

# **GRADE 10** MODULE 1: Culture \*\*\* UNIT 1: We are what we eat

т	<b>F</b>		Maaring	Tuonalatter
L	Expression		Meaning	Translation
	absorb	v	to take in or soak up (energy, or a liquid or other substance) by chemical or physical action	يمتصّ (الغذاء)
	antioxidant	n	a substance in some foods that cleans the body and protects it from diseases	مضاد للتأكسد
	arthritis	n	a disease that causes painful inflammation and stiffness of the joints	إلتهاب المفاصل
	caffeine	n	a stimulant found in tea and coffee that can cause health problems	مادة الكافيين
	calcium	n	a metallic element that forms and strengthens bones and teeth	كلسيوم
	cholesterol	n	a chemical substance found in your blood, causing heart diseases	الكولستيرول
	combat	v	to take action to reduce, destroy or prevent	يقاوم
	dietician	n	a professional who advises on healthy eating	أخصائي التغذية
1	digestive	adj.	of or relating to the process of digesting food	هضمي
1 e_	fibre	n	important nutrient found in wholegrain products like brown rice	الألياف الغذائية
& 2	iron	n	a mineral found in food	عنصر الحديد
4	metabolise	v	to change food in your body into energy	يحول الغذاء الى طاقة
	neutralise	v	to make a substance chemically neutral	يُبطل مفعول مادة ما
	nutrition	n	the process of providing the food necessary for good health and growth	تغذية
	probiotic	adj.	containing 'good' bacteria to improve health	غني بالباكتيريا النافعة
	protein	n	a natural substance that exists in foods such as meat, eggs and beans and which the body needs in order to grow healthily	البروتين
	saturated fat	n	a type of fat from meat and milk products that is thought to be less healthy than other kinds of fat from vegetables or fish	دهون مشبعة
	stimulant	n	a substance that increases nervous activity in the body	محفز
	unsaturated fat	n	describing the unhealthy fats found in food	دهون غير مشبعة
	vitamin	n	a chemical substance in food that is necessary for good health	الفيتامين
	boost	v	to help or encourage (something) to increase or improve	يعزز _يقوي
	comprise	v	to be made up of	يشمل _ يحتوي على
3	dehydration	n	the loss of a large amount of water from the body	جفاف الجسم من الماء
	fatigue	n	extreme tiredness	التعب _ الار هاق
	obesity	n	the state of being unhealthily overweight	السمنة
	deficiency	n	a lack of the nutrients that our bodies need	نقصٌ في المغذيات
	grilled	adj.	cooked over the fire in a grill	نقصٌ في المغذيات مشويٌّ
	metabolism	adj.	the chemical processes by which food is changed into energy in your body	الأيضُ
4	organic	adj.	produced without the use of chemicals	عضويٍّ \ بدون إضافة مواد كيميائية
&	pomegranate	n	a round fruit that has a red skin and juicy red seeds	ثمرة الرمان
5				الكمية المنصوح
	RDA	abb.	recommended daily allowance	بتناولها يوميا
	sodium	n	a chemical found in salt	الصوديوم
	supplement	n	a substance taken to add vitamins, etc. to a person's diet	مُكمل غذائبي
	appeal to	v	attract to one's interest	يروق ل \ يُعْجِب
	atmospheric	adj.	(of a mood) pleasurable and interesting or exciting	ممتعً \ منعشّ
	crammed	adj.	full of healthy properties	ممتلىء \ مزدحم
	eatery	n	a restaurant or other place where people can be served food	مطعمٌ
	fanatic	adj.	someone who likes a particular thing or activity very much	محب (للطعام)
7	irresponsibly	adv.	in an irresponsible manner	بأستهتار
&	malnutrition	n	the lack of proper nutrition	سوء التغذية
8	salad bar	n	a place in a restaurant with different vegetables that you can choose to make your own	ركن السَلَطات
	speciality	n	a type of food that a person or restaurant is famous for making well	إختصاص
	vegetarian	adj.	of or relating to the exclusion of meat or other animal products from the diet	نباتي
	wholesome	adj.	conducive to or suggestive of good health and physical well-being	صحيّ (طعام)
		•		SAMI BIN YOUNES

### **GRADE 10** MODULE 1: Culture \*\*\* UNIT 2: Respecting Cultures

L	Expression		Meaning	Translation
L				
	aspiration	n	a hope or ambition of achieving something	امل - طموح
	creed	n	a faith	دِين \ عقيدة
	delegate	n	a person sent or authorised to represent others, in particular an elected representative sent to a conference	مندوب
	diversity	n	the state of being diverse; variety	التنوّع
1	initiative	n	the ability to assess and initiate things independently	مبادرة
& 2	interfaith	n	of, relating to, or between different religions or members of different religions	بين الأديان
	mentor	n	an experienced and trusted advisor	ناصح \ مرشد
	seminar	n	a conference or other meeting for discussion or training	منتدى \ مُؤتمر
	tolerance	n	the ability or willingness to tolerate something, in particular the existence of opinions or behaviour that one does not necessarily agree with	تسامحٌ
	adorn	v	to make more beautiful or attractive	يزيّن \ يُزخرف
	commemorate	v	to recall and show respect for (someone or something) in a ceremony	يزيَن \ يُزخرف يحيي ذكرى مكتوب بأحرف مرتبطة
3	cursive	adj.	written with the characters joined	مكتوب بأحرف مرتبطة
5	embellish	v	to make (something) more attractive by the addition of decorative details or features	يُزخرف \ يُزيّن
	paraphrase	v	express the meaning of something said or written by using different words	يعيد صياغة
	calligraphy	n	decorative handwriting or handwritten lettering	فن الخطِّ
	consistently	adv.	continuing to happen or developing in the same way	بثبات
4	diverse	adj.	showing a great deal of variety	متئوّع
&	inspirational	adj.	providing or showing creative or spiritual inspiration	مُلهم
5	master	v	to acquire complete knowledge or skill in an accomplishment, technique or art	يُتقن
	richly	adv.	in an elaborate, generous or plentiful way	بوفرة
	account	n	a report or description of an event or experience	تقرير
	conduct	v	to organise and carry out	ينظم \ يتصرّف
	cover	v	to travel a particular distance	يقطع مسافة \ يسافر
7	figure	n	person of a particular kind, often important	شخص مهمّ
&	ground-breaking	adj.	innovative; involving new discoveries	مُبتكر \ مستجدً \ مُبدع
8	high-ranking	adj.	great, or greater than normal, in quantity, size or intensity	ذو مقام رفيع
	pilgrimage	n	a journey to a holy place for religious purposes	حج \ زيارة مكان مقدس
	relevant	adj.	closely connected or appropriate to the matter at hand	ذو علاقة بموضوع ما
	review	n	a critical evaluation of a book	مقال نقدى لعمل ما

