

Grade 10 Quiz Exercises

First Period

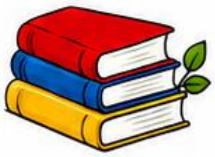
هدية انجليزي سهل لطلاب الصف العاشر

كورس مسجل على منصة طلابي

فاخر من الآخر







Grade 10 – Quiz Components

مكونات الإختبار القصير



Section / القسم	Details / التفاصيل	Marks / الدرجات
1. Vocabulary المفردات	4 items. Fill in the spaces using a list of 5 words. ٤ أسئلة. املأ الفراغات باستخدام قائمة من ٥ كلمات.	4
2. Grammar القواعد	3 multiple-choice questions with 3 options each. ٣ أسئلة اختيار من متعدد، لكل سؤال ٣ اختيارات.	3
3. Writing الكتابة	Write an expository paragraph of 6 sentences. اكتب فقرة تفسيرية مكوّنة من ٦ جمل.	8

Total: 15 Marks / المجموع: ١٥ درجة

Student's Book / كتاب الطالب

Pages 18, 19, 20, 24, 25 and 26

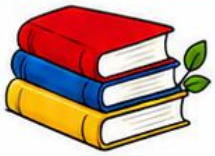
الصفحات: ١٨، ١٩، ٢٠، ٢٤، ٢٥، ٢٦

Writing Rubric / معايير تقييم الكتابة

Criterion / المعيار	Marks / الدرجات
Outline المخطط	1
Exposition of ideas & coherence عرض الأفكار وترابطها	5
Paragraphing & number of sentences تنظيم الفقرة وعدد الجمل	1
Spelling, grammar & punctuation الإملاء والقواعد وعلامات الترقيم	1







Unit 1 – Reading 1: The Evolution of the Kuwaiti Diet

Quizzes Grade 10



No.	Word / Part of Speech	Arabic Meaning	Examples
1	**bestow** *v*	يمنح	Awards **bestow** honour on winners. تمنح الجوائز الفائزين شرفًا.
2	**nutrition** *n*	التغذية	Good **nutrition** keeps us healthy. تحافظ التغذية الجيدة على صحتنا.
3	**urge** *v*	يحث	Teachers **urge** us to study. يحثُنا المعلمون على الدراسة.
4	**routinely** *adv*	بانتظام	I **routinely** eat breakfast. أتناول الإفطار بانتظام.
5	**inactive** *adj*	غير نشيط	He is **inactive** all day. هو غير نشيط طوال اليوم.
6	**attitude** *n*	موقف / اتجاه	She has a positive **attitude**. لديها موقف إيجابي.
7	**stimulate** *v*	ينشُط / يحفُز	Games **stimulate** the mind. تنشُط الألعاب العقل.
8	**consume** *v*	يستهلك / يتناول	We **consume** less sugar. نتناول كمية أقل من السكر.
9	**notable** *adj*	ملحوظ / بارز	There is a **notable** change. هناك تغيير ملحوظ.
10	**involvement** *n*	مشاركة	Family **involvement** is important. مشاركة الأسرة مهمة.







Unit 1 – Reading 2: The Evolution of the Kuwaiti Diet

Quizzes Grade 10



No.	Word / Part of Speech	Arabic Meaning	Examples
11	malnutrition *n*	سوء التغذية	Malnutrition can make children weak. قد يجعل سوء التغذية الأطفال ضعفاء.
12	effective *adj*	فعّال	This medicine is effective. هذا الدواء فعّال.
13	personalised *adj*	مخصّص للفرد	I follow a personalised diet. أتبع نظامًا غذائيًا مخصّصًا لي.
14	biological *adj*	بيولوجي / حيوي	Sleep is a biological need. النوم حاجة بيولوجية.
15	chemically *adv*	كيميائيًا	The water is chemically treated. تُعالج المياه كيميائيًا.
16	process *v*	يعالج	Factories process food. تُعالج المصانع الطعام.
17	fatigue *n*	إرهاق / تعب	Rest helps reduce fatigue. تساعد الراحة على تقليل الإرهاق.
18	inflammation *n*	التهاب	This cream reduces inflammation. يقلّل هذا الكريم الالتهاب.
19	regulate *v*	ينظّم	Rules regulate traffic. تنظّم القواعد حركة المرور.
20	still *adv*	لا يزال / ما زال	He still feels hungry. ما زال يشعر بالجوع.





Fill in the spaces with words from the list below:

effective - nutrition - inactive - involvement - personalised

1. Parents' _____ in school activities helps children learn better.
2. This medicine is _____ at reducing pain.
3. The trainer created a _____ exercise plan for me.
4. Fruit and vegetables provide good _____.

