

GRADE 10

Ministry of Education
Mubarek Al-Kabir Educational Area
Sabah Al-Salem Secondary School for Girls
English Department

Suggested Set Book questions for

Grade 10

First Term

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MODULE 1

"Culture"



Unit 1



- **Lesson 1 "Diet Insider" SB p.12**

1. Compare between fast food and home-made meals.

Fast food is unhealthy while home-made meals are healthier and tastier.

2. Why do some people prefer to have fast food? High sugar snacks?

Because they think it's easier and cheaper.

3. "Home-made meals are healthier." Explain.

As they are full of natural and nutritious ingredients our bodies need.



• Completion of lesson 1 "Diet Insider" SB p.12

4. Mention three things we can add to our daily diet to keep our mind and body in a good shape.

a) Probiotic drinks.
b) Green tea.
c) Chocolate.

5. What is meant by probiotic drinks? Give examples.

a) Drinks which contain good bacteria to improve health.
b) Like Actimel and Yakult.

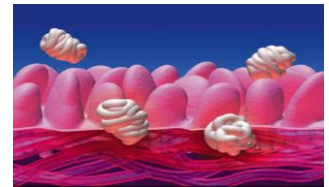


6. What's the difference between good and bad bacteria?

a) Good bacteria help to stimulate the digestive process, absorb nutrients and neutralise bad bacteria.
b) Bad bacteria can lead to infection and illness.

7. "Probiotic drinks are useful to our bodies." Give reasons.

a) It can improve our immune system.
b) It can stimulate the digestive process.
c) It can absorb nutrients.
d) It can neutralise the bad bacteria.



8. Why are antioxidants so good for our body? Give examples.

a) They can remove damaging or harmful substances.
b) They help combat diseases such as cancer and arthritis.
c) Lower cholesterol.
d) Improve general immune system.
e) Like green tea.



9. "Some people find that green tea is not perfect." Explain.

Green tea is not perfect as it contains stimulants including caffeine which is harmful for our body.



10. What are the benefits of dark chocolate?

a) It can lower blood pressure.
b) "For diabetics" can metabolise sugar.

11. How can dark chocolate help diabetics?

Dark chocolate improves the metabolism of sugar for diabetics.



• Lesson 2 "Vitamins and Minerals" SB p. 13

1. Why can the nutritional value of fish vary?

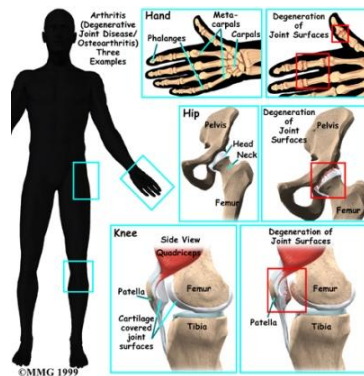
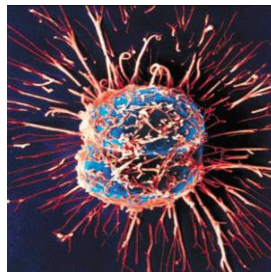
Because it depends on;

- a) The type of food.*
- b) The way it is cooked.*



2. Which diseases can eating fish reduce and prevent?

- a) Heart diseases.*
- b) Arthritis.*
- c) Cancer.*



3. Why do most vegetables have more nutritional value when eaten raw?

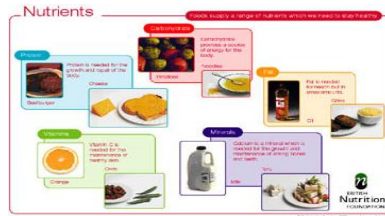
Because the heat from cooking damages and kills some of the nutrients.



• Lesson 3 WB p.4

1. Which nutrients are useful to improve sporting performance?

- a) Carbohydrates
- b) Protein
- c) Minerals
- d) Vitamins
- e) Water



2. Which nutrients should an athlete avoid?

Fats.

3. Why are "Carbs" vital for the athlete? Give reasons.

- a) As they provide our body's main source of energy.
- b) Like pasta, cereal and potatoes.

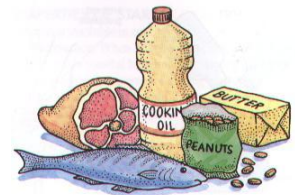


4. Too much saturated fats can lead to some problems. Explain.

- a) Heart diseases
- b) Obesity

5. "A healthy and balanced diet should include unsaturated fats". Explain with examples.

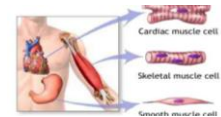
- * They can:
 - a) Improve our skin.
 - b) Fuel our brain power
 - c) Provide our body with slow releasing-energy.
- * Such as: Olive oil – Dairy products, nuts and fish.



6. Decide whether the following statements are true or false and justify your answer.

a) Protein is essential when you're training or recovering from injury.

True, because it builds and repairs muscles tissue.



b) Meat, fish and eggs are kinds of food that contain protein.

True, they contain a lot of protein.

c) A well balanced diet should contain a variety of vitamins.

True, as they help concentration and enable us to stay calm and make decisions.

d) Vitamin "B" promotes good vision.

False, Vitamin "A" promotes good vision.

