FIRST TERM • 2026–2027

GRADE 10
VOCABULARY

TERM 1 • UNITS ONE TO FOUR

ILLUSTRATED WORD REFERENCE

English vocabulary • Clear meanings • Arabic support



PREPARED BY

TEACHER: FARIDA FATHY

Grade 10 English • Vocabulary Support

LEARN • REMEMBER • USE

1 Unit One — Food & Nutrition

45 words

Lesson 1

🥦 nutritious — adj

Food that's very good for you and helps your body grow

مغذى

🤝 pledge — n

A serious promise

تعهد

🍽️ portion — n

A part or share of something larger

حصة / كمية

✋ resist — v

To refuse to accept something and try to stop it happening

يقاوم

🔄 swap — v

To give something and receive something else in exchange

يستبدل

Lesson 2

🙂 **attitude** n

A feeling or opinion about something, or a way of behaving

موقف / توجه

🎁 **bestow** v

To give something as an honour or present

يمنح / يقدر

🍴 **consume** v

To eat or drink something

يستهلك

🛌 **inactive** adj

Not doing anything; not active

غير نشيط

🤲 **involvement** n

Taking part in something or dealing with somebody

انخراط / مشاركة

⭐ **notable** adj

Important and deserving attention

ملحوظ

🥗 **nutrition** n

The food substances taken into the body and how they affect health

التغذية

🔁 **routinely** adv

As part of the way things are regularly done

بشكل روتيني

⚡ **stimulate** v

To encourage something to grow, develop, or become active

يحفز

📣 **urge** v

To advise or try hard to persuade somebody

يحث / يدفع

Lesson 4

👃 aroma — n

A pleasant smell that is easy to notice

رائحة / عبق

🍞 filling — adj

(of food) making your stomach feel full

مشبع

🧪 preservatives — n

A substance used to stop food or wood from decaying

مواد حافظة

📋 prioritise — v

To put tasks or problems in order of importance

يعطي الأولوية

💧 soak — v

To put something in liquid until it becomes completely wet

ينقع

Lesson 5

💰 affordable — adj

Cheap enough that people can afford it

بسعر معقول

✅ indeed — adv

Really or certainly, used to emphasise something

بالفعل

🍎 nutritional — adj

Connected with the process of receiving necessary food

غذائي

🗂️ organisation — n

Making arrangements or preparations for something

تنظيم

🏦 subsidise — v

To pay part of the cost of something

يدعم ماليًا

Lesson 7

🧬 biological — adj

Connected with processes within living things

حيوي / بيولوجي

⚗️ chemically — adv

In a way connected with chemistry or chemicals

كيميائيًا

👍 effective — adj

Producing the successful result that is wanted

فعال

😴 fatigue — n

A feeling of being extremely tired

تعب / إرهاق

🔥 inflammation — n

Body tissue that becomes red, painful and swollen

التهاب

🍽️ malnutrition — n

Weakness and bad health caused by insufficient food

سوء تغذية

🏷️ personalised — adj

Marked to show it belongs to a particular person

مخصص

⚙️ process — v

To treat raw material or food to change or preserve it

يعالج

🎛️ regulate — v

To control something by means of rules

ينظم

⏳ still — adv

Continuing to happen or be done

لا يزال

Lesson 9

📅 decade — n

A period of ten years

عقد / عشر سنوات

🌱 legume — n

A plant with seeds in a pod, like beans or peas

بقوليات

👀 overlook — v

To fail to see, notice or consider something

يغفل عن / يهمل

🚶 stroll — v

To walk in a slow, relaxed way

يتمشى

♻️ sustainable — adj

Able to continue over a period of time

مستدام

Lesson 10

📌 assign — v

To give somebody a piece of work or responsibility

يكلف بـ

🧩 break down — phv

To divide into parts to be analysed

يفكك / يحلل

🚧 hurdle — n

A problem that must be solved before achieving something

عقبة

😋 tempting — adj

Attractive, making people want to have or do something

مغرٍ

🌞 wholesome — adj

Good for you; improves life physically or morally

صحي / مفيد

2 Unit Two — Waste & Environment

45 words

Lesson 1

🤕 injure

v

To hurt or cause physical harm to a person or animal

يصيب / يؤذي

🗑️ landfill

n

An area where large amounts of waste are buried

مكب نفايات

♻️ reusable

adj

Able to be used more than once

قابل لإعادة الاستخدام

👕 second-hand

adj

Not new; owned by somebody else before

مستعمل

🌬️ wind turbine

cmp n

A tall structure with wind-driven blades producing electricity

توربين رياح

Lesson 2

🔀 alternative — n

A thing you can choose instead of another

بديل

💡 awareness — n

Interest in and concern about a situation

وعي / ادراك

🔄 convert — v

To change from one form or system to another

يحول

⚖️ decisive — adj

Able to make decisions quickly and confidently

حاسم

🌍 ecosystem — n

Living things in an area and how they affect each other

نظام بيئي

💨 emission — n

The production or sending out of light, heat, gas, etc.

