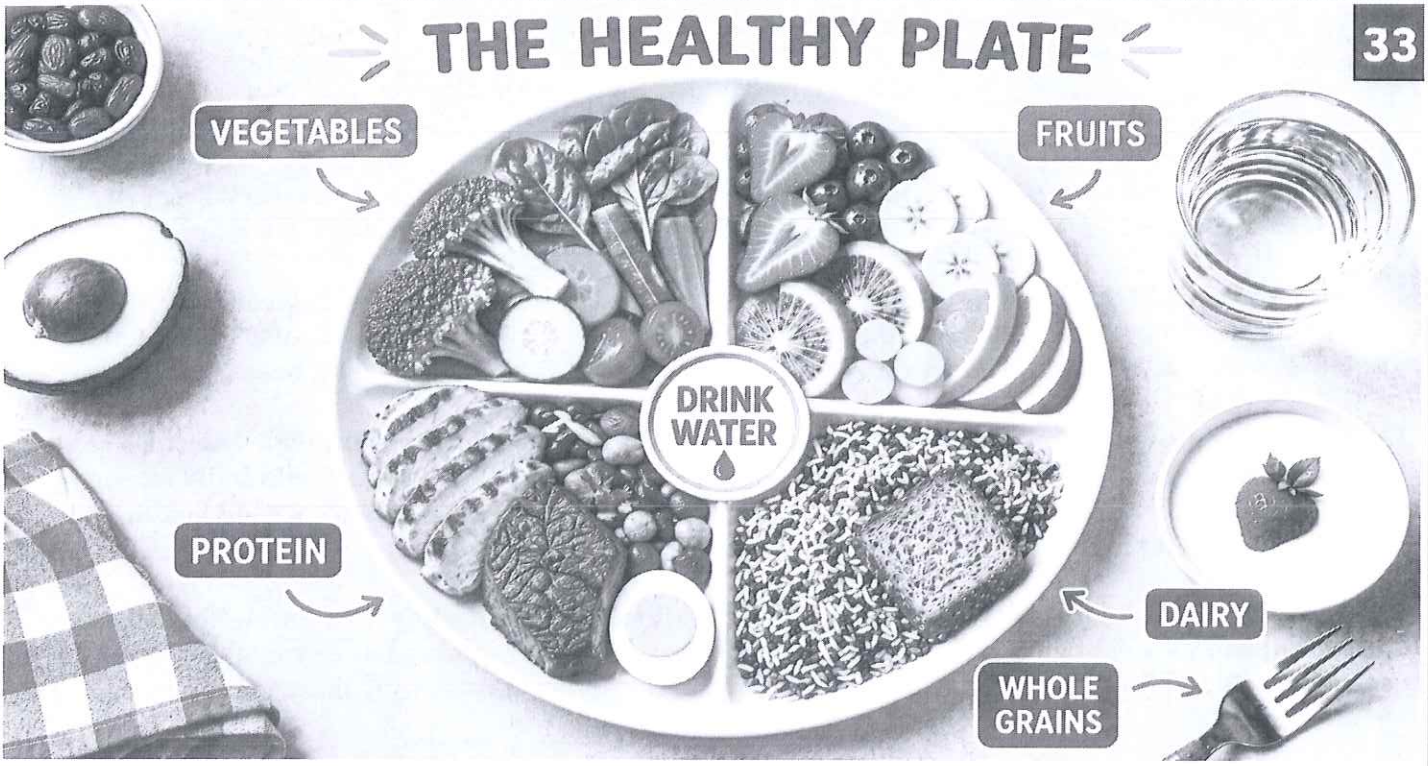
تحتوي الفواكه والخضروات على الكثير من الفيتامينات والمعادن التي تساعد في الحفاظ على قوة أجسامنا. كما أنها تدعم جهاز المناعة وتحمي من الأمراض. وتُعد البروتينات مهمة أيضًا لأنها تبني العضلات والأنسجة وتساعد على إصلاحها. ومن المصادر الصحية للبروتين: السمك والدجاج والبيض والفول والمكسرات.

توفر الحبوب الكاملة طاقة تدوم لفترة طويلة وتساعدنا على البقاء نشيطين طوال اليوم. كما أنها تحتوي على الألياف التي تساعد على الهضم الصحي. وتساعد منتجات الألبان مثل الحليب والزبادي في بناء عظام وأسنان قوية. ويُعد شرب كمية كافية من الماء يوميًا أمرًا ضروريًا للحفاظ على الصحة الجيدة وترطيب الجسم.

ومن ناحية أخرى، تحتوي بعض الأطعمة على كميات كبيرة من السكر والملح والدهون غير الصحية. وقد يؤدي تناول هذه الأطعمة بكثرة إلى زيادة الوزن ومشكلات صحية أخرى. كما يمكن أن تقلل العادات الغذائية غير الصحية من مستوى الطاقة وتؤثر على التركيز. لذلك، من المهم تناول هذه الأطعمة باعتدال فقط.

إن اتخاذ خيارات غذائية صحية يُعد قرارًا ذكيًا للجميع. فالعادات الصحية تحسن المزاج والطاقة والصحة العامة. وحتى التغييرات الصغيرة في نظامنا الغذائي اليومي يمكن أن تُحدث فرقًا كبيرًا في المستقبل. ومن خلال اختيار الأطعمة الصحية، نستطيع بناء حياة أكثر صحة لأنفسنا وصنع مستقبل أفضل.

THE HEALTHY PLATE



1. Good nutrition is important for a healthy body and mind.
2. It gives us energy to study, play, and grow.
3. Eating a variety of foods helps our body get the nutrients it needs.
4. A balanced diet includes vegetables, fruits, proteins, whole grains, and dairy.

1. التغذية الجيدة مهمة لجسم وعقل سليم.
2. تمنحنا الطاقة للدراسة واللعب والنمو.
3. يساعد تناول مجموعة متنوعة من الأطعمة جسمنا على الحصول على العناصر الغذائية التي يحتاجها.
4. يشمل النظام الغذائي المتوازن الخضروات والفواكه والبروتينات والحبوب الكاملة ومنتجات الألبان.

5. Vegetables and fruits are full of vitamins and minerals.
6. They help our immune system and protect us from diseases.
7. Proteins help build and repair our muscles and tissues.
8. Good sources of protein include fish, chicken, eggs, beans, and nuts.

5. الخضروات والفواكه مليئة بالفيتامينات والمعادن.
6. تساعد جهاز المناعة لدينا وتحمينا من الأمراض.
7. تساعد البروتينات في بناء وإصلاح عضلاتنا وأنسجتنا.
8. تشمل المصادر الجيدة للبروتين الأسماك والدجاج والبيض والفول والمكسرات.

9. Whole grains give us long-lasting energy and fiber.
10. They help our digestion and keep our heart healthy.
11. Dairy products like milk and yogurt build strong bones and teeth.
12. Drinking enough water is also very important every day.

9. الحبوب الكاملة تمنحنا طاقة تدوم طويلاً وأليافاً.
10. تساعد في الهضم وتحافظ على صحة القلب.
11. منتجات الألبان مثل الحليب والزبادي تبني عظامًا وأسنانًا قوية.
12. شرب كمية كافية من الماء مهم جدًا كل يوم.

13. Unhealthy foods like chips, candy, and soda have too much sugar, salt, and fat.
14. Eating these foods too often can cause weight gain and health problems.
15. They can also make us feel tired and affect our concentration.
16. It is better to enjoy treats sometimes, not all the time.

13. الأطعمة غير الصحية مثل رقائق البطاطس والحلوى والمشروبات الغازية تحتوي على الكثير من السكر والملح والدهون.
14. يمكن أن يؤدي تناول هذه الأطعمة كثيرًا إلى زيادة الوزن ومشاكل صحية.
15. يمكنها أيضاً أن تجعلنا نشعر بالتعب وتؤثر على تركيزنا.
16. من الأفضل الاستمتاع بالمكافآت أحيانًا، وليس طوال الوقت.

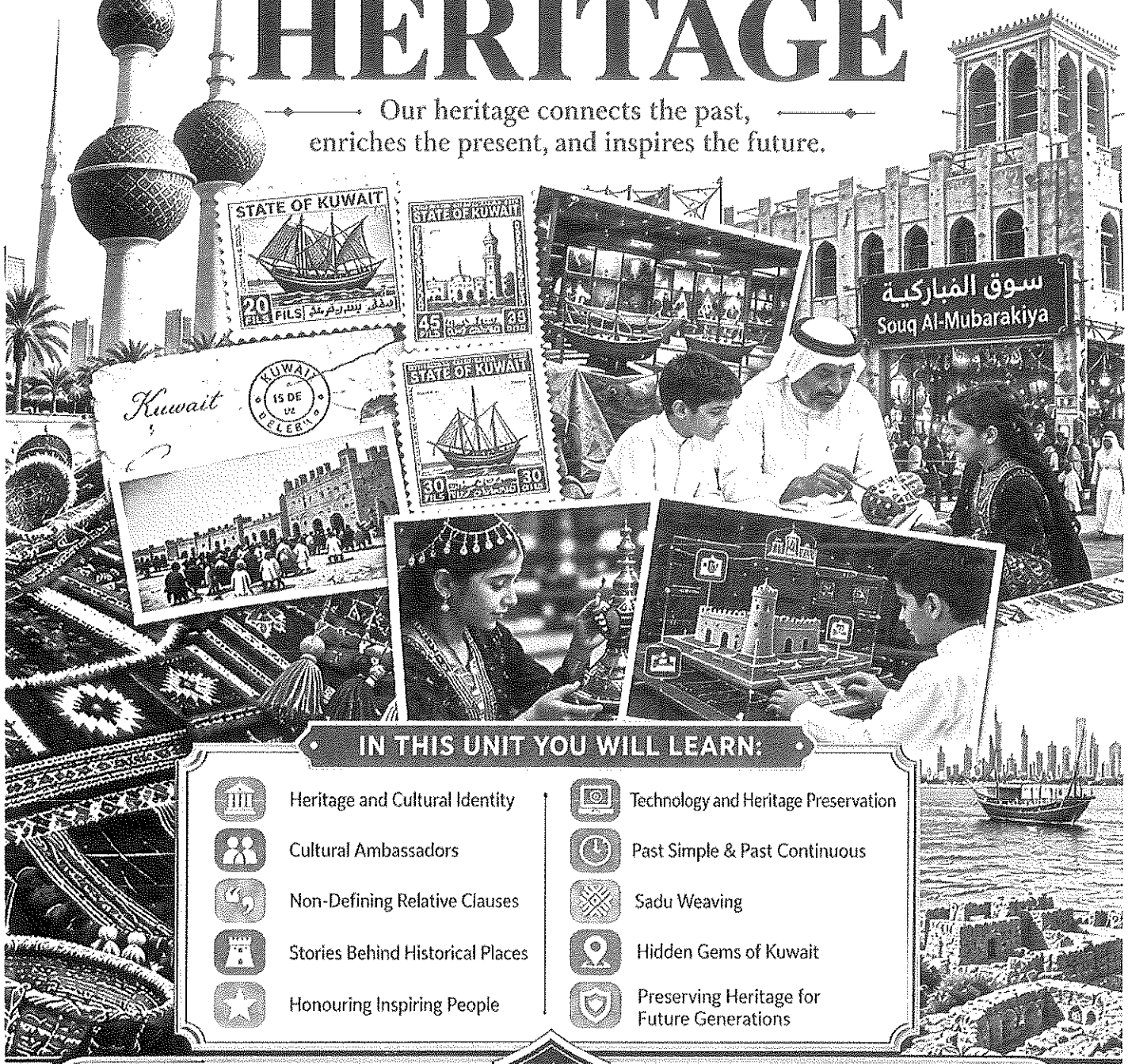
17. Making healthy food choices is a smart decision.
18. It improves our mood, energy, and overall well-being.
19. Small changes today can lead to a healthier future.
20. Let's choose healthy foods and create a better life for ourselves and our planet.