### **GRADE 10** MODULE 1: Culture \*\*\* UNIT 3: Inspiring Architecture

L	Expression		Meaning	Translation
	concrete	n	a substance used for building that is made by mixing sand, very small stones, cement and water	
	design	n	the way that something has been planned and made	الإسمنت المسلح التصميم يثقب
	drill	v	to make a hole in something	يثقب
	evoke	v	to produce a strong feeling in someone	يثير \ يؤثر في
	expressionist	n	(of a style of building / art) seeking to express emotions	
	forecourt	n	an open area in front of a large building	تعبيري ساحة
1 &	foundation	n	the solid layer of cement, bricks, stones, etc. that is put under a building to support it	أساس البناء
2	framework	n	the main supporting parts of a building	هيكل البناء
	geometric	adj.	of or relating to geometry, or according to its methods	هندسي
	renowned	adj.	known and admired by a lot of people, especially for a special achievement or quality	معروف \ شُهير
	slightly	adv.	a little bit	بشكل ضئيل
	studio	n	a small room used for performances	ستوديو تصوير
	venue	n	the place where something happens, especially an organised event such as a concert, conference or sports event	قاعة \ ميدان
	boutique	n	a small store selling fashionable items	محل لبيع الملابس
	brand	n	a product made and sold by a particular store	ماركة \ علامة تجارية
3	edutainment	n	a form of entertainment that is also educational	ترفيه و تعليمي
3	gourmand	n	a person who enjoys eating, especially good food	أكۇڭ \ شىر ة
	mainstream	adj.	related to the most popular or dominant trend	سائد \ منتشر
	state-of-the-art	adj.	modern and cutting-edge	حديث \ من أحدث طراز
	chic	adj.	elegantly and stylishly fashionable	أنيق و مواكب للموضة
	governmental	adj.	of a government	حكومي
	modernistic	adj.	of or associated with modernism, a style that is more modern than traditional	حداثي \ ذو توجه حداثي
4	public	adj.	open to all people	عمومي
&	residential	adj.	designed for people to live in	سكني
5	spacious	adj.	having plenty of space	واسع \ فسيحٌ
	state	adj.	related to the civil government of a country	حكومي
	sturdy	adj.	strongly and solidly built	متين و متماسك
	substantial	adj.	of considerable importance, size or value	ضخم \ متين \ بارڙ
	advocate	v	to publicly recommend or support	يُؤيّد \ يساند
	apprehensive	adj.	anxious or fearful that something bad will happen	مُتخوّف \ متشائمً
	benefit	v	receive an advantage; profit; gain	يستفيدُ من
7	council	n	an advisory, deliberative or legislative body of people formally constituted and meeting regularly	مجلس / لجنة
&	detrimental	adj.	damaging	ضار \ هڏامٌ
8	influx	n	an arrival or entry of large numbers of people or things	تدفق
	objective	n	aim or goal	غاية \ هدف
	profitable	adj.	producing a financial gain	مُربحٌ
1 1	voice	v	to express (something) in words	يُعبّر عن