انبعاث غاز / حرارة

💯 entirely — adv

In every way possible; completely

بالكامل

🎓 expertise — n

Expert knowledge or skill in a subject

خبرة / تخصص

🌊 flowing — adj

Moving in one direction, continuously and easily

متدفق

⛽ run out — phv

To use up or finish a supply of something

ينفد

Lesson 4

🧩 combination — n

Joining or mixing two or more things into one

مزيج / مجموعة

💭 concept — n

A principle or idea

فكرة / مفهوم

🚫 unnecessary — adj

Not needed or wanted; more than needed

غير ضروري

🔌 unplug — v

To disconnect electrical equipment from the supply

يفصل من الكهرباء

🚪 vacant — adj

Not filled or occupied; available to be used

شاغر / فارغ

Lesson 5

🚀 ambitious — adj

Needing a lot of effort, money or time to succeed

طموح

🌟 ideal — adj

Perfect, or the best possible

مثالي

🔋 power — v

To supply a machine or vehicle with energy

يزود بالطاقة

⚡ power grid — cmp n

A network transmitting electricity across a large area

شبكة الكهرباء

✂️ tailor — v

To make or adapt something for a particular purpose

يخصص

Lesson 7

➕ add up
phv

To increase by small amounts to a large total

يتراكم / يضاف

🏺 antique
n

An old and often valuable object

تحفة / عتيق

➡️ directly
adv

Without stopping or changing direction

مباشرة

🗑️ dispose of
phv

To get rid of something by throwing it away

يتخلص من

🐘 enormous
adj

Extremely large

هائل / ضخم جدًا

⏰ eventually
adv

In the end, after a long time or effort

في النهاية

🛠️ make over
phv

To improve something by modifying parts

يجدد / يغير

👁️ regard
v

To think about somebody or something in a particular way

يعتبر / ينظر إلى

📱 tablet
n

A portable touchscreen computer without a keyboard

جهاز لوحي

♻️ upcycling
n

Making new objects out of old, used or waste items

إعادة تدوير ابتكارية

Lesson 9

⛏️ bury — v

To put something into a hole in the ground and cover it

يدفن / يطمر

🍂 composting — n

Storing plant material so it decays into soil

صناعة السماد العضوي

🍄 decompose — v

To break down into smaller parts naturally

يتحلل

🏘️ densely — adv

Containing many things closely spaced

بكثافة

🔥 incineration — n

Burning waste material until destroyed

حرق / ترميد النفايات

Lesson 10

✨ brand-new — adj

Completely new, not yet used

جديد كليًا

🏭 manufacture — v

To produce goods in large numbers with machines

يصنع / ينتج

⏳ outlive — v

To live or exist longer than someone else

يدوم أكثر

🕰️ seldom — adv

Not often; rarely

نادرًا

📏 strict — adj

Strongly limiting behaviour; severely enforcing rules

صارم / متشدد

3 Unit Three — Heritage & Culture

45 words

Lesson 1

🏺 artefact

n

An object made by a human, of historical or cultural interest

قطعة أثرية

🔍 evidence

n

Facts, signs, or objects proving something is true

دليل

🖼️ illustrate

v

To make meaning clearer using examples or pictures

يوضح

👨‍👩‍👧 pass down

phv

To teach or give something to younger generations

ينقل عبر الأجيال

🚩 stand for

phv

To support, represent, or symbolize something

يرمز إلى / يمثل

Lesson 2

🤖 **automatic** adj

Having controls that work without human operation

تلقائي

🎨 **creativity** n

The use of skill and imagination to produce something new

إبداع

👤 **creator** n

A person who has made or invented a particular thing

مبتكر

🔎 **detailed** adj

Giving many details and attention to information

مفصل

❤️ **devote to** phv

To dedicate time or attention to something

يكرس لـ

🎬 **director** n

A person in charge of an activity, company or film

مدير

🏆 **leading** adj

Most important or most successful

رائد

🎯 **precisely** adv

Exactly; accurately

بدقة

😢 **sadly** adv

In an unhappy or unfortunate way

للأسف / بحزن

🈺 **translation** n

Changing text or speech from one language to another

ترجمة

Lesson 4

expand
v

To become or make greater in size or importance

يوسع

narrow
adj

Having a small distance from one side to the other

ضيق

passage
n

A long narrow corridor in a building

ممر / رواق

surround
v

To be everywhere around something

يحيط بـ

watchtower
n

A tall tower where guards keep watch

برج مراقبة

Lesson 5

award
n

A prize given for an achievement

جائزة

conference
n

A large official meeting to discuss views

مؤتمر

document
v

To record something via text, photo, or film

يوثق

insightful
adj

Showing clear, deep, original understanding

عميق الفهم

mechanical
adj

Operated by or connected with machines

ميكانيكي

Lesson 7

🌱 **alive** adj

Continuing to exist or endure

حي

🎉 **ceremony** n

Formal traditional acts on important occasions

مراسم / احتفال

➰ **continuous** adj

Existing for a period without interruption