17. إن اتخاذ خيارات غذائية صحية هو قرار ذكي.
18. يحسن مزاجنا وطاقتنا ورفاهيتنا بشكل عام.
19. التغييرات الصغيرة اليوم يمكن أن تؤدي إلى مستقبل أكثر صحة.
20. لنختر الأطعمة الصحية ونخلق حياة أفضل لأنفسنا ولكوكبنا.

UNIT THREE: EXPLORING HERITAGE

الكويت
KUWAIT

Our heritage connects the past,
enriches the present, and inspires the future.



IN THIS UNIT YOU WILL LEARN:

- Heritage and Cultural Identity
- Cultural Ambassadors
- Non-Defining Relative Clauses
- Stories Behind Historical Places
- Honouring Inspiring People
- Technology and Heritage Preservation
- Past Simple & Past Continuous
- Sadu Weaving
- Hidden Gems of Kuwait
- Preserving Heritage for Future Generations

STAMPS & STORIES · CULTURE & TRADITIONS · STORIES BEYOND THE WALLS · HERITAGE & TECHNOLOGY · SADU WEAVING · PRESERVE OUR HERITAGE

"Preserving our heritage means protecting the stories that define who we are."

Unit 3: "Exploring heritage استكشاف التراث"

artefact	n	قطعة أثرية	publish	v	ينشر
evidence	n	دليل / أدلة	root	n	جذر / أصل
illustrate	v	يوضح / يشرح	view	v	يشاهد / ينظر إلى
pass down	ph.v	ينقل / يورث	expand	v	يوسّع
stand for	ph.v	يرمز إلى / يعني	narrow	adj	ضيق
automatic	adj	آلي / تلقائي	passage	n	ممر
creativity	n	إبداع	surround	v	يحيط بـ
creator	n	مُبدع / خالق	watchtower	n	برج مراقبة
detailed	adj	مفصل	award	n	جائزة
devote to	ph.v	يكرّس لـ	conference	n	مؤتمر
director	n	مخرج	document	v	يوثّق
leading	adj	رائد / بارز	insightful	adj	ثاقب / عميق الفهم
precisely	adv	بدقة	mechanical	adj	ميكانيكي
sadly	adv	بحزن / للأسف	bridge	n	جسر
translation	n	ترجمة	classic	adj	كلاسيكي / تقليدي
alive	adj	حي	decorative	adj	زخرفي / للزينة
ceremony	n	احتفال / مراسم	dye	v	يصبغ
continuous	adj	مستمر	identity	n	هوية
educate	v	يعلم / يثقف	amazingly	adv	بشكل مذهل
identify	v	يحدد / يتعرف على	customise	v	يخصص / يعدّل حسب الطلب
overseas	adv	في الخارج	hidden	adj	مخفي
patiently	adv	بصبر	tuck away	ph.v	يخفي / يضع في مكان بعيد
walker	n	مشّاء / شخص يمشي			

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

1. The museum displayed an ancient ..... that was discovered in Kuwait.
a) ceremony. b) artefact c) passage. d) conference
2. These documents are important ..... of Kuwait's cultural history.
a) creativity b) identity. c) evidence. d) translation
3. The photographs ..... the changes that have taken place in the city.
a) illustrate b) publish c) surround d) identify
4. Traditional stories are often ..... from parents to their children.
a) stood for b) tucked away c) devoted to d) passed down
5. The dove can ..... peace in many cultures.
a) view b) stand for c) expand d) educate
6. The museum has a ..... display that explains how the machine works.
a) decorative b) hidden c) mechanical d) leading
7. The young artist showed great ..... when designing her traditional patterns.
a) creativity b) root c) evidence d) award
8. He gave us a very ..... explanation of how Sadu patterns are made.
a) automatic b) continuous c) narrow d) detailed
9. The researchers worked carefully to ..... the history of the old building.
a) dye b) document c) surround d) customise
10. The traditional craft is an important part of Kuwaiti cultural ..... .
a) passage b) ceremony c) identity d) walker

1. b) artefact	2. c) evidence	3. a) illustrate	4. d) passed down	5. b) stand for
6. c) mechanical	7. a) creativity	8. d) detailed	9. b) document	10. c) identity

2. Fill in the spaces with words from the list:

(watchtower / insightful / mechanical / overseas / patiently / root)

1- The guards stood in the ..... to watch for ships coming towards the coast.
2- The professor gave an ..... speech about the value of preserving Kuwait's heritage.
3- The students examined a ..... model that showed how the old machine operated.
4- Some Kuwaiti cultural organisations work ..... to promote the country's traditions.
5- The craftsmen worked ..... to restore the delicate historical objects.

3. Fill in the spaces with words from the list:

(customise / classic / decorative / bridge / alive / walker)

1- The museum has a ..... collection of traditional Kuwaiti designs and objects.
2- Modern technology can help keep traditional Kuwaiti customs ..... for future generations.
3- Heritage museums can act as a ..... between the past and the present.
4- The beautiful Sadu designs are often used for ..... purposes in modern homes.
5- Tour companies can ..... their programmes according to the needs of different visitors.

1. watchtower	2. insightful	3. mechanical	4. overseas	5. patiently
6. classic	7. alive	8. bridge	9. decorative	10. customize

ملاحظات هامة جداً	
1. Use commas (,)	نستخدم الفواصل قبل وبعد الجملة الموصولة لأنها معلومة إضافية ☑ **My father, who is a teacher, enjoys reading.** ✗ **My father who is a teacher enjoys reading.**
2. Do NOT use "that"	**who, whose, which,** نستخدم. لا نستخدم **that** في الجمل الموصولة غير المحددة حسب الحالة **where, when**. ✗ **My friend, that lives nearby, is helpful.** ☑ **My friend, who lives nearby, is helpful.**
3. The clause can be removed	يمكن حذف الجملة الموصولة دون أن تفقد الجملة الأساسية معناها. **Kuwait, which is in the Gulf, is famous for its oil.** **→ Kuwait is famous for its oil.**
4. It gives extra information	الجملة الموصولة هنا ليست ضرورية لتحديد الشخص أو الشيء؛ فهي تضيف معلومة فقط. **Sara, who won the competition, received a prize.** **Sara received a prize.** المعلومة الأساسية

Relative Pronouns – الضمائر الموصولة		
Pronoun الضمير	**Use** الاستخدام	**Example** المثال
Who	للأشخاص	**My sister, who studies medicine, lives in Kuwait.** أختي، التي تدرس الطب، تعيش في الكويت.
Whose	للملكية	**The teacher, whose car is new, arrived early.** المعلم، الذي سيارته جديدة، وصل مبكرًا.
Which	للأشياء والأماكن	**The museum, which is very popular, attracts many visitors.** المتحف، الذي يحظى بشعبية كبيرة، يجذب العديد من الزوار.
Where	للأماكن	**The library, where students study quietly, is near our school.** المكتبة، حيث يدرس الطلاب بهدوء، قريبة من مدرستنا.
When	للوقت	**Friday, when we usually meet, is my favourite day.** يوم الجمعة، عندما نلتقي عادةً، هو يومي المفضل.

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

1. My cousin, ... studies at university, is coming to visit us tomorrow.
   a) which b) whose c) who d) where
2. The library, ... was built many years ago, has recently been renovated.
   a) when b) which c) where d) whose
3. Salmiya, ... is a popular area in Kuwait, has many restaurants and shops.
   a) whose b) where c) who d) which
4. The teacher, ... students won several awards, was very proud of them.
   a) whose b) who c) which d) where
5. The beach, ... we usually spend our weekends, is very beautiful.
   a) which b) whose c) where d) who
6. Last winter, ... we visited Dubai, was one of the most enjoyable holidays of my life.
   a) whose b) when c) which d) who
7. My sister.....
   a) My sister whose is a doctor, works at the hospital.
   b) My sister who is a doctor works at the hospital.
   c) My sister, who is a doctor works at the hospital.
   d) My sister who, is a doctor, works at the hospital.
8. Our teacher, ...
   a) Our teacher, whom lives nearby, is very helpful.
   b) Our teacher when lives nearby, is very helpful.
   c) Our teacher, whose lives nearby, is very helpful.
   d) Our teacher, who lives nearby, is very helpful.
9. The teacher, ... gave me a gift, is my favourite teacher.
   a) who b) which c) who d) whose
10. The scientist, ... research changed modern medicine, received an award.
    a) where b) which c) who d) whose

B- Do as Shown Between Brackets and Choose the Correct Answer

11. My uncle that lives in Canada is a teacher. (Correct the mistake)
    a) My uncle that lives in Canada is a teacher.
    b) My uncle, whose lives in Canada, is a teacher.
    c) My uncle, who lives in Canada, is a teacher.
12. Sara lives next door. She is my best friend. (Join using a relative pronoun)
    a) Sara, whose lives next door, is my best friend.
    b) Sara, who lives next door, is my best friend.
    c) Sara, which lives next door, is my best friend.
13. Kuwait is a modern country. It has many beautiful towers. (Join using a relative pronoun)
    a) Kuwait, where is a modern country, has many beautiful towers.
    b) Kuwait, who is a modern country, has many beautiful towers.
    c) Kuwait, which is a modern country, has many beautiful towers.
14. My brother who works in a bank is very friendly. (Correct)
    a) My brother, who works in a bank, is very friendly.
    b) My brother who, works in a bank, is very friendly.
    c) My brother, who works in a bank is very friendly.
15. The girl won the competition. Her father is a famous athlete. (Join using 'whose')
    a) The girl, who father is a famous athlete, won the competition.
    b) The girl, whose father is a famous athlete, won the competition.
    c) The girl, which father is a famous athlete, won the competition.
16. The restaurant is near our school. We often eat there. (Join using 'where')
    a) The restaurant, which we often eat, is near our school.
    b) The restaurant, when we often eat, is near our school.
    c) The restaurant, where we often eat, is near our school.



17. The doctor, that works at this hospital, is very famous. (Correct the mistake)
    a) The doctor, whose works at this hospital, is very famous.
    b) The doctor, who works at this hospital, is very famous.
    c) The doctor, that works at this hospital, is very famous.
18. Last Friday was unforgettable. I met my old friends that day. (Join using 'when')
    a) Last Friday, which I met my old friends, was unforgettable.
    b) Last Friday, where I met my old friends, was unforgettable.
    c) Last Friday, when I met my old friends, was unforgettable.
19. Our principal who is very kind spoke to the students. (Correct)
    a) Our principal, who is very kind, spoke to the students.
    b) Our principal who, is very kind, spoke to the students.
    c) Our principal, who is very kind spoke to the students.
20. The old castle, ... is located near the sea, attracts many visitors. (Choose the correct pronoun)
    a)whose
    b) which
    c) who

1. 1.C	2. 2.B	3. 3.D	4. 4.A	5. 5.C
6. 6. B	7. 7. B	8. 8. D	9. 9. a	10. 10. D
11. 11. C	12. 12. B	13. 13. C	14. 14. A	15. 15. B
16. 16. C	17. 17. B	18. 18. C	19. 19. A	20. 20. B

	Past Simple (الماضي البسيط)	Past Continuous (الماضي المستمر)
الاستخدام	حدث قصير أو مفاجئ انتهى في الماضي	حدث كان مستمرًا لفترة من الوقت في الماضي
التكوين	التصريف الثاني للفعل + الفاعل	الفاعل + was/were + الفعل + ing
أمثلة	• Ali visited Kuwait last week. • Sara bought a new bag.	• Ali was reading a book. • The children were playing in the park.
يعبر عن	فعل مكتمل ومنتهٍ	فعل كان مستمرًا أو جاريًا في الماضي

استخدام When : الفكرة ... حدث قصير (Past Simple) يقاطع حدثًا طويلًا (Past Continuous)	
المعنى	التكوين
حدث قصير وقع أثناء حدث مستمر	When + الفاعل + التصريف الثاني, الفاعل + was/were + الفعل-ing
حدث مستمر قطعه حدث مفاجئ	When + الفاعل + التصريف الثاني الفاعل + was/were + V-ing

1. **I was taking a shower when the phone rang.** كنت أستحم عندما رن الهاتف.
2. **When my father arrived, we were having dinner.** عندما وصل والدي، كنا نتناول العشاء.
3. **The students were studying when the electricity went off.**
   كان الطلاب يذاكرون عندما انقطع التيار الكهربائي.