### **GRADE 10** MODULE 2: Free Time \*\*\* UNIT 4: Computer Games

anti-reflective   #dj.   incapable of reflecting light or other radiation   نشد للإتحكان     Artificial Intelligence (AD)   adj.   the theory and development of computers to things that usually require human intelligence   for adjust to the theory and development of computers to things that usually require human intelligence     competitive   adj.   to make efforts to win something by deficuting others who are trying to do the same   for adjust to the same     console   n   a computer expectially designed for playing games on   adjust to adjust adjust adjust to adjust to adjust adjust to adjust to a	L	Expression		LE 2: Free Time **** UNIT 4: Computer Game Meaning	Translation
Artificial Intelligence (A) compete   adj. v   the theory and development of computers to things that usually require human intelligence     v   to make efforts to win something by defacting others who are trying competitive   v   to make efforts to win something by defacting others who are trying to do the same     competitive   adj.   of, relating to, or characterised by competition   j. with a computer especially designed for playing games on   p. adj.     adj.   connoluter especially designed for playing games on   p. with a computer especially designed for playing games on   p. adj.     adj.   connoluter especially designed for playing games on   p. with a computer especially designed for playing games on     adj.   derived from or initiating real life   discourse   a     adj.   derived from or initiating real life   discourse   a     advice that detects or measures a physical property and records, indicates or otherwise responds to it   advice that detects or otherwise responds to the sounds produced in human speech   discourse     visual effects   n   the applics, sound, etc. used in films and computer games   discup: discourse     adj.   indecates or measures or exitement   discourse   discourse     visual effects   n   ther					
Intelligence (AI)   alp   require human intelligence   require human intelligence     competic   v   to make efforts to win something by defating others who are trying to do the same      competitive   alp   of, relating to, or characterised by competition      employ   n   a computer especially designed for playing games on      employ   v   to hire for work      employ   v   to hire for work      employ   v   to hire for work      adtication   alp   derived from or initiating real life      entralistic   adj   derived from or initiating real life      sensor   n   competing with a person or thing for the same objective or for superiority in the same field of activity      sensor   n   device that detects or measures a physical property and records, indicates or otherwise responds to it      simulate   v   to initate the character or feeling      wizard   n   a person who is very skilled in a particular field or activity      wizard			adj.		مصاد للإنعداس
competitive   v   to do the same      competitive   adj.   of, relating to, or characterised by competition      console   n   a computer especially designed for playing games on      adji:   accomplicated and difficult to understand       adji:   accomplicated and difficult to understand       atai:   acady   to hire for work   Least     atai:   atai:    to hire for work   Least     atai:   n   competing with a person or thing for he same objective or for      sensor   n   a device that detects or measures a physical property and records, produced in human speech      visual effects   n   the graphics, sound, etc. used in films and computer games      adult effects   n   the graphics, sound, etc. used in films and computer games      analogue   adj   lazy, especially avoiding work       analogue   adj.   lacking interest or excitement       analogue   adj.			adj.	require human intelligence	الذكاء الإصطناعيّ
console   n   a computer especially designed for playing games on   بولاز العلى     convoluted   #d)   complicated and difficult to understand   36.     discourse   a   speaking and conversation   36.     perception   n   the ability to see, hear or become aware of something through the senses   26.     perception   n   competing with a person or thing for the same objective or for superiority in the same field of activity   36.     sensor   n   a device that detects or measures a physical property and records, indicates or otherwise responds to it   36.     simulate   v   to to initate the character or feeling   36.     wizard   n   a person who is very skilled in a particular field or activity   36.     indefects   n   the graphics, sound, etc. used in films and computer games   36.     wizard   n   a person who is very skilled in a particular field or activity   36.     indefects   n   depreception contracted to digital technology   36.     interedibly   adv.   cextremely or unsually   36.     interedibly   addi   lackring interest or excitiment <th>с</th> <th>compete</th> <th>v</th> <th></th> <th>ينافس \ يتنافس مع</th>	с	compete	v		ينافس \ يتنافس مع
convoluted   adj.   complicated and difficult to understand   أعظة الجارار (incredible)     1   employ   v   to hire for work   it     2   employ   v   to hire for work   it     2   perception   n   the ability to see, hear or become aware of something through the senses   sensor     2   perception   n   the ability to see, hear or become aware of something through the sensor   sensor     3   a device that detects or measures a physical property and records, recognition   n   a device that detects or measures a physical property and records, produced in human speech     yisual effects   n   the graphics, sound, etc. used in films and computer games   it, for a set of a set	col	mpetitive	adj.	of, relating to, or characterised by competition	
discourse   n   speaking and conversation   العلية \alpha bit     1   employ   v   to hire for work   Ic bit     2   perception   n   the ability to see, hear or become aware of something through the senses   generative     2   perception   n   the ability to see, hear or become aware of something through the senses   generative     2   perception   n   competing with a person or thing for the same objective or for superiority in the same field of activity   a device that detects or measures a physical property and records, indicates or otherwise responds to it   sensor     3   simulate   v   to imitate the character or feeling   wizard     4   a device that detects or measures a physical property and records, indicate seech   generative   generative     visual effects   n   the ability of a computer to identify and respond to the sounds generative   generative     3   idle   adj.   lazy, especially avoiding work   idle     3   idle   adj.   lazy, especially avoiding work   idle     3   idle lazy, especially avoiding work   idle lazy, a generative so contrasted to digital technology <th>(</th> <th>console</th> <th>n</th> <th>a computer especially designed for playing games on</th> <th></th>	(	console	n	a computer especially designed for playing games on	
Imaturalistic   v   to hire for work   Lempts     2   maturalistic   adj.   derived from or imitating real life   etable life     2   perception   n   the ability to see, hear or become ware of something through the senses   genception     2   perception   n   the ability to see, hear or become ware of something through the senses   genception     3   competing with a person or thing for the same objective or for superiority in the same field of activity   genception   genception     4   a device that detects or measures a physical property and records, indicates or otherwise responds to it   genception   genception     5   sensor   n   the graphics, sound, ect. used in films and computer games   genception     4   adj.   lazy, especially avoiding work   tible   genception   genception     5   incredibly   adv.   extremely or unusully   tible   genception     6   adj.   lacking interest or excitement   genception   genception   genception     3   interedibly   adj.   abt to use or be used by a computer   gencomputer	со	onvoluted	adj.	complicated and difficult to understand	
أو naturalistic   adj.   derived from or imitating real life   الإدراك     2   perception   n   the ability to see, hear or become aware of something through the senses   (a)     1   rival   n   competing with a person or thing for the same objective or for superiority in the same field of activity   (a)     1   sensor   n   a device that detects or measures a physical property and records, indicates or otherwise responds to it   (b)     2   speech   n   the ability of a computer to identify and respond to the sounds produced in human speech   (c)     2   wizard   n   a person who is very skilled in a particular field or activity   (c)     3   incredibly   ady.   extremely or unusually   (c)   (c)     3   incredibly   ady.   extremely or unusually   (c)   (c)     4   analogue   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   (c)   (c)     5   hold button   n   a button that pauses the game and prevents the game from being used (c)   (c)   (c)     4   dirive	d	iscourse	n	speaking and conversation	خطابٌ \ حوار
2   perception   n   the ability to see, hear or become aware of something through the senses   Senses     rival   n   competing with a person or thing for the same objective or for superiority in the same field of activity   advine     sensor   n   a device that detects or measures a physical property and records, indicates or otherwise responds to it   jetPaint     simulate   v   to imitate the character or feeling   jetPaint     speech   n   the ability of a computer to identify and respond to the sounds records, indicates or otherwise responds to it     visual effects   n   the graphics, sound, etc. used in films and computer games   jetAint     visual effects   n   a person who is very skilled in a particular field or activity   jetAint     adj   lacking interest or excitement   jetAint   jetAint   jetAint     adj   (of technology) using physical quantities such as voltage, offen contrasted to digital technology   jetaint   jetaint     title   n   device that allows a computer to read discs   jetaint     title   n   device that allows a computer to read discs   jetaint     adit out of shape   exp   adinto th	1	employ	v	to hire for work	يُوظف شخصا ما
عوري   perception   in   senses   Club, and and a person or thing for the same objective or for superiority in the same field of activity     sensor   n   competing with a person or thing for the same objective or for superiority in the same field of activity   at device that detects or measures a physical property and records, indicates or otherwise responds to it     sensor   n   a device that detects or measures a physical property and records, indicates or otherwise responds to it     sensor   n   the ability of a computer to identify and respond to the sounds recognition     visual effects   n   the graphics, sound, etc. used in films and computer games     wizard   n   a person who is very skilled in a particular field or activity     add y   extremely or unusually   add y     aundance   adj.   extremely or unusually   add y     analogue   adj.   (of technology) using physical quantities such as voltage, often computer-friendly   adj.     autot of shape   exp.   a button that pauses the game and prevents the game from being used momentarily   used momentarily     total theolets   n   a display device that allows a user to interact with a computer by touching areas on the screen   a display device that allows a user to interact with a compute	& na	turalistic	adj.	=	محاكي للواقع
Inval   n   superiority in the same field of activity   العلي استثمار     sensor   n   a device that detects or measures a physical property and records, indicates or otherwise responds to it   junction     simulate   v   to imitate the character or feeling   junction     speech   n   the ability of a computer to identify and respond to the sounds produced in human speech   junction     visual effects   n   the graphics, sound, etc. used in films and computer games   junction     wizard   n   a person who is very skilled in a particular field or activity   junction     adit   users   extremely or unusually   junction   junction     adit   (of technology) using physical quantities such as voltage, often contrasted to digital technology   junction   junction     adition   n   a button that pauses the game and prevents the game from being used momentarily   junction   junction     touchscreen   n   a display device that allows a user to interact with a computer by touching areas on the screen   junction   junction     touchscreen   n   a display device that allows a user to interact with a computer by touching areas on the screen   junctito that p	-	erception	n	senses	الإدراك
sensor   n   indicates or otherwise responds to it   Justitie     simulate   v   to imitate the character or feeling   it is a computer to identify and respond to the sounds     speech   n   the ability of a computer to identify and respond to the sounds   it is a computer to identify and respond to the sounds     visual effects   n   the graphics, sound, etc. used in films and computer games   it is a particular field or activity   it is a particular field or activity     autor   a person who is very skilled in a particular field or activity   it is a particular field or activity   it is a particular field or activity   it is a particular field or activity     autor   extremely or unusually   autor   it is a particular field or activity   it is a particular field or activity     autor of shape   exp.   unfit and unhealthy   unfit and unhealthy   it is a particular field or activity     analogue   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   it is a particular field or activity   it is a display device that allows a computer to read discs     to entropy   n   a display device that allows a user to interact with a computer by touching areas on the screen   a display device that allows a user to interact wi		rival	n		منافس