Fill in the spaces with words from the list below:

chemically - regulate - still - consume - routinely

5. Traffic lights _____ the movement of cars.
6. Our school _____ checks the cleanliness of the canteen.
7. Some swimming pools use water that is _____ treated.
8. These machines _____ a lot of electricity.

Fill in the spaces with words from the list below:

notable - stimulate - biological - urge - effective

9. Teachers _____ students to read during the holidays.
10. The new student made a _____ improvement in English.
11. Colourful toys can _____ a baby's interest.
12. Breathing is a _____ process necessary for life.

Fill in the spaces with words from the list below:

fatigue - inactive - attitude - personalised - notable

13. The shop printed a _____ message on my gift.
14. After the long journey, the driver suffered from _____.
15. There was a _____ increase in ticket prices.
16. A positive _____ helps us face challenges.







Fill in the spaces with words from the list below:

routinely - bestow - chemically - process - still

17 Factories _____ milk to make cheese.

18 Although the lesson ended, some students were _____ writing.

19 The award will _____ honour on the young scientist.

20 The guard _____ locks the gate at sunset.

Fill in the spaces with words from the list below:

biological - regulate - personalised - stimulate - inactive

21 My uncle became _____ after he stopped playing sports.

22 Soft music can _____ children's imagination.

23 The website gives each learner _____ feedback.

24 Special devices _____ the temperature inside the greenhouse.

Fill in the spaces with words from the list below:

malnutrition - effective - inflammation - notable - inactive

25 The doctor examined the _____ in my swollen ankle.

26 The team developed an _____ way to save water.

27 Children who do not get enough food may suffer from _____.

28 The player made a _____ contribution to the team's success.

Fill in the spaces with words from the list below:

still - urge - routinely - consume - chemically

29 Farmers sometimes treat crops _____ to protect them from insects.

30 Dentists _____ children to brush their teeth before bed.

31 Despite the heavy rain, people were _____ waiting outside.

32 Large animals _____ more food than small animals.







Grade 10 – Grammar Summary

ملخص القواعد

1. Present Simple — المضارع البسيط

Use: Habits • Facts • Permanent situations
عادات • حقائق • مواقف دائمة

Type	I / You / We / They	He / She / It
+	They play.	He plays.
−	They don't play.	He doesn't play.
?	Do they play?	Does he play?

After does / doesn't → verb without s
بعد does / doesn't نستخدم الفعل بدون s

Frequency words:	always • usually • often • sometimes • never
	دائمًا • عادةً • غالبًا • أحيانًا • أبدًا

Before the main verb: She always helps.

2. Present Continuous — المضارع المستمر

Use: Actions happening now أفعال تحدث الآن

Subject + am / is / are + verb-ing

I → am	He / She / It → is	You / We / They → are

Type	Example
+	He is reading.
−	He isn't reading.
?	Is he reading?

Key words:

now / right now الآن	at the moment في هذه اللحظة	Look! / Listen! انظر! / استمع!

3. Order of Adjectives — ترتيب الصفات

O S A S C O M P

Order	Type — النوع	Example
1	Opinion — الرأي	beautiful
2	Size — الحجم	small
3	Age — العمر	old
4	Shape — الشكل	round
5	Colour — اللون	red
6	Origin — الأصل	Italian
7	Material — المادة	wooden
8	Purpose — الغرض	sleeping

Adjectives → Noun / الصفات ثم الاسم

a beautiful small old house / منزل جميل صغير قديم

General Revision on Grammar

Choose the correct answer from a, b, or c:

1 Sara bought a/an (wooden / lovely / small) box. (Reorder the adjectives)

a) Sara bought a small wooden lovely box.
b) Sara bought a lovely small wooden box.
c) Sara bought a wooden lovely small box.

2 Ali walks to school daily. (Make negative)

a) Ali do not walk to school daily.
b) Ali does not walks to school daily.
c) Ali does not walk to school daily.

3 Huda is washing the dishes. (Ask a question)

a) What is Huda washing?
b) What does Huda washing?
c) What Huda is washing?

4 My sister usually (read) before bed. (Correct the verb)

a) My sister usually read before bed.
b) My sister usually reads before bed.
c) My sister usually is reading before bed.

5 Look! The cat (climb) the tree. (Correct the verb)

a) Look! The cat climbs the tree.
b) Look! The cat climb the tree.
c) Look! The cat is climbing the tree.

6 We found a/an (round / old / large) mirror. (Reorder the adjectives)

a) We found a large old round mirror.
b) We found an old round large mirror.
c) We found a round large old mirror.