استخدام While / As مع Past Continuous + Past Simple
الفكرة : حدث طويل ومستمر كان يحدث، ثم وقع خلاله حدث قصير ومفاجئ.

المعنى	التكوين
حدث قصير وقع أثناء حدث مستمر	While/As + الفاعل + was/were + V-ing, الفاعل + التصريف الثاني للفعل
حدث قصير حدث خلال فعل مستمر	while/as الفاعل + was/were + V-ing التصريف الثاني للفعل + الفاعل

While I was studying, my friend called me.
بينما كنت أذاكر، اتصل بي صديقي.
As they were walking to school, it started to rain.
بينما كانوا يسيرون إلى المدرسة، بدأ المطر.

While the children were playing outside, the bell rang.
بينما كان الأطفال يلعبون في الخارج، رن الجرس.
As my mother was cooking dinner, the lights went out.
بينما كانت أمي تطبخ العشاء، انقطع التيار الكهربائي.
While we were watching a movie, someone knocked on the door.
بينما كنا نشاهد فيلمًا، طرق أحدهم الباب.

استخدام While / As : الفكرة : حدثان مستمران حدثا في نفس الوقت.

المعنى	التكوين
فعلان مستمران يحدثان بالتوازي	While/As + الفاعل + was/were + V-ing, الفاعل + was/were + V-ing
حدثان مستمران في نفس الوقت	الفاعل + was/were + V-ing while/as الفاعل + was/were + V-ing

1. **While Ahmed was doing his homework, his sister was drawing pictures.**
   بينما كان أحمد يؤدي واجبه، كانت أخته ترسم صورًا.
2. **As they were driving to school, they were listening to the radio.**
   بينما كانوا يقودون إلى المدرسة، كانوا يستمعون إلى الراديو.
3. **While the teacher was explaining the lesson, the students were taking notes.**
   بينما كان المعلم يشرح الدرس، كان الطلاب يدونون الملاحظات

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

1. While the chef ..... the healthy meal, the students were taking notes.
   a) prepared b) was preparing c) prepares d) is preparing
2. When the nutritionist ..... the classroom, the students were discussing healthy food.
   a) was arriving b) arrives c) arrived d) has arrived
3. I ..... to the supermarket when I remembered to buy some fresh vegetables.
   a) walked b) walk c) am walking d) was walking
4. As the students ..... about the importance of breakfast, the teacher was writing notes on the board.
   a) were talking b) talked c) talk d) talks
5. The doctor ..... the food label and found that it contained too much sugar.
   a) was checking b) checks c) checked d) is checking
6. While we were preparing a healthy lunch, our teacher ..... some useful advice about nutrition.
   a) was giving b) gives c) gave d) is giving
7. While the students ..... their food logs, the teacher was checking their work.
   a) completed b) were completing c) complete d) are completing
8. I was reading about healthy eating when my friend ..... me.
   a) was calling b) calls c) called d) is calling
9. When the school bell ..... , the students were discussing the importance of healthy eating.
   a) was ringing b) rings c) rang d) is ringing
10. The students ..... a healthy meal while the chef was explaining the recipe.
    a) were preparing b) prepared c) prepare d) are preparing

B- Do as Shown Between Brackets and Choose the Correct Answer

11. The students was preparing a healthy meal when the teacher arrived.
    (Correct the mistake)
    a) The students was preparing a healthy meal when the teacher arrived.
    b) The students were preparing a healthy meal when the teacher arrived.
    c) The students preparing a healthy meal when the teacher arrived.
12. The teacher entered the classroom. The students were discussing healthy food.
    (Combine using 'when')
    a) When the teacher was entering the classroom, the students discussed healthy food.
    b) When the teacher entered the classroom, the students were discussing healthy food.
    c) When the teacher enters the classroom, the students were discussing healthy food.

13. I was reading about nutrition. My sister was preparing a healthy snack at the same time.
(Combine using 'while')
a) While I was reading about nutrition, my sister was preparing a healthy snack.
b) While I read about nutrition, my sister prepared a healthy snack.
c) While I am reading about nutrition, my sister is preparing a healthy snack.

14. When the nutritionist arrived, the students was talking about healthy food.
(Correct the mistake)
a) When the nutritionist arrived, the students was talking about healthy food.
b) When the nutritionist was arriving, the students were talking about healthy food.
c) When the nutritionist arrived, the students were talking about healthy food.

15. The doctor ..... (check) the food label and found too much sugar.
(Complete with the correct form)
a) was checking
b) checked
c) checks

16. The students were preparing their food logs. The teacher was checking their work at the same time.
(Combine using 'as')
a) As the students prepared their food logs, the teacher checked their work.
b) As the students were preparing their food logs, the teacher was checking their work.
c) As the students prepare their food logs, the teacher is checking their work.

17. I was walk to the supermarket when I remembered to buy vegetables.
(Correct the mistake)
a) I was walking to the supermarket when I remembered to buy vegetables.
b) I walking to the supermarket when I remembered to buy vegetables.
c) I was walked to the supermarket when I remembered to buy vegetables.

18. The students ..... (talk) about healthy eating when the teacher entered the room.
(Complete with the correct form)
a) talked
b) talk
c) were talking

19. While the chef was preparing the healthy meal, the students watch the demonstration.
(Correct the mistake)
a) While the chef was preparing the healthy meal, the students watched the demonstration.
b) While the chef was preparing the healthy meal, the students were watching the demonstration.
c) While the chef was preparing the healthy meal, the students watches the demonstration.

20. The nutritionist was explaining the importance of a balanced diet. The students were taking notes at the same time.
(Combine using 'while')
a) While the nutritionist explained the importance of a balanced diet, the students took notes.
b) While the nutritionist was explaining the importance of a balanced diet, the students were taking notes.
c) While the nutritionist is explaining the importance of a balanced diet, the students are taking notes.

1.B	2.C	3.D	4.A	5.C
6. A	7. C	8. C	9. A	10. A
11. B	12. B	13. A	14. C	15. B
16. A	17. C	18. B	19. B	20. B

Language Functions – سؤال المواقف (الوظائف اللغوية)

Write what you would say in the following situations.

1. Your friend suggests starting a school campaign to reduce food waste. Agree with the suggestion and give a reason.

يقترح صديقك بدء حملة مدرسية لتقليل هدر الطعام. وافق على الاقتراح واذكر سببًا.

.....

2. Your classmate wants to leave the lights on in an empty classroom. Give a warning and explain why this is wrong. يريد زميلك ترك الأنوار مضاءة في فصل فارغ. حذره واشرح لماذا هذا خطأ

.....

3. Your teacher asks you about the biggest environmental problem in your community. Describe the problem and suggest a solution.

يسألك معلمك عن أكبر مشكلة بيئية في مجتمعك. صف المشكلة واقترح حلًا لها.

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4. Your friend asks what you think will happen if people continue wasting water. Make a prediction about the future.

يسألك صديقك عما تعتقد أنه سيحدث إذا استمر الناس في إهدار المياه. قم بعمل تنبؤ بشأن المستقبل.

.....

Suggested Answers

1. I strongly agree with your suggestion because it will help reduce food waste at school.

أوافق بشدة على اقتراحك لأنه سيساعد على تقليل هدر الطعام في المدرسة.

2. Be careful! You should never leave the lights on in an empty classroom because it wastes electricity. كن حذرًا! يجب ألا تترك الأنوار مضاءة في فصل فارغ أبدًا لأن ذلك يهدر الكهرباء.

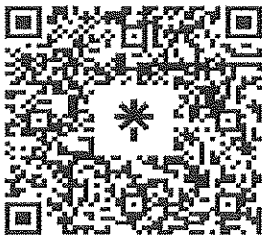
3. One major issue is air pollution. I suggest using public transport more often to help reduce it. إحدى المشكلات الرئيسية هي تلوث الهواء. أقترح استخدام وسائل النقل العام بشكل أكبر للمساعدة في تقليله

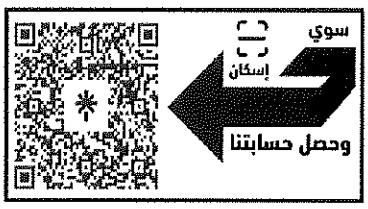
4. It is likely that we will face water shortages because people will continue wasting this important resource. من المحتمل أن نواجه نقصًا في المياه لأن الناس سيستمرون في إهدار هذا المورد المهم











	Set Book Questions – سؤال الستبوك
1	Who was Mohammad Al Sharekh?
	من هو محمد الشارخ؟
	He was a Kuwaiti businessman who founded Sakhr Company in 1982.
	كان رجل أعمال كويتيًا أسس شركة صخر عام ١٩٨٢.
2	What was Mohammad Al Sharekh's main achievement?
	ما أهم إنجاز لمحمد الشارخ؟
	He helped introduce the Arabic language to computers.
	ساعد في إدخال اللغة العربية إلى أجهزة الكمبيوتر.
3	What did Sakhr Company develop?
	ماذا طورت شركة صخر؟
	It developed Arabic keyboards and translation programmes.
	طورت لوحات مفاتيح عربية وبرامج للترجمة.
4	Who was Hamza Al Khayat?
	من هو حمزة الخياط؟
	He was a Kuwaiti language expert and teacher.
	كان خبيرًا كويتيًا في اللغة ومعلمًا.
5	What was Hamza Al Khayat famous for?
	بماذا اشتهر حمزة الخياط؟
	He was famous for his creative way of teaching spelling.
	اشتهر بطريقته المبتكرة في تدريس الإملاء.
6	What was Hamza Al Khayat's most important achievement?
	ما أهم إنجاز لحمزة الخياط؟
	He wrote a spelling encyclopaedia for primary school students.
	كتب موسوعة في الإملاء لطلاب المرحلة الابتدائية.
7	Why is Japan a good example of a "continuous culture"?
	لماذا تعتبر اليابان مثالًا جيدًا على "الثقافة المستمرة"؟
	Because it combines modern technology with traditional values.
	لأنها تجمع بين التكنولوجيا الحديثة والقيم التقليدية.
8	Why is preserving heritage important?
	لماذا يعد الحفاظ على التراث مهمًا؟
	It helps people understand their identity and history.
	يساعد الناس على فهم هويتهم وتاريخهم.
9	How does Japan use technology to support its traditions?
	كيف تستخدم اليابان التكنولوجيا لدعم تقاليدها؟
	It uses technology to teach and share its traditional culture.
	تستخدم التكنولوجيا لتعليم ثقافتها التقليدية ومشاركتها.
10	What does "preserving heritage does not mean stopping progress" mean?
	ماذا تعني عبارة "الحفاظ على التراث لا يعني وقف التقدم"؟
	It means that progress and heritage can exist together.
	تعني أن التقدم والتراث يمكن أن يتعايشا معًا.
11	Why should young people learn about the achievements of Al Sharekh and Al Khayat?
	لماذا يجب أن يتعلم الشباب عن إنجازات الشارخ والخياط؟
	Because they inspire young people to value their language and heritage.
	لأنهما يلهمان الشباب لتقدير لغتهم وتراثهم.
12	How can technology help preserve heritage in Kuwait?
	كيف يمكن للتكنولوجيا أن تساعد في الحفاظ على التراث في الكويت؟
	It can record, store and share Kuwaiti heritage digitally.
	يمكنها تسجيل التراث الكويتي وحفظه ومشاركته رقميًا.