speech recognition   n   the ability of a computer to identify and respond to the sounds produced in human speech   computer sound     visual effects   n   the graphics, sound, etc. used in films and computer games   idle     adi.   adi.   lazy, especially avoiding work   idle     adi.   adi.   lazy, especially avoiding work   idle     adi.   adi.   lazy, especially avoiding work   idle     adi.   lacking interest or excitement   idle   idle     adi.   lacking interest or excitement   idle   idle     adi.   computer- friendly   adj.   computer- friendly   adj.     adi.   adj.   able to use or be used by a computer   idle     touchscreen   n   a button that pauses the game and prevents the game from being used momentarily   used momentarily     touchscreen   n   a tippe of computer games that areade is a place where one plays games by putting coins in machines)   a type of computer games that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines)   a type of computer game that was first popular in amusement arcades (an adj.     bonus   adj.		sensor	n		جهاز إستشعار
recognition   n   produced in human speech   Description     visual effects   n   the graphics, sound, etc. used in films and computer games   juice     wizard   n   a person who is very skilled in a particular field or activity   juice     adi   adj   lazy, especially avoiding work   juice   juice     bill   adj   lazy, especially avoiding work   juice   juice     adj   adv.   extremely or unusually   juice   juice     out of shape   exp.   unfit and unhealthy   juice   juice     analogue   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   computer     friendly   adj.   able to use or be used by a computer   juice   juice     friendly   adj.   a button that pauses the game and prevents the game from being used momentarily   juice   juice     touchscreen   n   a display device that allows a user to interact with a computer by touching areas on the screen   juice   juice     wireless   adj.   atype of computer game that was first popular in amusement arcades (an amuseme	S	simulate	v	to imitate the character or feeling	يُحاكي
visual effects n the graphics, sound, etc. used in films and computer games نیثرات البصرية   3 wizard n a person who is very skilled in a particular field or activity نيثرات البصرية   3 incredibly adv. extremely or unusually item and adj.   3 incredibly adv. extremely or unusually item and adj.   4 adj. lacking interest or excitement autor   5 analogue adj. (of technology) using physical quantities such as voltage, often contrasted to digital technology computer-friendly   6 adj. (of technology) using physical quantities such as voltage, often contrasted to digital technology computer   6 drive n device that allows a computer to read discs computer   7 hold button n a display device that allows a user to interact with a computer by touching areas on the screen atype of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines) atype of computer gerformance   1 adj. astonishing or ave-inspiring in quality, so as to take one's breath away atype of computer game that was first popular in amusement arcade is a place where one plays games by putting coins in machines)		-	n		التعرف على الصوت
idle   adj.   lazy, especially avoiding work   تلفه / بليد     incredibly   adv.   extremely or unusually   itack /	visı	ual effects	n	the graphics, sound, etc. used in films and computer games	المؤثرات البصرية
idle   adj.   lazy, especially avoiding work   تلفه / بليد     incredibly   adv.   extremely or unusually   itack /	,	wizard	n	a person who is very skilled in a particular field or activity	عبقريّ
3   incredibly   adv.   extremely or unusually   المك لا يصدق     3   mundane   adj.   lacking interest or excitement   1     atale / بليد   adj.   lacking interest or excitement   1     amalogue   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   2     triad   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   2     4   analogue   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   2     5   mundane   adj.   able to use or be used by a computer   2     4   drive   n   device that allows a computer to read discs   2     5   hold button   n   a button that pauses the game and prevents the game from being used momentarily   3     5   touchscreen   n   a display device that allows a user to interact with a computer by touching areas on the screen   3     5   wireless   adj.   lacking or not requiring wires   2     5   arcade   n   a		idle	adj.	lazy, especially avoiding work	
5   mundane   adj.   lacking interest or excitement   بیلید الفله ( بلید )     • out of shape   exp.   unfit and unhealthy   ق.     • out of shape   exp.   unfit and unhealthy   ق.     • out of shape   exp.   unfit and unhealthy   ق.     • out of shape   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   computer-     • out of shape   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   computer-     • out of shape   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   contrasted to digital technology     • out of shape   adj.   able to use or be used by a computer   distication     • friendly   n   device that allows a computer to read discs   distication     • friendly   n   a button that pauses the game and prevents the game from being used momentarily   used momentarily     • touchscreen   n   a display device that allows a user to interact with a computer by touching areas on the screen   used momentarily     • wireless   adj.   atype of computer	in	ncredibly	adv.		
analogue   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   ities     4   adj.   (of technology) using physical quantities such as voltage, often contrasted to digital technology   ities     4   computer- friendly   adj.   able to use or be used by a computer   ities     5   ities   n   device that allows a computer to read discs   ities     5   hold button   n   a button that pauses the game and prevents the game from being used momentarily   ities     6   hold button   n   a display device that allows a user to interact with a computer by touching areas on the screen   ities     8   arcade   n   a type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines)   a type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines)     7   bonus   adj.   describing something extra, especially as a reward for good performance     7   built-in   adj.   forming a necessary part of a structure or device   jtes     8   caller   n   a person who makes a telep		•	adj.	lacking interest or excitement	تافه \ بليد
Analogue adj. contrasted to digital technology ()   4 adj. adj. able to use or be used by a computer ()   4 friendly adj. able to use or be used by a computer ()   5 hold button n device that allows a computer to read discs () ()   5 hold button n a button that pauses the game and prevents the game from being used momentarily () ()   6 touchscreen n a display device that allows a user to interact with a computer by touching areas on the screen () ()   1 a display device that allows a user to interact with a computer by touching areas on the screen () ()   1 a display device that allows a user to interact with a computer by touching areas on the screen () ()   1 a type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines) () ()   1 adj. describing something extra, especially as a reward for good () ()   1 adj. astonishing or awe-inspiring in quality, so as to take one's breath away () ()   7 built-i	out	t of shape	exp.	unfit and unhealthy	غير صحي \ عليلً
4 friendly adj. able to use or be used by a computer برا القرار العناقي   5 hold button n device that allows a computer to read discs رز الایتاف   5 hold button n a button that pauses the game and prevents the game from being used momentarily used momentarily   6 hold button n a display device that allows a user to interact with a computer by touching areas on the screen wireless   adj. a display device game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines) at type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines) idescribing something extra, especially as a reward for good performance   7 bonus adj. describing a necessary part of a structure or device jie forming a necessary part of a structure or device   7 built-in adj. forming a necessary part of a structure or device jie forming a person who makes a telephone call   8 exclusive adj. restricted or limited to the person, group or area concerned jie forming a telephone service providing help with problems   8 exclusive adj. restricted or limited to the person, group or area concerned jie help	a	nalogue	adj.		تناظري
4 Maindrivendevice that allows a computer to read discsالرء الأقراص5hold buttonna button that pauses the game and prevents the game from being used momentarilyitig5touchscreenna display device that allows a user to interact with a computer by touching areas on the screenitig6wirelessadj.lacking or not requiring wiresitig7arcadena type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines)itig7bonusadj.describing something extra, especially as a reward for good performanceitig7built-inadj.forming a necessary part of a structure or devicejif8exclusiveadj.restricted or limited to the person, group or area concerneditig8exclusiveadj.restricted or limited to the person, group or area concerneditig9helplinena telephone service providing help with problemsitig	4		adj.	able to use or be used by a computer	مُلائمٌ للحاسوب
5hold buttonna button that pauses the game and prevents the game from being used momentarilyitigtouchscreenna display device that allows a user to interact with a computer by touching areas on the screenwirelessWirelessadj.lacking or not requiring wireswirelessVat type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines)adj.bonusadj.describing something extra, especially as a reward for good performancejefformanceredienastonishing or awe-inspiring in quality, so as to take one's breath awayif forming a necessary part of a structure or devicebuilt-inadj.forming a necessary part of a structure or deviceif exclusiveadj.restricted or limited to the person, group or area concernedif exclusiveadj.na telephone service providing help with problemsif a telephone service providing help with problems	4		n	device that allows a computer to read discs	قارء الأقراص
touchscreen n touching areas on the screen touching areas on the screen   wireless adj. lacking or not requiring wires utulity   arcade n a type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines) at type of computer game that was first popular in amusement arcade is a place where one plays games by putting coins in machines)   bonus adj. describing something extra, especially as a reward for good performance utulities   breathtaking adj. describing or awe-inspiring in quality, so as to take one's breath away utulities   built-in adj. forming a necessary part of a structure or device jies   at caller n a person who makes a telephone call utulity   at the pline n a telephone service providing help with problems at telephone service providing help with problems		ld button	n	a button that pauses the game and prevents the game from being	زرّ الإيقاف
arcadena type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines)at type of computer game that was first popular in amusement arcades (an amusement arcade is a place where one plays games by putting coins in machines)bonusadj.describing something extra, especially as a reward for good performanceiterationbreathtakingadj.describing or awe-inspiring in quality, so as to take one's breath awayiteration7built-inadj.forming a necessary part of a structure or deviceiteration8exclusivena person who makes a telephone calliteration8exclusiveadj.restricted or limited to the person, group or area concernediterationbuilt-inna telephone service providing help with problemsiteration	tou	uchscreen	n	1 7 1 7	شاشبة اللمس
arcade n arcades (an amusement arcade is a place where one plays games by putting coins in machines) arcades (an amusement arcade is a place where one plays games by putting coins in machines)   bonus adj. describing something extra, especially as a reward for good performance good performance   breathtaking adj. astonishing or awe-inspiring in quality, so as to take one's breath away good performance   7 built-in adj. forming a necessary part of a structure or device good performance   8 caller n a person who makes a telephone call describe or and performance   8 exclusive adj. restricted or limited to the person, group or area concerned good performance   9 at telephone service providing help with problems at telephone service providing help with problems good performance	v	wireless	adj.	lacking or not requiring wires	لا سلکي
boilds adj. performance ي   breathtaking adj. astonishing or awe-inspiring in quality, so as to take one's breath away / حابس للأنفاس   7 built-in adj. forming a necessary part of a structure or device j   8 caller n a person who makes a telephone call o   8 exclusive adj. restricted or limited to the person, group or area concerned j   builten n a telephone service providing help with problems at lanulacion		arcade	n	arcades (an amusement arcade is a place where one plays games by	لعبة تعمل بإدخال عملة معنية
7built-inadj.forming a necessary part of a structure or deviceمتّصل&callerna person who makes a telephone callمتصل8exclusiveadj.restricted or limited to the person, group or area concernedمتصلbuilt-inna telephone service providing help with problemsat telephone service		bonus	adj.		-
7built-inadj.forming a necessary part of a structure or deviceمتّصل&callerna person who makes a telephone callمتصل8exclusiveadj.restricted or limited to the person, group or area concernedمتصلbuilt-inna telephone service providing help with problemsat telephone service	bre	eathtaking	adj.	astonishing or awe-inspiring in quality, so as to take one's breath away	مُبهرٌ \ حابس للأنفاس
&callerna person who makes a telephone call8exclusiveadj.restricted or limited to the person, group or area concernedAdj.restricted or limited to the person, group or area concernedbelplinena telephone service providing help with problems	7	built-in	adj.	forming a necessary part of a structure or device	مُدمجٌ في الجهاز
helpline n a telephone service providing help with problems مط المساعدة	&	caller	n	a person who makes a telephone call	متّصل
	8 e	xclusive	adj.	restricted or limited to the person, group or area concerned	
in a lever that can be moved in several directions to control the movement of an image on a computer	h	helpline	n		خط المساعدة
	j	joystick	n	movement of an image on a computer	مقبض الالعاب
keypad n a miniature keyboard or set of buttons used to control an electronic device		keypad	n	•	مقبض الالعاب لوحة المفاتيح
mode n an option allowing a change in the method of operation of a device الوضع		mode	n	an option allowing a change in the method of operation of a device	الوضع