7 They are painting the fence now. (Make negative)

a) They do not paint the fence now.
b) They are not painting the fence now.
c) They is not painting the fence now.

8 Omar plays tennis on Fridays. (Ask a question)

a) When do Omar play tennis?
b) When does Omar plays tennis?
c) When does Omar play tennis?

9 The sun (rise) in the east. (Correct the verb)

a) The sun rises in the east.
b) The sun rise in the east.
c) The sun rising in the east.

10 I (wait) for the bus right now. (Correct the verb)

a) I wait for the bus right now.
b) I am waiting for the bus right now.
c) I waits for the bus right now.





General Revision on Grammar

Choose the correct answer from a, b, or c:

11 Dad bought a/an (new / French / expensive) car. (Reorder the adjectives)

a) Dad bought a French expensive new car.
b) Dad bought a new French expensive car.
c) Dad bought an expensive new French car.

12 We visit the museum every year. (Make negative)

a) We do not visit the museum every year.
b) We does not visit the museum every year.
c) We do not visits the museum every year.

13 The girls are dancing in the hall. (Ask a question)

a) Where do the girls dancing?
b) Where are the girls dancing?
c) Where the girls are dancing?

14 Our teacher always (explain) clearly. (Correct the verb)

a) Our teacher always explain clearly.
b) Our teacher always explaining clearly.
c) Our teacher always explains clearly.

15 Listen! Someone (knock) at the door. (Correct the verb)

a) Listen! Someone is knocking at the door.
b) Listen! Someone knock at the door.
c) Listen! Someone are knocking at the door.

16 She wore a/an (silk / beautiful / blue) scarf. (Reorder the adjectives)

a) She wore a blue silk beautiful scarf.
b) She wore a beautiful blue silk scarf.
c) She wore a silk beautiful blue scarf.

17 Maha is making a cake now. (Make negative)

a) Maha does not making a cake now.
b) Maha are not making a cake now.
c) Maha is not making a cake now.

18 Nasser works in a bank. (Ask a question)

a) Where does Nasser work?
b) Where does Nasser works?
c) Where do Nasser work?

19 Bees (make) honey. (Correct the verb)

a) Bees makes honey.
b) Bees make honey.
c) Bees making honey.

20 We (clean) our room at the moment. (Correct the verb)

a) We cleans our room at the moment.
b) We is cleaning our room at the moment.
c) We are cleaning our room at the moment.



Quiz Topics:

موضوعات للقصير



Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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Quiz Topics:

موضوعات للقصير



Plan and write a paragraph of **6 sentences** explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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Quiz Topics:

موضوعات للقصير



Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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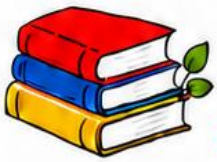
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Quiz Topics:

موضوعات للقصير



Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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Quiz One (15 Marks)

Grade 10



Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

effective – nutrition – inactive – involvement – personalised

1. Family ..... helps children develop healthy eating habits.
2. The doctor suggested a ..... diet based on my needs.
3. Good ..... gives our bodies energy.
4. Regular exercise is an ..... way to stay healthy.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

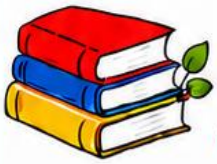
1. **My brother usually (eat) breakfast before school. (Correct the verb)**
   a) My brother usually eat breakfast before school.
   b) My brother usually eats breakfast before school.
   c) My brother usually is eating breakfast before school.

2. **Sara is preparing a healthy meal now. (Make negative)**
   a) Sara does not preparing a healthy meal now.
   b) Sara is not prepare a healthy meal now.
   c) Sara is not preparing a healthy meal now.

3. **We bought a/an (wooden / lovely / small) table. (Reorder the adjectives)**
   a) We bought a lovely small wooden table.
   b) We bought a small wooden lovely table.
   c) We bought a wooden lovely small table.







Quiz One (15 Marks)

Grade 10



Writing (8 Marks)

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

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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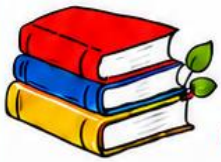
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Quiz Two (15 Marks)

Grade 10



Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

routinely – stimulate – chemically – regulate – still

1. School rules ..... students' behaviour.
2. The laboratory tests the water ..... to identify harmful substances.
3. Even after lunch, the child is ..... hungry.
4. Puzzles can ..... the mind and improve thinking skills.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

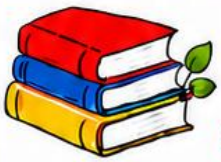
1. **Laila visits the library every week. (Make negative)**
   a) Laila do not visit the library every week.
   b) Laila does not visits the library every week.
   c) Laila does not visit the library every week.