Writing 1: Preserving Heritage – الحفاظ على التراث

Expository Writing مقال تعبيري

Your heritage is your story – don't let it disappear.

Plan and write an expository essay of no fewer than 12 sentences (around 120-140 words) about our cultural heritage, explaining why it is important to preserve our heritage and how we can protect it for future generations

I. Introduction .....

II. Body Paragraph 1:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

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III. Body Paragraph 2:

Topic Sentence: .....

Supporting Detail 1:

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Supporting Detail 2:

.....

.....

.....

IV. Conclusion

.....

المعلم للمذكرات التعليمية للمتوسط والثانوي
مذكرات أبو محمد
51093167
Teacher for Educational Books

Write Your Topic Here

Writing 1: Preserving Heritage – الحفاظ على التراث

The Plan – الخطة

I. Introduction
Cultural heritage is an important part of our identity and history.
II. Body Paragraph 1:
Topic Sentence:
Heritage is important because it connects us to our history and identity.
Supporting Detail 1:
It teaches young people about their traditions and culture.
Supporting Detail 2:
It keeps traditional customs, arts and skills alive.
III. Body Paragraph 2:
Topic Sentence:
There are many ways to protect our cultural heritage for future generations.
Supporting Detail 1:
We can use technology to record, save and share our heritage.
Supporting Detail 2:
Schools and families can teach young people about traditional customs and values.
IV. Conclusion
We should all work together to preserve our heritage for future generations.

Preserving Heritage – الحفاظ على التراث

Cultural heritage is an important part of our identity and history. It includes our traditions, customs, language, arts and values. Preserving our heritage is important because it connects us to our past. Heritage also teaches young people about their culture and traditions. It helps them understand where they come from and feel proud of their identity. It also keeps traditional customs, arts and skills alive for future generations.

There are many ways to protect our cultural heritage. We can use technology to record and share traditional stories, music and customs. Schools and families can also teach young people about their traditions and encourage them to respect their heritage.

In conclusion, our cultural heritage is a valuable part of our lives. We should all work together to protect it and pass it on to future generations. Our heritage is our story, so we should never let it disappear.

التراث الثقافي جزء مهم من هويتنا وتاريخنا. وهو يشمل تقاليدنا وعاداتنا ولغتنا وفنوننا وقيمنا. إن الحفاظ على تراثنا أمر مهم لأنه يربطنا بماضينا.

كما يعلّم التراث الشباب عن ثقافتهم وتقاليدهم. ويساعدهم على فهم أصولهم والشعور بالفخر بهويتهم. كما أنه يحافظ على العادات والفنون والمهارات التقليدية للأجيال القادمة.

هناك العديد من الطرق لحماية تراثنا الثقافي. يمكننا استخدام التكنولوجيا لتسجيل ومشاركة القصص والموسيقى والعادات التقليدية. ويمكن للمدارس والعائلات أيضًا تعليم الشباب عن تقاليدهم وتشجيعهم على احترام تراثهم.

وفي الختام، فإن تراثنا الثقافي جزء ثمين من حياتنا. ويجب علينا جميعًا أن نعمل معًا لحمايته ونقله إلى الأجيال القادمة. تراثنا هو قصتنا، لذلك يجب ألا نسمح له بالاختفاء.

Writing 2: Honour, Inspire, Remember – التكريم والإلهام والتذكر

Honour, inspire and remember – let their achievements live on.

Plan and write an expository essay of no fewer than 12 sentences (around 120-140 words) about honouring and remembering important people, explaining how their achievements can inspire young people and why it is important to keep their stories alive for future generations.

I. Introduction

Honouring and remembering important people helps us appreciate their achievements and learn from their lives.

II. Body Paragraph 1:

Topic Sentence:

We should honour people who have made valuable contributions to our country and society.

Supporting Detail 1:

Their achievements show us the importance of hard work and dedication.

Supporting Detail 2:

Remembering their contributions helps keep their stories alive.

III. Body Paragraph 2:

Topic Sentence:

The achievements of great people can inspire young generations.

Supporting Detail 1:

Young people can learn from their success and follow their positive examples.

Supporting Detail 2:

Schools and families can share their stories through lessons, events and technology.

IV. Conclusion

We should honour, inspire and remember great people so their achievements can guide future generations.

Honour, Inspire, Remember – التكريم والإلهام والتذكر

Honouring and remembering important people is a way to appreciate their achievements. Their stories are an important part of our history and culture. We should remember people who have made valuable contributions to our country and society.

The achievements of great people teach us important lessons about hard work and dedication. They show us that success comes from effort and determination. Remembering their contributions also helps keep their stories alive for future generations.

Great people can inspire young generations to achieve their goals. Young people can learn from their success and follow their positive examples. Schools and families can share their stories through lessons, events and modern technology.

In conclusion, we should honour, inspire and remember people who have made a difference in our lives. Their achievements can teach and motivate us to do our best. By remembering them, we can keep their positive influence alive for future generations.

تكريم وتذكر الأشخاص المهمين هو وسيلة لتقدير إنجازاتهم. وتعد قصصهم جزءًا مهمًا من تاريخنا وثقافتنا. ويجب أن نتذكر الأشخاص الذين قدموا إسهامات قيمة لبلدنا ومجتمعنا.

تعلمنا إنجازات الأشخاص العظماء دروسًا مهمة عن العمل الجاد والتفاني. فهي توضح لنا أن النجاح يأتي من الجهد والإصرار. كما أن تذكر إسهاماتهم يساعد على إبقاء قصصهم حية للأجيال القادمة.

يمكن للأشخاص العظماء أن يلهموا الأجيال الشابة لتحقيق أهدافهم. ويمكن للشباب التعلم من نجاحهم واتباع أمثلتهم الإيجابية. كما يمكن للمدارس والعائلات مشاركة قصصهم من خلال الدروس والفعاليات والتكنولوجيا الحديثة.

وفي الختام، يجب علينا أن نكرم وُلهم ونتذكر الأشخاص الذين أحدثوا فرقًا في حياتنا. ويمكن لإنجازاتهم أن تعلمنا وتحفزنا على بذل قصارى جهدنا. ومن خلال تذكرهم، يمكننا الحفاظ على تأثيرهم الإيجابي حيًا للأجيال القادمة.

Reading Comprehension سؤال قطعة الفهم

Read the following passage, then answer the questions on the next page.

Cultural heritage is an important part of every country's identity. It includes traditional customs, language, crafts, music, food and stories that are passed from one generation to another. Heritage helps people understand their history and feel connected to their community. For this reason, **preserving** heritage is an important responsibility for everyone.

Kuwait has a rich cultural heritage that reflects the life of its people in the past. Traditional crafts, old houses, sea traditions and popular foods are examples of this heritage. Many of these traditions were connected to fishing, pearl diving and life in the desert. Learning about these traditions helps young people understand how their ancestors lived and worked.

Technology can play an important role in preserving heritage. Museums and cultural organisations can use digital archives to record old photographs, stories and traditional skills. Modern technology can also help people explore historical places through virtual tours. In this way, young people can learn about their heritage in interesting and modern ways.

People such as Mohammad Al Sharekh and Hamza Al Khayat also made valuable achievements that can inspire young generations. Al Sharekh helped introduce the Arabic language to computers, while Al Khayat worked for many years to improve the teaching of Arabic. **Their** achievements show that people can protect their language and culture while also supporting progress and innovation.

Japan is another strong example of a "continuous culture". It uses advanced technology while protecting many traditional values and customs. This shows that preserving heritage does not mean stopping progress. Kuwait can also use modern technology to preserve its cultural heritage and share it with people around the world. By respecting the past and using new ideas, future generations can keep their heritage alive.

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

1. The best title for the passage is:

a) The Development of Modern Technology
b) Exploring and Preserving Our Heritage
c) The History of Pearl Diving
d) Famous Kuwaiti Businessmen

2. The word "preserving" in paragraph 1 is closest in meaning to:

a) protecting
b) changing
c) forgetting
d) creating

3. The pronoun "Their" in paragraph 4 refers to:

a) young generations
b) traditional values
c) Mohammad Al Sharekh and Hamza Al Khayat
d) cultural organisations

4. According to paragraph 2, traditional Kuwaiti life was connected to:

a) space travel and modern technology
b) fishing, pearl diving and desert life
c) computers and digital archives
d) virtual tours and museums

5. Which statement is NOT true according to the passage?

a) Heritage helps people understand their history.
b) Technology can help preserve cultural heritage.
c) Al Sharekh helped introduce Arabic to computers.
d) Preserving heritage means refusing to use modern technology.

6. The writer's main purpose is to:

a) explain the importance of exploring and preserving cultural heritage
b) describe the history of computers in Kuwait
c) compare Kuwait with Japan in technology
d) explain how people lived only in the desert

B) Answer the following questions:

7. How can technology help young people learn about their heritage?

.....

.....

8. What can Kuwait learn from Japan as a "continuous culture"?

.....

.....

No.	Answer
1.	b) Exploring and Preserving Our Heritage
2.	a) protecting
3.	c) Mohammad Al Sharekh and Hamza Al Khayat
4.	b) fishing, pearl diving and desert life
5.	d) Preserving heritage means refusing to use modern technology.
6.	a) explain the importance of exploring and preserving cultural heritage
7.	Technology can record heritage and provide virtual tours of historical places.
8.	Kuwait can use modern technology while protecting its traditional culture.

Summary Making – سؤال التلخيص

Read the following passage, then in FOUR sentences summarise and paraphrase its main ideas in answer to the question below.

What are the benefits of preserving cultural heritage?

Cultural heritage is an important part of our identity and connects us to our history. It includes traditional customs, crafts, language, stories and values that are passed from one generation to another. Preserving heritage helps young people understand their culture and learn about the achievements of people from the past. Technology can also help protect heritage by recording traditional stories, photographs and skills and making them available to more people. In addition, learning about heritage can inspire young people to respect their culture and contribute to their society. Preserving heritage does not mean stopping progress, as modern technology can be used to protect traditional culture. By combining tradition with modern ideas, communities can keep their heritage alive for future generations.

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The answer

First, preserving heritage helps people understand their identity and history. Second, it keeps traditional customs, skills and stories alive for future generations. Also, technology can protect heritage and make it easier for young people to learn about it. Finally, heritage can inspire young people to respect their culture while supporting progress and modern ideas.

أولًا، يساعد الحفاظ على التراث الناس على فهم هويتهم وتاريخهم. ثانيًا، يحافظ على العادات والمهارات والقصص التقليدية للأجيال القادمة. أيضًا، يمكن للتكنولوجيا أن تحمي التراث وتجعل من السهل على الشباب التعرف عليه. أخيرًا، يمكن للتراث أن يلهم الشباب لاحترام ثقافتهم مع دعم التقدم والأفكار الحديثة.

Translation – سؤال الترجمة

Translate the following into good English:

١. يوسف: من المهم أن نحافظ على تراثنا لأنه جزء مهم من هويتنا وتاريخنا.
موسى: نعم، فمعرفة تراثنا تساعد الشباب على فهم الماضي وتقدير إنجازات الأجيال السابقة.

.....

.....

٢. فيرينا: يمكن أن تساعد التكنولوجيا في الحفاظ على التراث ونقله إلى الأجيال القادمة.
سارة: نعم، فهي تساعدنا على تسجيل القصص والعادات التقليدية ومشاركتها مع الآخرين.

.....

.....

The Answer – الإجابة

1. Youssef: It is important to preserve our heritage because it is an important part of our identity and history.

Mousa: Yes, learning about our heritage helps young people understand the past and appreciate the achievements of previous generations.

2. Verina: Technology can help preserve our heritage and pass it on to future generations.

Sara: Yes, it helps us record traditional stories and customs and share them with others.