### **GRADE 10** MODULE 2: Free Time \*\*\* UNIT 5: Sports Psychology

L	Expression		Meaning	Translation
	able-bodied	adj.	fit, strong and healthy; not physically disabled	سليم الجسم
	adversity	n	difficulties; misfortune	صعوبات \ نوائب
	equestrian	adj.	relating to horseriding	فروسيً \ ذو علاقة بالفروسية
	neurologist	n	a doctor who studies the nervous system	طبيب أعصاب
	observe	v	to notice or perceive (something) and register it as being significant	يحترم
1 &	Paralympics	n	an international athletic competition for disabled athletes	الالعاب الاولمبية الخاصة بالمعوقين
2	phenomenon	n	a fact or situation that is observed to exist or happen, especially one whose cause or explanation is in question	ظاهرة
	physiotherapy	n	a treatment that uses special physical exercises to treat injuries and diseases	علاج طبيعي
	rehabilitation	n	the helping of someone to live a healthy life again	إعادة تأهيل
	self-discipline	n	the ability to focus and achieve your goals and resist temptations	انضباط ذاتي
	virtue	n	behaviour showing high moral standards	الفضيلة \ حُسن الخُلُق
	interpersonal	adj.	of or relating to relationships or communication between people	بين الافراد
3	navigate	v	to travel on a set route, especially carefully or with difficulty	يقود بحذر
3	personal trainer	n	a fitness coach who works one-on-one	مُدرب شخصي
	stamina	n	physical and mental strength over a long period of time	قوة التحمّل
	aggression	n	hostile or violent behaviour or attitudes towards another; readiness to attack or confront	عُدوانيةً \ إعتداءً
	determination	n	firmness of purpose; resoluteness	إصرارً \ ثباتً
	extrovert	adj.	an outgoing personality	منفتح على الآخرين
	feedback	n	advice or information about something done	ردة فعل \ نصحٌ
4	introvert	n	a shy and typically self-centred person	شخص إنطوائيً
&	mentality	n	attitude or way of thinking	عقلية \ اسلوب تفكير
5	motivation	n	the general desire of someone to do something	تحفيز
	opponent	n	someone who competes against or fights another in a contest, game or argument	خضمٌ \ منافسٌ
	sportsmanship	n	behaviour in sport that is fair, honest and polite	الروح الرياضية
	stimulation	n	the interest or motivation in something	تحفيزُ
	teammate	n	a fellow member of a team	زميل في الفريق
	application	n	a formal, usually written, request for something such as a job or club membership	طلبً
7	badminton	n	a game with rackets in which a shuttlecock is played back and forth across a net	تنس الريشة
&	gymnastics	n	exercises developing or displaying physical agility and coordination	جُمباز \ تمرينات رياضية
8	member	n	an individual belonging to a group such as a club or team	عضو \ مُشاركٌ
	sauna	n	a small room using hot-air for cleaning and refreshing the body	حمام بخار
	solarium	n	a room with tanning beds, used for an artificial suntan	غرفة لتغير لون البشرة SAMI BIN YOUNES