2. **The boys are playing in the garden. (Ask a question)**
   a) Where are the boys playing?
   b) Where do the boys playing?
   c) Where the boys are playing?

3. **We saw a/an (stone / huge / ancient) castle. (Reorder the adjectives)**
   a) We saw an ancient stone huge castle.
   b) We saw a huge ancient stone castle.
   c) We saw a stone huge ancient castle.







Quiz Two (15 Marks)

Grade 10



Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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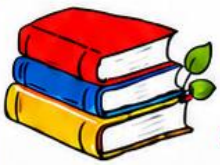
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Quiz Three (15 Marks)

Grade 10



Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

notable – fatigue – biological – malnutrition – effective

1. Children who do not get enough food may suffer from ..... .
2. The scientist made a ..... discovery that attracted worldwide attention.
3. After running for two hours, the athlete felt extreme ..... .
4. Sleep is a ..... need for all humans.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

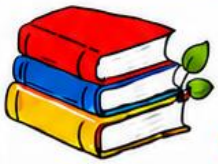
1. **My father usually (drink) tea in the morning. (Correct the verb)**
   a) My father usually drinks tea in the morning.
   b) My father usually drink tea in the morning.
   c) My father usually drinking tea in the morning.

2. **At the moment, I (prepare) my school bag. (Correct the verb)**
   a) At the moment, I prepares my school bag.
   b) At the moment, I preparing my school bag.
   c) At the moment, I am preparing my school bag.

3. **Huda bought a/an (red / new / lovely) dress. (Reorder the adjectives)**
   a) Huda bought a red lovely new dress.
   b) Huda bought a lovely new red dress.
   c) Huda bought a new red lovely dress.







Quiz Three (15 Marks)

Grade 10



Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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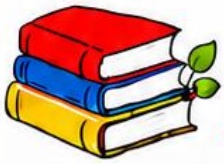
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Quiz Four (15 Marks)

Grade 10



Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

inactive – consume – personalised – urge – effective

1. Teachers ..... students to bring healthy snacks to school.
2. Many people ..... too much sugar in soft drinks.
3. This treatment is ..... at relieving pain.
4. People who sit all day may lead an ..... lifestyle.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

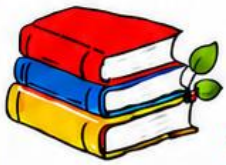
1. **Salma takes the bus to school. (Ask a question)**
   a) How do Salma get to school?
   b) How does Salma get to school?
   c) How does Salma gets to school?

2. **The children are feeding the birds now. (Make negative)**
   a) The children do not feeding the birds now.
   b) The children is not feeding the birds now.
   c) The children are not feeding the birds now.

3. **Sami bought a/an (Italian / black / stylish) jacket. (Reorder the adjectives)**
   a) Sami bought a stylish black Italian jacket.
   b) Sami bought a black Italian stylish jacket.
   c) Sami bought an Italian stylish black jacket.







Quiz Four (15 Marks)

Grade 10



Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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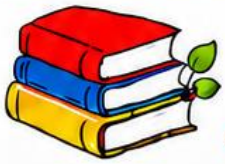
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Quiz Five (15 Marks)

Grade 10



Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

chemically – bestow – routinely – process – still

1. Factories ..... fresh tomatoes to make tomato sauce.
2. The school will ..... honours on its top students.
3. The nurse ..... checks each patient's temperature every morning.
4. Although he has rested, Ali ..... feels tired.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. **The students study English every day. (Make negative)**
   a) The students does not study English every day.
   b) The students do not study English every day.
   c) The students do not studies English every day.

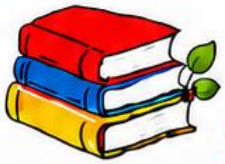
2. **Look! The baby (sleep) on the sofa. (Correct the verb)**
   a) Look! The baby is sleeping on the sofa.
   b) Look! The baby sleeps on the sofa.
   c) Look! The baby are sleeping on the sofa.

3. **We bought a/an (round / wooden / large) table. (Reorder the adjectives)**
   a) We bought a wooden large round table.
   b) We bought a round wooden large table.
   c) We bought a large round wooden table.









Quiz Five (15 Marks)

Grade 10



Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the importance of healthy eating and suggesting ways to develop healthy eating habits.

Your outline should include:

An Introductory Sentence:	..... *(State the main idea)*
Supporting ideas:	....
A Concluding Sentence:	..... *(Restate the introductory sentence)*

Write your paragraph:

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