GRADE 10 A

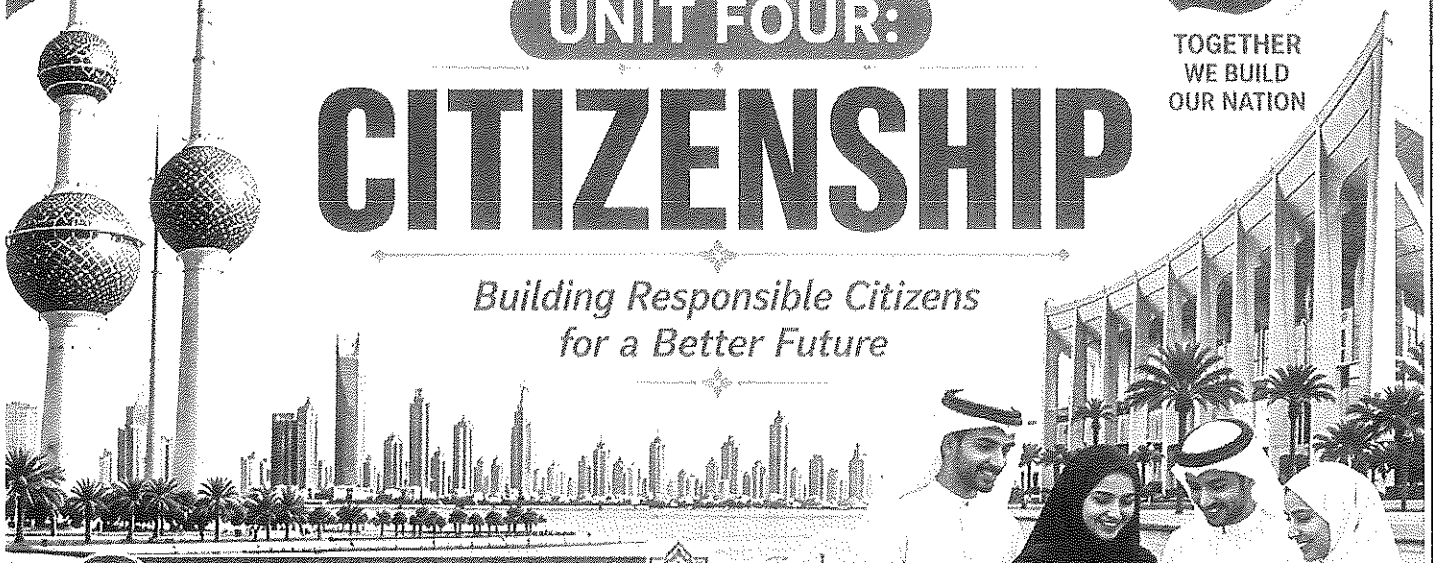
FIRST TERM

UNIT FOUR:

CITIZENSHIP

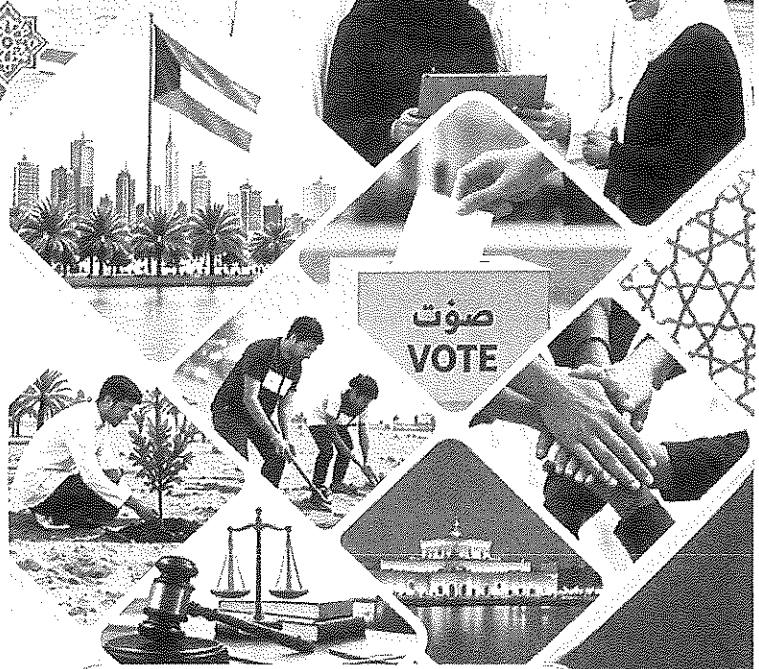
TOGETHER WE BUILD OUR NATION

Building Responsible Citizens for a Better Future



IN THIS UNIT YOU WILL LEARN:

1. What Makes a Good Citizen?
2. Reading: Timeless Growth
3. Grammar: Reported Speech
4. Listening: An Address to the Nation
5. Speaking: The Golden Rule
6. Writing: The Digital Diwan
7. Reading: Law, Values, and Universal Citizenship
8. Grammar: Future & Countable and Uncountable Nouns
9. Listening: Living Monuments
10. Speaking: The Invisible Safeguard
11. Writing: National Duty



GROUP PROJECT 2

Work collaboratively to design a project that promotes responsible citizenship, community service, national identity, digital responsibility, and positive social change.

COMMUNITY SERVICE | NATIONAL IDENTITY | DIGITAL RESPONSIBILITY | LAW & VALUES | POSITIVE CHANGE

RESPECT | RESPONSIBILITY | JUSTICE | LOYALTY | INTEGRITY | SERVICE

Name: _____ Class: _____ Teacher: _____

Unit 4: "Citizenship – المواطنة"

citizenship	n.	المواطنة	informal	adj.	غير رسمي
continuously	adv.	باستمرار	interestingly	adv.	ومن المثير للاهتمام
site	n.	موقع	respect	v.	يحترم
tie	v.	يربط	sentence	v.	يحكم على
well-known	adj.	مشهور / معروف	universal	adj.	عالمي / شامل
capacity	n.	قدرة / سعة	defence	n.	دفاع
collection	n.	مجموعة	downplay	v.	يقلل من أهمية
culturally	adv.	ثقافيًا	leader	n.	قائد
hub	n.	مركز	safeguard	v.	يحمي / يصون
mark	v.	يميّز / يحدد	stable	adj.	مستقر
nation	n.	أمة / دولة	altruism	n.	الإيثار
new-found	adj.	مكتشف حديثًا / جديد	ancestor	n.	سلف / جدّ
rapidly	adv.	بسرعة	comply	v.	يمتثل / يلتزم
sustain	v.	يحافظ على / يدعم	loyal	adj.	مخلص / وفيّ
transformation	n.	تحوّل	volunteer	v.	يتطوع
contract	n.	عقد	monument	n.	نصب تذكاري
equality	n.	مساواة	rare	adj.	نادر
formal	adj.	رسمي	showcase	v.	يعرض / يبرز
freedom	n.	حرية	skyline	n.	أفق المدينة
impose	v.	يفرض	symbolise	v.	يرمز إلى
overseas	adv	في الخارج	character	n.	شخصية / طابع
patiently	adv	بصبر	lasting	adj.	دائم / مستمر
walker	n	مشّاء / شخص يمشي	mature	adj.	ناضج
record	n.	سجل	regulation	n.	لائحة / تنظيم

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

1. The government works to protect the country's cultural ..... while welcoming visitors from around the world.
   a) collection b) equality c) character d) capacity
2. The museum is an important cultural ..... where people can learn about the country's history.
   a) hub b) contract c) sentence d) ancestor
3. The new law aims to ensure ..... for all members of society.
   a) freedom b) equality c) altruism d) citizenship
4. During the ceremony, the speaker showed great ..... for the traditions of the local community.
   a) record b) skyline c) respect d) regulation
5. The ancient building is a valuable ..... of the country's rich past.
   a) monument b) volunteer c) capacity d) leader
6. The school asked students to ..... with the new safety rules.
   a) sustain b) showcase c) comply d) downplay
7. The city has changed ..... because of its growing population and modern development.
   a) formally b) rapidly c) loyally d) universally
8. The tower has become a famous ..... of the city and attracts many visitors.
   a) symbol b) contract c) site d) regulation
9. She decided to ..... at the community centre during her summer holiday.
   a) impose b) tie c) sentence d) volunteer

10. The government introduced a new ..... to improve safety in public places.
a) regulation b) collection c) ancestor d) freedom

1. c) character	2. a) hub	3. b) equality	4. c) respect	5. a) monument
6. c) comply	7. b) rapidly	8. a) symbol	9. d) volunteer	10. a) regulation

2. Fill in the spaces with words from the list:

(transformation / collection / leader / ancestor / equality / skyline)

1. The museum displays a valuable ..... of objects from Kuwait's past.
2. All citizens should have ..... and receive the same rights.
3. Kuwait's ..... has changed greatly as new buildings have been constructed.
4. A successful ..... should understand and respond to people's needs.
5. Kuwait experienced a major ..... after the discovery of oil.

3. Fill in the spaces with words from the list:

(safeguard / loyal / formal / rare / comply / freedom)

1. Citizens must ..... with the laws and rules of their country.
2. The government introduced new measures to ..... important historical sites.
3. It is ..... to find such an old building in perfect condition.
4. The ceremony was very ..... and attended by many important officials.
5. A ..... friend will always support you when you need help.

1. collection	2. equality	3. skyline	4. leader	5. transformation
1. comply	2. safeguard	3. rare	4. formal	5. loyal

(Reported Speech)الكلام المنقول

استخدامه: نستخدم **Reported Speech** الكلام المنقول عندما نريد أن ننقل كلام شخص آخر دون تكرار كلامه حرفيًا.

Direct Speech (الكلام المباشر): Ali said, "I study English every day."

Reported Speech (الكلام المنقول) : Ali said that he studied English every day.

القاعدة الذهبية السريعة : عندما يكون فعل القول في الماضي **(said / told)** فإننا غالبًا نُرجع الزمن خطوة للخلف.

الزمن في الكلام المباشر	يتحول إلى
Present Simple المضارع البسيط	Past Simple الماضي البسيط
Present Continuous المضارع المستمر	Past Continuous الماضي المستمر
Present Perfect المضارع التام	Past Perfect الماضي التام
Past Simple الماضي البسيط	Past Perfect الماضي التام
Will	Would
Can	Could
May	Might

أهم تحويلات الأزمنة

Direct Speech (الكلام المباشر)	Reported Speech (الكلام المنقول)
Sara said, "I **like** reading."	Sara said that she **liked** reading.
Omar said, "I **am studying** now."	Omar said that he **was studying** then.
Nada said, "I **have finished** my homework."	Nada said that she **had finished** her homework.
Ahmed said, "I **went** to the mall."	Ahmed said that he **had gone** to the mall.
Mona said, "I **will travel** tomorrow."	Mona said that she **would travel** the next day.

تحويل الضمائر(Pronouns)

القاعدة العبقرية :غيّر الضمير حسب المتحدث والمستمع.

الضمير الأصلي	يتحول غالبًا إلى
I	he / she
me	him / her
we	They
us	Them
my	his / her
our	their
you	I / we / he / she / they (حسب المعنى)
your	my / our / his / her / their

Direct: Mariam said, "My brother is a doctor."
Reported: Mariam said that **her** brother was a doctor.
Direct: The boys said, "We enjoy football."
Reported: The boys said that **they** enjoyed football.

تحويل كلمات الزمن والمكان

Direct Speech	Reported Speech
now	then
today	that day
tonight	that night
yesterday	the day before
tomorrow	the next day / the following day
last week	the week before
next month	the following month
here	There
this	That
these	Those

Direct Speech : Reem said, "I will start my course here tomorrow."
Reported Speech: Reem said that she would start her course there the next day.
Direct: Ali said, "I am preparing for the exam today." :
Reported Speech : Ali said that he was preparing for the exam that day.