# GRADE 10 MODULE 2: Free Time \*\*\* UNIT 6: Nature

Ŧ	MODULE 2: Free Time **** UNIT 6: Nature					
L	Expression	1	Meaning	Translation		
	conservation	n	the protection of natural things, such as animals, to prevent them from being destroyed	حماية \ المحافظة على		
	deserve	v	to be worthy of something especially as a reward or punishment	يستحقّ		
	effluent	n	liquid waste or sewage discharged into a river or the sea	مياه المجاري		
	fauna	n	the animals of a particular region, habitat or geological period	المجموعة الحيوانية		
1	fence off	ph. v	to enclose a space with a fence	يُسيّجُ		
1 &	flora	n	the plants of a particular region, habitat or geological period	المجموعة النباتية		
2 2	hectare	n	a metric unit of square measure, equal to 100 acres (2.471 acres or 10,000 square metres)	هکتار		
	marsh	n	an area of low-lying land that is flooded in wet seasons or at high tide, and typically remains waterlogged at all times	مُستنقعٌ		
	propagation	n	the breeding of plants and animals by natural processes	التكاثر		
	sanctuary	n	a place of refuge or safety	محمية \ ملجئى		
	vegetation	n	plants considered collectively, especially those found in a particular area or habitat	الغطاء النباتي		
	call	n	the characteristic sound of a bird or other animal	نداءً \ صوت حيوان		
	genus	n	one of the groups into which scientists divide animals or plants; it is smaller than a species and larger than a family	فصينة		
3	pesticide	n	a chemical substance used to kill insects and small animals	مُبيدٌ حشري		
3	poacher	n	a person who hunts animals illegally	صياد بدون ترخيص		
	underpart	n	the underside of an animal's body	الجانب السفلي من جسم الحيوان		
	widespread	adj.	found or distributed over a large area	واسع الانتشار		
	aggressive	adj.	behaving in an angry, threatening way, as if you want to fight or attack someone	عدواني		
	fierce	adj.	angry or ready to attack	شرسٌ		
4	herbivore	n	an animal that feeds on plants	حيوان عاشبٌ		
4 &	hostile	adj.	unfriendly; antagonistic	كرية \ عدواني		
a 5	proud	adj.	feeling of happiness as a result of something you have achieved	فخور		
3	stubborn	adj.	determined not to change your mind, especially in spite of a good reason to do so	عنيدٌ		
	sustenance	n	food and drink regarded as a source of strength; nourishment	غذاء \ طعام		
	tame	adj.	not dangerous or frightening; domesticated	أليفً \ مُدجّنً		
	adjacent	adj.	next to or adjoining something else	مُحــاذي		
	bed out	v	to transfer (a plant) from a pot or seed tray to a garden plot	يعيد غراسة نبتة		
	carbon monoxide	n	a poisonous gas produced when carbon, especially in petrol, burns in a small space	غاز أول اكسيد الكربون		
	cleanup	n	the removal of waste and rubbish from land and returning it to its natural state	تنظيف \ إعادة تهيأة		
	exotic	adj.	unusual and related to a foreign country	غريبٌ \ اجنبي		
7	finance	v	to provide funding for a person or enterprise	يُموّلُ		
&	global	adj.	of or relating to the whole world	عالمي		
8	imperative	adj.	of vital importance; crucial	إلزامي \ الساسي		
	mammal	n	a warm-blooded animal	حيوان تديي \ مَن ذوي الدم الحار		
	nest	n	a structure made by a bird for laying eggs and sheltering its young	_ري الطائر غش الطائر		
	on behalf of	ph. n	in the interests of a person, group or principle	بالنيابة عن		
	toxin	n	chemical that has a negative effect on the body	مادة سامة		
	wasteland	n	an unused area of land that has become barren or overgrown	أرض بور		
	musiciana			SAMI BIN YOUNES		

#### GRADE 10 **MODULE 3:** Power \*\*\* UNIT 7: Power - the alternatives

	MODULE 3: Power *** UNIT 7: Power - the alternatives						
L	Expression		Meaning	Translation			
	crude oil	n	oil in its natural condition, before it is separated into different products	النفط الخام			
	entirely	adv.	completely	کُلیا \ بشکل کامل			
	finite	adj.	having limits or bounds	متناهي			
1	fossil fuel	n	a natural fuel such as coal or gas, formed from the remains of living organisms	الوقود الأحفوري			
& 2	fractional distillation	n	separation of a liquid mixture into fractions by boiling at different temperatures	عملية التقطير الجزئي			
	polymer	n	a substance that has a molecular structure consisting chiefly or entirely of a large number of similar units bonded together, e.g. many synthetic organic materials used as plastics and resins	مادة البوليمر لصنع البلاستك			
	refining	n	the removal of impurities or unwanted elements from a substance, typically as part of an industrial process	تكرير (النفط)			
	invisible	adj.	cannot be seen	خفيّ \ غير مرئي			
3	megawatt	n	a unit of power equal to one million watts	ميغاوات \ وحدة قياس الكهرباء			
	resolve	v	to settle or find a solution	يحلّ \ يجد حلاّ			
	spoil	v	to damage or destroy the value of something	يُفسدُ \ يُتلفُ			
	actually	adj.	as the truth or facts of a situation; really	في الواقع \ في الحقيقة			
	appliance	n	a device or piece of equipment designed to perform a specific task, typically at home	ي م جهاڙ			
4	breakdown	n	a mechanical failure	عُطْلٌ ميكانيكي			
&	generate	v	to make electricity	يُولَد الكهرباء			
5	last	v	to continue for a specified period of time	يدومُ \ يبقى			
	motoring	n	the activity of driving a car	قيادة عربة			
	strong	adj.	great or powerful	قويّ			
	asthma	n	a medical condition that causes difficulties in breathing	الربو \ ضيق التنفس			
	congestion	n	the state of being congested – full of traffic	إزدحام			
	consult	v	to ask for information or advice	يستشير \ يستفسر			
	diminish	v	to get smaller	يقلل			
	end up with	ph. v	to be in a situation that you did not intend or want to be in because of something that has happened to you or something you have done	ينتهي به المطاف			
	government	n	the governing body of a nation, region or community	حكومة			
7	hazardous	adj.	risky; dangerous	خطير			
&	irreversible	adj.	not able to be undone or changed	لا يمكن إصلاحه او تغييره			
8	motorist	n	the driver of a car	سائق عربة			
	procure	v	to obtain something	يحصُلُ على شيء ما			
	recently	adv.	a short time ago, in the past few days / weeks / months, a little while back	حديثا \ من زمن قريب			
	self-employed	adj.	working for oneself rather than for a company	يعمل لحسابه الخاص			
	smog	n	fog that is filled with pollution	ضباب ملوثٌ بالدخان			
	squander	v	to waste or lose something foolishly	يُهدر \ يُتلف \ يفقدُ			
	waste	n	the careless, extravagant or purposeless use of something	إهدارٌ \ إتلافٌ			