مستمر

📚 **educate** v

To teach somebody about something

يعلم

🕵️ **identify** v

To recognize someone or something

يتعرف على / يحدد

✈️ **overseas** adv

In, from, or to other countries across the sea

في الخارج

⏳ **patiently** adv

Waiting calmly without anger

بصبر

📰 **publish** v

To produce and distribute printed or digital books

ينشر

🌳 **root** n

The origin or fundamental basis of something

جذر / أصل

👓 **view** v

To hold a particular opinion about something

ينظر / يشاهد

Lesson 9

🌉 bridge — n
A structure connecting different things

جسر

🕰️ classic — adj
Having a timeless, traditional style

كلاسيكي

🎀 decorative — adj
Decorated to look appealing

زخرفي

🎨 dye — v
To change the colour of something with a liquid

يصبغ

🪪 identity — n
Who or what someone / something is

هوية

Lesson 10

😲 amazingly — adv
In a very surprising way that causes admiration

بشكل مذهل

🛠️ customise — v
To alter or build something for individual needs

يخصص

🙈 hidden — adj
Placed where it cannot easily be seen

مخفي

📦 tuck away — phv
To be located in a quiet, secluded place

يقع بعيدًا / يخفى

🚶 walker — n
A person who walks, for recreation or health

شخص يمشي

4 Unit Four — Nation & Citizenship

45 words

Lesson 1

🪪 citizenship

n

The state and duties of being an active citizen

المواطنة

🔁 continuously

adv

Occurring repeatedly without interruption

باستمرار

📍 site

n

A location where a structure or monument is situated

موقع

🔗 tie

n

A close relationship linking people or nations

رابطة / صلة

🌟 well-known

adj

Known and recognized by many people

مشهور / معروف

Lesson 2

📦 **capacity** n

Someone's maximum ability to do or contain something

قدرة / سعة

🗃️ **collection** n

A curated group of objects assembled together

مجموعة

🎭 **culturally** adv

Relating to the customs and values of a society

ثقافيًا

🌐 **hub** n

The bustling focal centre of an activity or region

مركز

🎗️ **mark** v

To celebrate or formally commemorate a milestone

يميز / يحدد

🏳️ **nation** n

A community sharing common history and governance

أمة / دولة

🆕 **new-found** adj

Recently discovered or attained

مكتشف حديثًا

🏃 **rapidly** adv

At high speed; swiftly

بسرعة

🌿 **sustain** v

To nourish and allow to continue over time

يدعم / يحافظ على

🦋 **transformation** n

A complete and profound change in form

تحول / يغير

Lesson 4

🛡️ defence — n
Protection of people or a country against threat

دفاع

🔽 downplay — v
To minimize the importance of an issue

يقلل من أهمية

👮 leader — n
A person who guides or commands a nation

قائد

🛡️ safeguard — v
To protect from harm, loss, or jeopardy

يحمي

⚓ stable — adj
Firmly established; unlikely to falter

مستقر

Lesson 5

💗 altruism — n
Selfless concern for the well-being of others

إيثار

🌳 ancestor — n
A forebear from whom a person is descended

سلف / جد

✅ comply — v
To act in accordance with a regulation

يمتثل / يلتزم

🤝 loyal — adj
Giving firm and steadfast support to a cause

مخلص / وفي

🙋 volunteer — v
To freely offer service without compulsion

يتطوع

Lesson 7

📜 **contract** n

A formal, legally binding agreement

عقد

⚖️ **equality** n

Having identical social standing and equal rights

مساواة

🎩 **formal** adj

Observing established ceremony or legal standards

رسمي

🕊️ **freedom** n

The right to act, think, or speak without restraint

حرية

📢 **impose** v

To establish authoritatively as compulsory

يفرض / يلزم

👕 **informal** adj

Casual and friendly; unconstrained by rigid protocol

غير رسمي

🤔 **interestingly** adv

In a way that commands intellectual curiosity

من المثير للاهتمام

🙏 **respect** v

To hold in high esteem and admire

يحترم

⚖️ **sentence** v

To formally pronounce a judicial decree

يحكم / يصدر حكمًا

🌐 **universal** adj

Applicable to or embracing all humankind

عالمي / شامل

Lesson 9

🗿 monument — n

A stately structure celebrating a heroic legacy

نصب تذكاري

💎 rare — adj

Seldom encountered; marked by scarcity

نادر

🖼️ showcase — v

To exhibit the finest virtues conspicuously

يعرض

🏙️ skyline — n

The distinctive horizon profile of a city

الأفق العمراني

🔣 symbolise — v

To serve as a representation of an abstract virtue

يرمز إلى

Lesson 10

🎭 character — n

The mental and ethical traits defining a person

شخصية

⏳ lasting — adj

Enduring across time; leaving an indelible impression

دائم

🌳 mature — adj

Having attained complete psychological stability

راشد / ناضج

📁 record — n

An authentic documented chronicle

سجل

📋 regulation — n

An authoritative directive issued by governing jurisdiction

قانون / لائحة