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

1. "I watch TV every evening," Ahmed said. → Ahmed said (that) he _____ TV every evening.
a) watches b) is watching c) watch d) watched
2. "I traveled to Dubai yesterday," Fatima said. → Fatima said (that) she _____ to Dubai the day before.
a) had traveled b) traveled c) travels d) has traveled

3."I will send you the report tomorrow," Hassan said. → Hassan said (that) he _____ send me the report the next day.
a) shall b) can c) would d) will
4."I am busy now," Rania said. → Rania said (that) _____ was busy then.
a) we b) she c) they d) I
5. "We will meet you tomorrow," the students said. → The students said (that) they would meet _____ the next day.
a) them b) we c) they d) us
6. "I left my bag here," Ali said. → Ali said (that) he had left his bag _____.
a) now b) there c) here d) then
7. "I will complete the project tonight," Maryam said. → Maryam said (that) she would complete the project _____.
a) that night b) tomorrow night c) tonight d) the next evening
8."Our school won the competition last month," they said. → They said (that) their school _____ the competition the month before.
a) wins b) won c) had won d) has won
9. "I'm studying for my exam now," Khalid said.
a) Khalid said he studies for his exam then.
b) Khalid said he is studying for his exam now.
c) Khalid said he studying for his exam then.
d) Khalid said he was studying for his exam then.
10. "I will visit my grandmother next week," Noor said. → Noor said (that) she would visit _____ grandmother the following week.
a) their b) her c) his d) my

B- Do as Shown Between Brackets and Choose the Correct Answer

1."I can solve this problem," Ahmed said. (Report the sentence)
a) Ahmed said that he can solve that problem.
b) Ahmed said that he could solve that problem.
c) Ahmed said that he solved that problem.

2."We are preparing for the competition now," the students said. (Report the sentence)
a) The students said that they were preparing for the competition then.
b) The students said that they are preparing for the competition now.
c) The students said that they had prepared for the competition then.

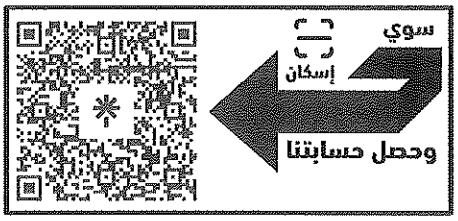
3.She said that she will travel to Bahrain the following week. (Correct the mistake)
a) She said that she traveled to Bahrain the following week.
b) She said that she would travel to Bahrain the following week.
c) She said that she has traveled to Bahrain the following week.

4."My brother is studying in London," Nora said. (Report the sentence)
a) Nora said that her brother studied in London.
b) Nora said that my brother was studying in London.
c) Nora said that her brother was studying in London.

5."I have finished my project," Salem said. (Report the sentence correctly)
a) Salem said that he had finished his project.
b) Salem said that he finished his project yesterday.
c) Salem said that he has finished his project.

6."We saw the new museum yesterday," they said. (Report the sentence)
a) They said they had seen the new museum the day before.
b) They said they saw the new museum yesterday.
c) They said they have seen the new museum the day before.

7.He said he will buy a new laptop next month. (Correct the mistake)
a) He said he bought a new laptop the following month.
b) He said he would buy a new laptop the following month.
c) He said he buys a new laptop next month.



8."I am writing an email now," Dana said. (Report the sentence)
a) Dana said that she had written an email then.
b) Dana said that she is writing an email now.
c) Dana said that she was writing an email then.
9.They said they have completed the task yesterday. (Correct the mistake)
a) They said they had completed the task the day before.
b) They said they completed the task yesterday.
c) They said they complete the task the day before.
10."I may join the basketball team," Faisal said. (Report the sentence)
a) Faisal said that he can join the basketball team.
b) Faisal said that he joined the basketball team.
c) Faisal said that he might join the basketball team.

1. d	2. a	3. c	4. b	5. d
6. b	7. a	8. c	9. d	10. b
1. b	2. a	3. b	4. c	5. a
6. a	7. b	8. c	9. a	10. c

Future Forms (التعبير عن المستقبل)

يوجد ٣ طرق أساسية للتحدث عن المستقبل

1 Will + Base Verb

الاستخدام: يستخدم للتوقعات والقرارات السريعة والوعود.

الفعل في المصدر بدون اي اضافات او تعديلات او تصريفات + will + الفاعل

- ✓ I think Kuwait will host more international events.
- ✓ The weather will be sunny tomorrow.
- ✓ Don't worry, I will help you.

الكلمات المفتاحية

- I think
- I believe
- probably
- maybe

2 Be Going To + Base Verb

الاستخدام: لخطط المستقبل والنوايا الموجودة مسبقًا والتوقعات المبنية على دليل.

الفعل فى المصدر + going to + am/is/are + الفاعل

- ✓ We are going to visit Failaka Island next weekend.
- ✓ Look at those clouds! It is going to rain.
- ✓ She is going to study engineering at university.

3 Present Continuous للمستقبل

الفعل-ing + am/is/are + الفاعل

الاستخدام: للمواعيد والترتيبات المؤكدة والمحجوزة مسبقًا.

- ✓ We are meeting the school principal tomorrow.
- ✓ My family is traveling to Dubai next Friday.
- ✓ The team is playing a friendly match this evening.

الحالة	الصيغة المناسبة
توقع أو وعد أو قرار لحظي	Will
خطة أو نية مسبقة	Going To
موعد أو ترتيب مؤكد	Present Continuous
يوجد دليل واضح على شيء سيحدث	Going To
حجز أو موعد محدد	Present Continuous

A: Choose the correct answer from a, b, c and d: (4 Points)

1. Look at those clouds! It _____ soon.
   a) is going to rain b) rains c) will rain d) raining
1. We _____ our cousins next Friday. Everything is already arranged.
   a) visit b) are visiting c) visited d) will visit
3. I think technology _____ our lives in the future.
   a) improving b) improve c) will improve d) improved
4. Don't worry! I _____ you carry those boxes.
   a) helped b) am helping c) help d) will help

1	2	3	4
a	b	c	d

B- Do as Shown Between Brackets and Choose the Correct Answer

1. I think Kuwait will host more international events. **(Make negative)**
   a) I think Kuwait won't host more international events.
   b) I think Kuwait doesn't host more international events.
   c) I think Kuwait isn't hosting more international events.
2. They are going to travel to Turkey next month. **(Make a Question)**
   a) Do they going to travel to Turkey next month?
   b) Are they going to travel to Turkey next month?
   c) Is they going to travel to Turkey next month?
3. We are meeting the school principal tomorrow morning. **(Ask a question)**
   a) When are we meeting tomorrow morning?
   b) Who are we meeting tomorrow morning?
   c) Where are we meeting tomorrow morning?
4. Look at those dark clouds! It rained. **(Correct the mistake)**
   a) It is going rain.
   b) It going to rain.
   c) It is going to rain.

1	2	3	4
a	b	b	c

(Countable & Uncountable Nouns) الأسماء المعدودة وغير المعدودة

أولاً: الأسماء المعدودة(Countable Nouns) : هي أسماء يمكن عدّها بالأرقام ولها مفرد وجمع.

المفرد	الجمع
book	books
student	students
car	cars
teacher	teachers
country	countries
city	cities
box	boxes
watch	watches

الجملة	الترجمة
There are many students in the classroom.	يوجد العديد من الطلاب في الفصل.
I bought two new books.	اشتريت كتابين جديدين.
Several cars are parked outside.	توجد عدة سيارات متوقفة بالخارج.

قواعد جمع الأسماء

١. نضيف s

جمع	مفرد
cars	car
pens	pen
teachers	teacher

٢. نضيف es : عندما تنتهي الكلمة بـ o – x - ch - sh - ss - s:

جمع	مفرد
buses	bus
watches	watch
boxes	box
tomatoes	tomato

٣- تحويل y إلى ies : إذا سبق حرف y حرف ساكن.

جمع	مفرد
babies	baby
cities	city
countries	country

الجموع الشاذة(Irregular Plurals) :هذه كلمات لا تتبع قواعد الجمع العادية ويجب حفظها.

جمع	مفرد
children	child
men	man
women	woman
people	person
feet	foot
teeth	tooth
الترجمة	الجملة
الأطفال يلعبون في الحديقة.	The children are playing in the park.
يعمل رجلان في تلك الشركة.	Two men work in that company.
حضر الكثير من الناس الحدث.	Many people attended the event.

ثانياً: الأسماء غير المعدودة(Uncountable Nouns) : هي أسماء لا يمكن عدّها مباشرة بالأرقام.

- ✗ one money
- ✗ three informations
- ✗ five rice

أسماء غير معدودة		
money	news	work
information	bread	hair
advice	rice	fruit
homework	furniture	coffee

الترجمة	الجملة
نحتاج بعض المعلومات عن المشروع.	We need some information about the project.
لديها الكثير من الواجبات اليوم.	She has a lot of homework today.
الأخبار مهمة.	The news is important.
نحتاج بعض المال للرحلة.	We need some money for the trip.

كلمات تبدو جمعاً لكنها غير معدودة: بعض الكلمات تنتهي بـ s ولكنها تعامل كمفرد.

الكلمة	الفعل
news	is
information	is
advice	is

☑ The news is exciting. ✕ The news are exciting.

كلمات غير معدودة لكنها تأخذ فعلاً جمعاً

الكلمة	الفعل
clothes	are
jeans	are
trousers	are

☑ My clothes are clean.

☑ These jeans are expensive.

ثالثاً: **How Many & How Much**

☑ **How Many** تستخدم مع الأسماء المعدودة

How many + Countable Noun?

السؤال	الإجابة
How many books do you have?	I have ten books.
How many students are absent?	Five students are absent.

☑ **How Much** تستخدم مع الأسماء غير المعدودة

How much + Uncountable Noun?

السؤال	الإجابة
How much money do you need?	I need 20 KD.
How much rice is there?	There is a little rice.

رابعاً: **Many / Few** تستخدم مع الأسماء المعدودة فقط.

الكلمة	المعنى
many	كثير
few	قليل
الجملة	الترجمة
There are many students in the hall.	يوجد الكثير من الطلاب في القاعة.
Few cars were on the road.	كانت هناك سيارات قليلة على الطريق.

خامساً: **Much / Little** تستخدم مع الأسماء غير المعدودة فقط.

الكلمة	المعنى
much	كثير
little	قليل
الجملة	الترجمة
We don't have much time.	ليس لدينا وقت كثير.
There is little water in the bottle.	يوجد قليل من الماء في الزجاجة.

Countable	Uncountable
يمكن عدّه	لا يمكن عدّه
book / books	money
student / students	homework
car / cars	information
many	much
few	little
How many...?	How much...?

إذا رأيت	استخدم
books - students - cars	many / few / How many
money - water - rice - homework	much / little / How much
child	children
man	men
woman	women
person	people
tooth	teeth
foot	feet

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

1. We need _____ sugar to make the cake.
   a) many b) a few c) much d) several
2. How _____ books did you borrow from the library?
   a) much b) many c) little d) long
3. There are only _____ students in the classroom today.
   a) much b) a little c) little d) a few
4. I don't have _____ information about the event.
   a) many b) several c) much d) a few

1.c	2.b	3.d	4.c

B- Do as Shown Between Brackets and Choose the Correct Answer

1. There is many cars outside. (Correct the mistake)
   a) There are many cars outside.
   b) There is many cars outside.
   c) There are much cars outside.
2. What milk is there in the fridge? (correct)
   a) How many
   b) How much
   c) How long
3. We have a few milk at home. (Correct the mistake)
   a) We have many milk at home.
   b) We have a few milk at home.
   c) We have a little milk at home.
4. What students are absent today? (Choose the correct question word)
   a) How long
   b) How many
   c) How much

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

Language Functions – سؤال المواقف (الوظائف اللغوية)

Write what you would say in the following situations.