# GRADE 10

# **MODULE 3:** Power \*\*\* UNIT 8: The power of technology

T	MODUL Expression		Expression Meaning	
L	Expression			Translation
	contact lens	n	a thin plastic lens placed directly on the surface of the eye to correct visual defects	عدسة لاصقة
	cure-all	n	a medicine or product that can cure a wide variety of problems	دواء شامل
	currently	adv.	at the present time	حالياً \ في الوقت الحاضر
	draw	v	to take	يأخذ \ يسحبُ
	gold-coated	adj.	covered with gold	مَطْلِيّ بالذهب
	innovate	v	to make changes in something established	يبتكر \ يبدع
1	instantly	adv.	at once; immediately	فورا
&	latest	adj.	the most recent	الأحدثُ
2	micro-robot	n	a tiny robot	روبوت مجهري
	nanoshell	n	an extremely tiny case implanted in the body to fight disease	شريحة مجهرية
	satnav	n	navigation that uses information from satellites	السفر بالإستعانة بالأقمار الصناعية
	shock	n	a sudden upsetting or surprising event or experience	صدمة
	sophisticated	adj.	(of a machine, system or technique) developed to a high degree of complexity	صعبٌ و مُعقدٌ
	tumour	n	a swelling of a part of the body	ورمّ
	bio-fuel	n	fuel made from living matter	وقود عضوي
	implement	v	to put an action or a change into effect	يُنْفَدْ \ يُفعَّلُ
	obstacle	n	a thing that blocks one's way	عــائق \ عقبة
3	outlandish	adj.	looking or sounding strange or unfamiliar	غريبٌ \ غير مألوف
3	suspension	n	a part attached to the wheels of a vehicle to cushion it from road conditions	ممتص الصدمات \ معاون
	windscreen wiper	n	a rubber blade used to clear rain from a windscreen	ماسحة الزّجّاج (في السيارة)
	bifocal	adj.	(of special glasses) having two different focal lengths, one for distant vision and one for near vision	ثنائي البُؤرة
	frequent	adj.	happening or doing something often	متكرر \ إعتيادي
	instigate	v	to bring about or initiate (an action or event)	يحرّض \ يحتّ
4	legible	adj.	(of handwriting or print) clear enough to read	يُمكن قراءتهُ
&	obedient	adj.	obeying commands	مُطيعٌ
5	patient	adj.	able to wait without becoming annoyed or anxious	صبور
	reputation	n	the beliefs or opinions that are generally held about someone or something	سمعةٌ
	software	n	the programs used by a computer	برامج الحاسوب
	spot	n	a particular place or point	مكان معين \ نقطة معينة
	anniversary	n	the date on which an event took place in a previous year	ذكرى سنوية
	heart rate	n	the speed of your heart beat	معدّل نبض القلب
	recharge	v	to restore electrical power in a device	يُعيد شحن جهاز
	remind	v	to cause (someone) to remember someone or something	يذكّرُ
7 &	terminal	n	a device at which a user enters data for a computer system and that displays the received output	جهاز طرفي (للعرض)
8	torso	n	the trunk of the human body	الجذع (الصدر و البطن)
	transmit	v	to send an electric signal	يرسل إشارة
	trespass	v	to enter the owner's land or property without permission	يتعدي على ممتلكات الغير
	wearer	n	the person wearing something, especially clothing	المرتدي

# GRADE 10 MODULE 3: Power \*\*\* UNIT 9: Money

L	Expression		Meaning	Translation
L				المُحاسبة
	accounting	n	the action or process of keeping financial accounts to exchange (goods or services) for other goods or services without	
	barter	v	using money	يُقايضُ \ يسابل
	confidentiality	n	where someone is trusted to keep private information a secret	سرّية \ إئتمان
	economics	n	relating to trade, industry and the management of money	علم الإقتصاد و المالية
1 &	insurance	n	an arrangement with a company in which you pay small amounts of money to guarantee loss of property or damage	تأمين \ ضمانٌ
2	invest	v	to buy shares, property or goods because you hope the value will increase and you can make a profit	يستثمر
	investment	n	the sum of money invested to make a profit	إستثمارً
	loan	n	a thing that is borrowed, especially a sum of money, that is expected to be paid back	قرض مالي
	management	n	the process of dealing with or controlling things or people	إدارة و تسيير
	transaction	n	an instance of buying or selling something	صفقة \ مُعاملة مالية
	billionaire	n	someone who has assets more than a billion dollars or pounds	ملياردير
	charitable	adj.	relating to giving help to those in need	خيري \ من أجل الخير
3	inherit	v	to receive money or property from someone who has died	يرثُ
0	philanthropic	adj.	(of a person or organisation) donating money to good causes and promoting the welfare of those in need	مُحسن \ مُتصدّق
	tax return	n	a form used to calculate the amount of tax owed	إقرار ضريبي
	auction	n	a public sale in which goods or property are sold to the highest bidder	مزاد علني
4	complimentary	adj.	something given for free	مجاني
&	login	n	a process of starting a computer system	تسجيل الدخول للحاسوب
5	shipping	n	the transport of goods by sea or other means	شحن البضائع
	tax	n	a compulsory payment to the government, used to pay for public services	ضريبة \ رسوم
	affluent	adj.	having a great deal of money; wealthy	ثري \ غنيّ
	evil	adj.	very bad, harmful or wicked	شريرٌ
	extinct	adj.	(of a species, family or other larger group) having no living members	مُنقرضٌ
7	generosity	n	the quality of being kind and sharing	الكرم \ السخاء
&	gross	v	to produce or earn (an amount of money) as total profit or income	يكسب إجمالا \ يربح
8	in this sense	exp.	a way in which an expression or a situation can be interpreted	بهذا المعنى
	profit	n	a financial gain, especially the difference between the amount earned and the amount spent	الربح المالي \ المكسب
	spur	v	to encourage	يُشجّعُ \ يحُث
	success	n	achievement	نجاحٌ \ إنجازٌ

# **GRADE 10** MODULE 4: Fact and Fiction \*\*\* UNIT 10: Stories

т	Expression	M !	Translation	
L	Expression		Meaning	Translation
	composure	n	the state or feeling of being calm and in control of oneself	رصانة \ هدوءً
	constancy	n	the quality of being faithful and dependable	الثبات و المثابرة
1	enjoin	v	to instruct or urge (someone) to do something	يأمرُ \ يحتُّ
&	gratefulness	n	feeling or showing an appreciation of kindness; thankfulness	العرفان بالجميل
2	injustice	n	lack of fairness or justice	ظلمّ
	insolence	n	showing a rude and arrogant lack of respect	وقاحة \ غطرسة
	self-restraint	n	restraint imposed by oneself on one's own actions; self-control	ضبط النفس
	chuckle	v	to laugh, especially quietly or inwardly	يضحك خفية
	firmly	adv.	strongly and clearly	بإحكام \ بحزم
3	fleet	n	a group of boats belonging to one company	أسطولٌ \ مجموعة من السفن
	retire	v	to stop working (usually because you are a certain age)	يتقاعد من عمله
	border	n	a line separating two geographical areas, especially countries	الحدود
	drop off	ph. v	to transport and leave someone somewhere	يُنزل شخصا من السيارة
	pick up	ph. v	to go somewhere to collect someone, typically in one's car	يُقلّ بالسيارة
4	register	v	to enter your name and details on an official list	يُسجّل
&	re-load	v	to load something again	يُعيد تحميل شيء ما
5	set off	ph. v	to begin a journey	ينطلقُ في رحلةٍ
	smuggle	v	to take things in and out of a country against the law	يهرّب بضاعةً
	sudden	adj.	done quickly without warning	فَجئي \ مُفاجئ
	touch down	ph. v	to make contact with the ground in landing	يحط \ يهبط \ ينزل
	turn up	ph. v	to arrive somewhere, especially when you are expected there	يحضرُ \ يصل
	crazily	adv.	to a great degree	بشكل جُنوني
	dreadful	adj.	very bad	سيئ جدا
	emotive	adj.	making people have strong feelings	مُؤثَّر \ عاطفي
7	knock off	ph. v	to fall off after a collision	يسقط أرضا
&	monotonous	adj.	dull, tedious and repetitious	رتيبٌ \ مُملّ
8	overtake	v	to catch up with and pass while travelling in the same direction	يتجاوز عربة على الطريق
	recuperate	v	to recover from illness or exertion	يتعافى \ يستردّ عافيته
	stacks of	n	a pile of objects, typically one that is neatly arranged	كومة \ كمية من

# **GRADE 10** MODULE 4: Fact and Fiction \*\*\* UNIT 11: Messages

L	Expression		Meaning	Translation
	asap	exp.	as soon as possible	في أقرب وقت ممكن
	colleague	n	a person with whom one works, especially in a profession or business	زمين
	current	n	a body of water or air moving in a definite direction	تيارٌ
1	impromptu	adj.	done without being planned, organised or rehearsed	مُرتجلٌ \ إرتجاليٌّ
&	rearrange	v	to change the position, time or order of something	يُعيد ترتيب
2	starvation	n	lack of food	مجاعة
	unreliable	adj.	untrustworthy, irresponsible	لا يُعتمد عليه
	urgent	adj.	requiring immediate action or attention	عاجل \ مُستعجل
	well-sealed	adj.	closed very securely	مُغْلِقٌ بِإِحكام
	fasten	v	to fix or join securely	یشُدُ \ یربط
3	homing	n	relating to an animal's ability to fly home from a great distance	زاجل
3	illegally	adv.	against the law	بطريقة غير قانونية
	instinct	n	a natural or intuitive way of behaving	غريزةً
	activate	v	to make (something) active and able to operate	يُفعّلُ \ يُشغّل
	band	n	the wavelength of a radio or digital signal	موجة الراديو
	conference call	n	a linking of several telephones, so that people in different places can speak	مكالمة مشتركة
	deadline	n	the latest time or date by which something should be completed	آخر موعد \ آخر أجل
	flash	v	to shine a bright light on and off	يُومضُ
4	frequency	n	the wavelength of a radio or digital signal	طول الموجة \ الذبذبة
& 5	handy	adj.	convenient to handle or use; useful	سبهل الإستخدام \ مفيد
5	harmony	n	agreement or concord	تناغم \ إنسجامً
	hassle	n	irritating inconvenience	مشقة \ عناءً
	portable	adj.	easily carried	محمو
	slide	v	to move smoothly over a surface	ينزلق
	unlock	v	to make a phone accessible to the user	يفتح جهازا
	upgrade	v	to raise (something) to a higher standard	يُحدَّث \ يُطوّر
	alarm	v	to cause someone to feel frightened, disturbed or in danger	يُفزع
	answerphone	n	another term for answer machine	جهاز الرد الآلي
	briefly	adv.	of short duration	بإختصار \ بإيجاز
7	confident	adj.	feeling assured about something	واثق من شيء ما
&	next of kin	n	a person's closest living relative	قريب من نفس العائلة
8	ring	n	an informal term for a telephone call	إتصال \ مكالمة
	tone	n	a musical note or sound used as a particular signal on a telephone or answering machine	نغمة \ نوتة موسيقية
	tutor	n	a private teacher, typically one who teaches a single student or a very small group	مدرس خصوصي

### **GRADE 10** MODULE 4: Fact and Fiction \*\*\* UNIT 12: Flying Stories

L	Expression		E 4: Fact and Fiction **** UNIT 12: Flying Stor Meaning	Translation
	aviation	n	the flying or operating of aircraft	الطيران
	coincide with	ph. v	to happen at the same time as something else, especially by chance	يتزامن مع \ يصادف
1	exemplary	adj.	excellent, providing a good example to others	مثالى \ قدوة
&	gliding	n	the sport of flying in a light engineless aircraft	الطيران الشراعى
2	instructor	n	a person who teaches something	مُعلم
	intensely	adv.	strongly; in a high degree	بشدّة \ بقوّة
	notably	adv.	especially; in particular	بشکل خاص \ خاصة
	biplane	n	an early type of aeroplane with two pairs of wings	طائرة ذات محركين
	landmark	n	a feature of a landscape or town that is easily seen and recognised from a distance	مَعَلَمٌ مميز
3	plague	v	to cause continual trouble or distress to a group of people	يؤرّق
5	prejudicial	adj.	having a bad effect on something	ضارّ \ مُؤذٍّ
	rusty	adj.	(of a metal object) covered in a reddish-brown substance, mostly formed when iron or steel gets wet	صدِيٌّ \ أصابه الصدأ
	transcontinental	adj.	crossing a continent, especially a transport route	عابر للقارات
	acclaimed	adj.	highly praised	مرموق \ مُبجّل
	attendant	n	a person employed to provide a service to the public, such as on a flight	مضيّف أو مُضيّفة
	cabin	n	the area for passengers in an aircraft	كابينة المسافرين
	confrontational	adj.	likely to seek argument or disagreements	حبدامي
4	corporation	n	a big company or a group of companies	شركة عظمى
& 5	courteously	adv.	said or done in a polite manner	بلطف \ بأدبٍ
5	expression	n	the look on someone's face that shows a particular emotion	تعبيرٌ على الوجه
	mumble	v	to say something quietly, making it too difficult for others to hear	يتمتم
	resemble	v	to look or seem like	يُشبه \ يُشابه
	stern	adj.	serious and unrelenting	صارم \ حازم \ عبوس
	stunned	adj.	astonished or shocked	مذهول
	altitude	n	the height of a plane in relation to sea level	الإرتفاعً
	aviate	v	to pilot or fly in an aeroplane	يقود طائرة
	baby carriage	n	a four-wheeled carriage for a baby, pushed by a person on foot	عربة أطفال
	buzzing	n	low, continuous humming or murmuring	طنينٌ
	control	n	the switch or devices by which a machine is operated	لوحة التحكّم
	co-pilot	n	a second pilot in an aircraft, assisting the pilot	مساعد الطيّار
-	custom-built	adj.	(of a product) made for a customer's special order	مصنع حسب الطلب
7 &	endeavour	v	to try or attempt	يحاول (بجهد)
а 8	eyewitness	n	a person who has seen something happen and so can give a first- hand description of it	شاهد عیان
	fog	n	thick cloud which is difficult to see through	ضباب
	headline	n	a heading at the top of an article or page in a newspaper or magazine	عنوان رئيسي
[	incident	n	an event, especially one that is unusual	حدثٌ غير عادي
	radar	n	a system for detecting the speed and position of aircrafts	رادار
	velocity	n	the speed of something in a given direction	سرعة الاندفاع
	voice-activated	adj.	(of a device) can be controlled by voice	يأشغل بالصوت البشري