1. Your friend tells you about a student who created a project to help the local community.
Express your admiration and explain why you are impressed.

يخبرك صديقك عن طالب أنشأ مشروعًا لمساعدة المجتمع المحلي. عبّر عن إعجابك واشرح سبب إعجابك.

.....

2. Your teacher asks whether people will continue to have enough clean water in the future if they waste it today.
Express certainty or doubt about the future.

يسألك معلمك عما إذا كان الناس سيستمرون في الحصول على ما يكفي من المياه النظيفة في المستقبل إذا استمروا في إهدارها اليوم. عبّر عن اليقين أو الشك بشأن المستقبل.

.....

3. Your class is discussing two ways of travelling to school: using a private car or using public transport.
Compare the two methods.

يناقش فصلك طريقتين للذهاب إلى المدرسة: استخدام السيارة الخاصة أو وسائل النقل العام. قارن بين الطريقتين.

.....

4. Your school wants students to protect the environment and save electricity.
Express obligation and necessity.

تريد مدرستك من الطلاب حماية البيئة وتوفير الكهرباء. عبّر عن الالتزام والضرورة.

.....

Suggested Answers

1. I really appreciate how this student helped the community. This inspires me because his project made a positive difference.
أقدّر حقًا الطريقة التي ساعد بها هذا الطالب المجتمع. هذا يلهمني لأن مشروعه أحدث فرقًا إيجابيًا.

2. I am certain that wasting water will cause serious problems in the future. There is no doubt that we need to use water carefully.
أنا متأكد من أن إهدار المياه سيسبب مشكلات خطيرة في المستقبل. لا شك أننا بحاجة إلى استخدام المياه بحرص.

3. Compared to using a private car, public transport is more environmentally friendly and can reduce pollution.
بالمقارنة مع استخدام السيارة الخاصة، فإن وسائل النقل العام أكثر حفاظًا على البيئة ويمكن أن تقلل من التلوث.

4. It is necessary to save electricity. We have a responsibility to protect the environment and use energy wisely.
من الضروري توفير الكهرباء. لدينا مسؤولية تجاه حماية البيئة واستخدام الطاقة بحكمة.

Set Book Questions – سؤال الستيوك

1	Where does the name "Kuwait" come from?
	من أين جاءت تسمية »الكويت«؟
	It is derived from "Al-Kut", meaning a small fort built near the sea.
	اشتُقت من كلمة »الكوت«، وتعني حصنًا صغيرًا بُني بالقرب من البحر.
2	What industries sustained Kuwait's growth during the 19th century?
	ما الصناعات التي دعمت نمو الكويت خلال القرن التاسع عشر؟
	Pearl-diving and shipbuilding industries, based on maritime skills.
	صناعتا الغوص على اللؤلؤ وبناء السفن، اعتمادًا على المهارات البحرية.
3	What did Sheikh Mubarak Al-Sabah establish in 1911, and why was it important?
	ماذا أسس الشيخ مبارك الصباح عام ١٩١١، ولماذا كان ذلك مهمًا؟
	He established Al-Mubarakiya School, which marked the beginning of formal education in Kuwait.
	أسس مدرسة المباركية، التي مثّلت بداية التعليم الرسمي في الكويت.
4	How did the discovery of oil in the 1930s change Kuwait?
	كيف غيّر اكتشاف النفط في ثلاثينيات القرن العشرين الكويت؟
	It sped up modernisation; the government funded modern schools, hospitals, and transportation networks.
	سرّع عملية التحديث؛ فموّلت الحكومة المدارس والمستشفيات الحديثة وشبكات النقل.
5	What is meant by a "social contract" between citizens and their society?
	ماذا يُقصد بـ »العقد الاجتماعي «بين المواطنين ومجتمعهم؟
	It is the relationship in which citizens agree to follow rules and laws to make sure everyone stays safe.
	هي العلاقة التي يوافق فيها المواطنون على اتباع القواعد والقوانين لضمان بقاء الجميع بأمان.
6	What is the difference between formal laws and informal norms ("folkways")?
	ما الفرق بين القوانين الرسمية والأعراف غير الرسمية »العادات الاجتماعية«؟
	Formal laws are official rules enforced by the government. Folkways are simple daily habits, like being polite, that help society stay organised without legal punishment.
	القوانين الرسمية هي قواعد رسمية تفرضها الحكومة. أما العادات الاجتماعية فهي عادات يومية بسيطة، مثل التحلي بالأدب، تساعد على تنظيم المجتمع دون عقوبة قانونية.
7	Give an example of a universal law mentioned in the article.
	اذكر مثالًا لقانون عالمي (شامل) ورد في المقال.
	Traffic rules, such as a red light meaning "stop" in every country.
	قواعد المرور، مثل أن الضوء الأحمر يعني »توقف «في كل دولة.
8	According to the article, what happens to people who do not follow society's laws?
	بحسب المقال، ماذا يحدث لمن لا يلتزمون بقوانين المجتمع؟
	They may face consequences such as paying fines or being sentenced to prison.
	قد يواجهون عواقب مثل دفع الغرامات أو الحكم عليهم بالسجن.
9	Why is it important for a country to have both national pride and respect for universal citizenship, in your opinion?
	في رأيك، لماذا من المهم أن يكون لدى الدولة اعتزاز وطني واحترام للمواطنة العالمية معًا؟
	National pride builds identity and unity, while respecting universal values helps countries cooperate peacefully.
	الاعتزاز الوطني يبني الهوية والوحدة، بينما يساعد احترام القيم العالمية الدول على التعاون بسلام.
10	As a young citizen, what can you do to help build a better future for your country?
	كمواطن شاب، ماذا يمكنك أن تفعل للمساهمة في بناء مستقبل أفضل لبلدك؟
	I can respect laws, volunteer in the community, protect national heritage, and pursue education.
	يمكنني احترام القوانين، والتطوع في المجتمع، وحماية التراث الوطني، والاهتمام بالتعليم.

Writing 1: National Duty – واجب وطني

Expository Writing مقال تعبيري

"National unity cannot exist without the strengthening of identity and citizenship." -
His Highness the Amir, Sheikh Meshal Al-Ahmad Al-Sabah

Plan and write an expository essay of no fewer than 12 sentences (around 120-140 words) explaining the qualities of a good citizen and providing examples of everyday actions they can take.

I. Introduction

.....

II. Body Paragraph 1:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

III. Body Paragraph 2:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

.....

IV. Conclusion

.....



Writing 2: The Digital Diwan – الديوان الرقمي

Expository Writing – مقال تعبيري

"Technology has changed the way people communicate, learn, and share ideas."

Plan and write an expository essay of no fewer than 12 sentences (around 120–140 words) explaining the importance of the Digital Diwan and how people can use technology responsibly to communicate and connect with others.

The Plan

I. Introduction

The Digital Diwan is a modern way of communicating and sharing ideas through technology.
It helps people stay connected and communicate more easily.

II. Body Paragraph 1

Topic Sentence:
The Digital Diwan has many benefits for individuals and society.
Supporting Detail 1:
It allows people to communicate quickly and share news, ideas, and information.
Supporting Detail 2:
It can also bring family members and members of the community together, even when they are far away.

III. Body Paragraph 2

Topic Sentence:
People should use the Digital Diwan responsibly and respectfully.
Supporting Detail 1:
They should respect others' opinions and avoid sharing false or harmful information.
Supporting Detail 2:
They should also protect their personal information and use technology in a safe and useful way.

IV. Conclusion

The Digital Diwan is a useful modern tool for communication and connection.
When people use it responsibly, it can strengthen relationships and benefit society.

The Digital Diwan

The Digital Diwan is a modern way of communicating and sharing ideas through technology. It helps people stay connected and communicate more easily. It has become an important part of modern life.

The Digital Diwan has many benefits for individuals and society. It allows people to communicate quickly and share news, ideas, and information. It can also bring family members and members of the community together, even when they are far away. This makes communication easier and faster.

However, people should use the Digital Diwan responsibly and respectfully. They should respect others' opinions and avoid sharing false or harmful information. They should also protect their personal information and use technology in a safe and useful way. Good digital communication can create a positive environment for everyone.

In conclusion, the Digital Diwan is a useful modern tool for communication and connection. When people use it responsibly, it can strengthen relationships and benefit society. It can also help people share ideas and stay connected with their community.

الديوان الرقمي

الديوان الرقمي هو وسيلة حديثة للتواصل وتبادل الأفكار من خلال التكنولوجيا. فهو يساعد الناس على البقاء على تواصل والتواصل مع بعضهم بسهولة أكبر. وقد أصبح جزءًا مهمًا من الحياة الحديثة.

للديوان الرقمي فوائد عديدة للأفراد والمجتمع. فهو يسمح للناس بالتواصل بسرعة ومشاركة الأخبار والأفكار والمعلومات. كما يمكنه أن يجمع أفراد الأسرة وأفراد المجتمع معًا حتى عندما يكونون بعيدين عن بعضهم. وهذا يجعل التواصل أسهل وأسرع.

ومع ذلك، يجب على الناس استخدام الديوان الرقمي بمسؤولية واحترام. فيجب عليهم احترام آراء الآخرين وتجنب مشاركة المعلومات الكاذبة أو الضارة. كما يجب عليهم حماية معلوماتهم الشخصية واستخدام التكنولوجيا بطريقة آمنة ومفيدة. ويمكن للتواصل الرقمي الجيد أن يخلق بيئة إيجابية للجميع.

وفي الختام، فإن الديوان الرقمي أداة حديثة مفيدة للتواصل والترابط. وعندما يستخدمه الناس بمسؤولية، يمكن أن يقوي العلاقات ويفيد المجتمع. كما يمكن أن يساعد الناس على تبادل الأفكار والبقاء على تواصل مع مجتمعهم.

Reading Comprehension سؤال قطعة الفهم

Read the following passage, then answer the questions on the next page:

Citizenship is an important part of a person's identity and relationship with their country. A good citizen does not only enjoy rights and freedoms but also understands their **responsibilities**. Respecting laws, helping others and caring for public places are examples of responsible citizenship. When people work together and respect one another, they can build a safer and stronger society.

Kuwait has a long history of cooperation and community spirit. In the past, people depended on one another in many areas of life. Pearl divers, sailors, traders and craftsmen all played important roles in the development of the country. Families and neighbours also supported each other during difficult times. This spirit of cooperation continues to be an important part of Kuwaiti society today.

Education is another important part of responsible citizenship. Schools can teach young people about their rights, duties and national heritage. Students can also develop useful qualities such as respect, honesty and responsibility. By learning about their country's history and culture, young citizens can understand the efforts of earlier generations and appreciate what they have achieved.

Citizens can contribute to their communities in many simple ways. They can volunteer to help people, keep public areas clean and protect important national sites. They can also save water and electricity and follow safety regulations. These actions may seem small, but they can have a positive effect when many people do them. A responsible citizen understands that everyone has a role in improving society.

Citizenship also involves respecting people from different cultures and backgrounds. In today's connected world, countries communicate and cooperate with one another more than ever before. People can be proud of their national identity while respecting universal values such as equality, freedom and peace. In this way, strong national identity and responsible global citizenship can exist together and help create a better future.

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

1. The best title for the passage is:
a) The History of Pearl Diving
b) Education in Modern Kuwait
c) Citizenship and Building a Strong Society
d) The Development of Kuwaiti Industries

2. The word "responsibilities" in paragraph 1 is closest in meaning to:
a) duties
b) freedoms
c) traditions
d) achievements

3. The pronoun "They" in paragraph 4 refers to:
a) national sites
b) citizens
c) safety regulations
d) communities

4. According to paragraph 2, people in the past depended on one another because:
a) they wanted to avoid education
b) cooperation was an important part of their lives
c) they travelled to other countries
d) they worked only in schools

5. Which statement is NOT true according to the passage?
a) Students can learn about their rights and duties at school.
b) Citizens can help their communities through volunteering.
c) People should respect equality, freedom and peace.
d) Small actions cannot make any difference to society.

6. The writer's main purpose is to:
a) describe the history of Kuwait's pearl-diving industry
b) explain the qualities and responsibilities of good citizens
c) compare Kuwait with other countries
d) explain why students should study history only

Project 2 Topic: Preserving Kuwaiti Heritage and Being a Responsible Citizen

Kuwait has a rich history and a unique cultural heritage. Heritage includes traditional customs, clothing, architecture, food, and stories that have been passed down from generation to generation. Learning about our heritage helps us understand our identity and appreciate the achievements of the past. It also allows us to preserve important traditions for future generations.

One important part of Kuwaiti heritage is the traditional lifestyle of the people before the discovery of oil. Many Kuwaitis worked as sailors, fishermen, and pearl divers. Their hard work, courage, and cooperation helped build the foundations of modern Kuwait. Today, museums, cultural festivals, and historical sites help keep these memories alive.

Citizenship means being a responsible member of society. A good citizen respects the laws, protects public property, and contributes positively to the community. Citizens also show respect for others regardless of their backgrounds and work together to make their country stronger. Active citizenship helps create a safe and successful society.

Young people play an important role in protecting heritage and promoting good citizenship. They can learn about their culture, participate in community activities, and share their knowledge with others. Students can also help by keeping public places clean, respecting school rules, and volunteering in community projects.

Preserving heritage and practicing good citizenship are important for the future of Kuwait. When people value their traditions and fulfill their responsibilities, they strengthen their national identity and create a better society. By honoring the past and working together in the present, we can build a brighter future for everyone.

الحفاظ على التراث الكويتي والمواطنة المسؤولة

تمتلك الكويت تاريخًا غنيًا وتراثًا ثقافيًا مميزًا. يشمل التراث العادات والتقاليد والملابس والمباني التقليدية والأطعمة والقصص التي انتقلت من جيل إلى جيل. يساعدنا التعرف على تراثنا في فهم هويتنا وتقدير إنجازات الماضي. كما يتيح لنا المحافظة على التقاليد المهمة للأجيال القادمة.

ومن أهم جوانب التراث الكويتي أسلوب الحياة التقليدي للكويتيين قبل اكتشاف النفط. فقد عمل الكثير من الكويتيين كبحارة وصيادين وغواصي لؤلؤ. وقد ساعد عملهم الجاد وشجاعتهم وتعاونهم في بناء أسس الكويت الحديثة. واليوم تساعد المتاحف والمهرجانات الثقافية والمواقع التاريخية في إبقاء هذه الذكريات حية.

تعني المواطنة أن يكون الإنسان عضوًا مسؤولًا في المجتمع. فالمواطن الصالح يحترم القوانين ويحافظ على الممتلكات العامة ويساهم بشكل إيجابي في المجتمع. كما يحترم الآخرين على اختلاف خلفياتهم ويعمل معهم من أجل جعل وطنه أقوى. وتساعد المواطنة الفاعلة في بناء مجتمع آمن وناجح.

يلعب الشباب دورًا مهمًا في حماية التراث وتعزيز المواطنة الصالحة. فيمكنهم التعرف على ثقافتهم والمشاركة في الأنشطة المجتمعية ومشاركة معرفتهم مع الآخرين. كما يمكن للطلاب المساعدة من خلال المحافظة على نظافة الأماكن العامة واحترام قوانين المدرسة والمشاركة في الأعمال التطوعية.

إن المحافظة على التراث وممارسة المواطنة الصالحة أمران مهمان لمستقبل الكويت. فعندما يقدر الناس تقاليدهم ويقومون بمسؤولياتهم فإنهم يعززون هويتهم الوطنية ويبنون مجتمعًا أفضل. ومن خلال احترام الماضي والعمل معًا في الحاضر نستطيع بناء مستقبل أكثر إشراقًا للجميع.

PRESERVING HERITAGE & GOOD CITIZENSHIP

PROTECTING OUR PAST, BUILDING OUR FUTURE

> "A good citizen respects the past, cares for the present, and works for a better future."



OUR HERITAGE

- Our heritage includes our traditions, customs, language, clothing, food, and historic places.
- It tells the story of our people and connects us to our past.
- Kuwait's heritage includes pearl diving, traditional crafts, old markets, and beautiful architecture.
- We must protect our heritage so future generations can learn from it and be proud of it.

GOOD CITIZENSHIP

- A good citizen respects the laws and follows the rules.
- A good citizen cares for the community and helps others.
- A good citizen protects public property and the environment.
- A good citizen shows respect, kindness, and works for the good of the country.

HOW WE CAN HELP

- Learn about our history and visit museums and heritage sites.
- Share our culture and traditions with our friends and family.
- Keep our schools, parks, and streets clean.
- Participate in volunteer activities and help in the community.
- Be proud of our country and work together to make it better.

WHEN WE HONOR OUR HERITAGE AND PRACTICE GOOD CITIZENSHIP, WE BUILD A STRONG NATION AND A BRIGHT FUTURE!

V1	المعنى	V2	V3	V1	المعنى	V2	V3
be	يكون	was/were	been	beat	يهزم / يضرب	beat	beaten
become	يصبح	Became	become	begin	يبدأ	began	begun
bend	ينثني	Bent	bent	bet	يراهن	bet	bet
bite	يعض	Bit	bitten	blow	ينفخ	blew	blown
break	يكسر	Broke	broken	bring	يحضر	brought	brought
broadcast	يبث	Broadcast	broadcast	build	يبني	built	built
burst	ينفجر	Burst	burst	buy	يشتري	bought	bought
catch	يمسك	Caught	caught	choose	يختار	chose	chosen
come	يأتي	Came	come	cost	يكلف	cost	cost
creep	يزحف	Crept	crept	cut	يقطع	cut	cut
deal	يتعامل	Dealt	dealt	dig	يحفر	dug	dug
do	يفعل	Did	done	draw	يرسم	drew	drawn
drink	يشرب	Drank	drunk	drive	يقود	drove	driven
eat	يأكل	Ate	eaten	fall	يسقط	fell	fallen
feed	يطعم	Fed	fed	feel	يشعر	felt	felt
fight	يقاتل	Fought	fought	find	يجد	found	found
flee	يهرب	Fled	fled	fly	يطير	flew	flown
forbid	يمنع	Forbade	forbidden	forget	ينسى	forgot	forgotten
forgive	يسامح	Forgave	forgiven	freeze	يتجمد	froze	frozen
get	يحصل على	Got	gotten	give	يعطي	gave	given
go	يذهب	Went	gone	grow	ينمو	grew	grown
hang	يعلق	Hung	hung	have	يملك	had	had
hear	يسمع	Heard	heard	hide	يختبئ	hid	hidden
hit	يضرب	Hit	hit	hold	يمسك	held	held
hurt	يؤذي	Hurt	hurt	keep	يحتفظ بـ	kept	kept
kneel	يركع	Knelt	knelt	know	يعرف	knew	known
lay	يضع	Laid	laid	lead	يقود	led	led
learn	يتعلم	learnt/learned	learnt/learned	leave	يغادر	left	left
lend	يقرض	Lent	lent	let	يسمح	let	let
lie	يستلقي	Lay	lain	light	يضيء	lit	lit
lose	يفقد	Lost	lost	make	يصنع	made	made
mean	يعني	Meant	meant	meet	يقابل	met	met
pay	يدفع	Paid	paid	put	يضع	put	put
read	يقرأ	Read	read	ride	يركب	rode	ridden
ring	يرن	Rang	rung	rise	يرتفع	rose	risen
run	يجري	Ran	run	say	يقول	said	said
see	يرى	Saw	seen	seek	يبحث عن	sought	sought
sell	يبيع	Sold	sold	send	يرسل	sent	sent
set	يضع / يحدد	Set	set	sew	يخيط	sewed	sewn/sewed
shake	يهز	Shook	shaken	shine	يلمع	shone	shone
shoot	يطلق النار	Shot	shot	show	يعرض	showed	shown/showed
shrink	ينكمش	Shrank	shrunk	shut	يغلق	shut	shut
sing	يغني	Sang	sung	sink	يغرق	sank	sunk
sit	يجلس	Sat	sat	sleep	ينام	slept	slept
slide	ينزلق	Slid	slid	speak	يتحدث	spoke	spoken
spend	ينفق	Spent	spent	spit	يبصق	spat	spat
split	يقسم	Split	split	spread	ينشر	spread	spread
spring	يقفز	Sprang	sprung	stand	يقف	stood	stood
steal	يسرق	Stole	stolen	stick	يلتصق	stuck	stuck

sting	يلسع	Stung	stung	stink	ينتن	stank	stunk
strike	يضرب	Struck	struck	swear	يقسم	swore	sworn
sweep	يكنس	Swept	swept	swim	يسبح	swam	swum
swing	يتأرجح	Swung	swung	take	يأخذ	took	taken
teach	يعلم	Taught	taught	tear	يمزق	tore	torn
tell	يخبر	Told	told	think	يفكر	thought	thought
throw	يرمي	Threw	thrown	understand	يفهم	understood	understood
wake	يستيقظ	Woke	woken	wear	يرتدي	wore	worn
weep	يبكي	Wept	wept	win	يفوز	won	won
write	يكتب	Wrote	written				

WHAT ARE STATIVE VERBS? ما هي أفعال الحالة؟

A stative verb describes a state, feeling, opinion, possession, or sense rather than an action. فعل الحالة يصف حالة أو شعورًا أو رأيًا أو ملكية أو حاسة، وليس فعلًا أو حركة

Stative verbs usually do not come in continuous tenses.

أفعال الحالة غالبًا لا تأتي في الأزمنة المستمرة

Thoughts (الأفكار والآراء)	Emotions (المشاعر)	Senses (الحواس)	Possession (الملكية)	Other (أخرى)
agree (يوافق)	envy (يحسد)	appear (يبدو)	belong (ينتمي إلى)	be / is / are (يكون)
disagree (يختلف)	fear (يخاف)	feel (يشعر)	comprise (يتكوّن من)	cost (يكلّف)
doubt (يشك)	hate (يكره)	hear (يسمع)	consist of (يتكوّن من)	depend (يعتمد على)
forget (ينسى)	hope (يأمل)	look (يبدو)	contain (يحتوي على)	involve (يتضمّن)
know (يعرف)	like (يحب)	see (يرى)	have/has (يمتلك)	measure (يقيس)
recognise (يتعرف على)	dislike (لا يحب)	seem (يبدو)	include (يشمل)	owe (يدين لـ)
remember (يتذكر)	love (يحب)	sense (يستشعر)	own (يمتلك)	resemble (يشبه)
support (يؤيد)	need (يحتاج)	smell (تنبعث منه رائحة / يشم)	possess (يحوز / يمتلك)	span (يمتد عبر)
suppose (يفترض)	prefer (يفضل)	sound (يبدو)	---	weigh (يزن)
think* (يعتقد)	value (يقدّر)	taste (يبدو مذاقه)	---	---
understand (يفهم)	want (يريد)	---	---	---
---	wish (يتمنى)	---	---	---

ملاحظة مهمة: think يعتبر فعل حالة عندما يكون بمعنى يعتقد / يظن

✅ I think he is right.

❌ I am thinking he is right.

توزيع الدرجات لصف عاشر

مجموع الدرجات لكل فصل دراسي				الدرجة النهائية
درجة الأعمال	درجة الاختبار القصير	امتحان نهاية الفصل الدراسي	المجموع الكلي	بعد حساب المعدل بنظام GPA (معدل الفصل الدراسي الأول + الثاني تقسيم (2)
25	15	60	100	

تفصيل درجات الأعمال درجة			
المشاركة	الواجبات	السلوك	المشروع
6	6	6	7