Just ONE POTENT OUNCE of VITAMIN is EQUIVALENT to nutrients found in:

11 Tomatoes Vitamin A	10 Cups Green Beans Folate
30 Broccoli Selenium	19 Wheat Slices Zinc
96 Blueberries Antioxidants	Certified Organic Aloe Vera Gel
5 Cups Green Tea (EGCG Content)	12 Orange Slices Vitamin C
71 Cantaloupe Vitamin E	25 Asparagus Calcium



• Completion of lesson 3 WB p.4

e) Vitamin "B" increases energy production and reduces stress.
True.

f) Vitamin "D" keeps skin healthy.
False, Vitamin "D" strengthens bones and teeth.



g) Minerals are found in fruit, vegetables and fish.
True.

h) Calcium; such as Soya milk, strengthens bones and supports body.
True.

i) Iron prepares for the energy production.
False, Iodine prepares for the energy production.



7. Why should we drink water daily? * Why do we need to drink water?

- Water helps us to:

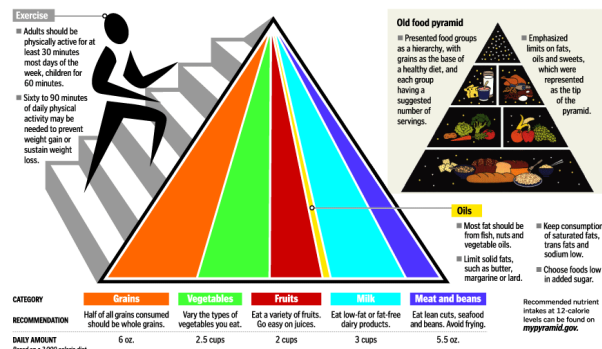
- Flush toxins out of vital organs.
- Prevent dehydration.
- Replace water, glucose and sodium.



• Lesson 5 "The food pyramid" SB p.15

• How can you keep fit and healthy? Mention four points.

- By doing a physical activity.
- By eating dark green vegetables.
- By varying protein routine.
- By having a mutual relationship between body and soul.



- **Lesson 7 “An on-line guide to healthy eating places.” SB p.16**

- What are the qualities that a good healthy eating place should include?

- a) Location
- b) Healthy specialities (fresh food)
- c) Atmospheric setting
- d) Good price



- **Lesson 8 SB p.17**

- What are the advantages and disadvantages of a vegetarian menu?

* *Advantages:*

- a) *It prevents a lot of diseases.*
- b) *Keeps the body fit and healthy.*
- c) *It is important for any diet.*



* *Disadvantages:*

- a) *It can lead to malnutrition and health problems.*
- b) *It leads to the lack of iron, proteins, calcium and vitamin B12.*

	
ALL DAY BRITISH BREAKFAST	€ 3.00
2 Hash browns, 2 eggs, tomatoes, beans and toast.	
LASAGNE	€ 5.00
CHEESE & VEG PIE, CHIPS & GRAVY	€ 6.50
VEGETABLE CURRY WITH RICE OR CHIPS	€ 6.50
WRAPS	€ 3.50
Assorted fillings cheese, tuna, tomato, salad and onion.	
CHEESE & ONION PASTIE, CHIPS AND BEANS	€ 6.50
PASTA IN TOMATO SAUCE	€ 5.50
CREATE YOUR OWN TOASTIE	€ 3.00
Any 2 combinations of cheese, tuna, tomato or onion.	

Unit 2



• Lesson1 "Mentoring matters" SB p.18

1. Who is a mentor?

He is an experienced and trusted advisor.

2. What does he do? What is his job? * What are the responsibilities of a good mentor?

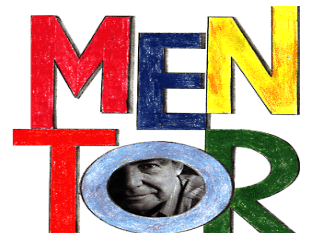
- a) Mentors selected pupils.*
- b) Collaborates on creative projects.*
- c) Teaches new skills.*
- d) Breaks down barriers in community.*

3. Who can benefit from being mentored?

The selected pupils from schools, hospitals and nursing homes can benefit from being mentored.

4. How can mentoring schemes help build relationship in the community?

- a) Break down barriers.*
- b) Encourage individual aspiration.*



• Lesson2 "Culture of Peace" SB p.19



1. What's the main purpose of the UN?
 - a) Discuss disagreements.
 - b) Agree on rules and laws through which countries can work together and live harmoniously.
2. What does the United Nations' logo stand for?
 - a) The logo uses a world map to represent that it's a worldwide organization.
 - b) The dove branches represent the global peace.
3. What is the main emphasise of the general meeting on the culture of peace?
 - a) To respect different cultures and peace.
 - b) To emphasise our common humanity.
 - c) To share moral values.
4. What has Kuwait done to further the culture of peace?
 - a) Organized conferences to promote mutual understanding.
 - b) Arranged seminars and programmes.
 - c) Sponsored many regional and international conferences about religious tolerance.
5. Decide which of these sentences are true or false and justify your answer.



- a) The meeting's main emphasis was upon the lack of respect and values in the modern world.

False, because this meeting emphasised the need for everyone to respect different cultures, religions and races not the lack of respect and values.

- b) More than 10 nations sent delegates to the conference.

True and Kuwait was one of the 10 member countries that sent delegates.

- c) Kuwaiti citizens have organized conferences for the government.

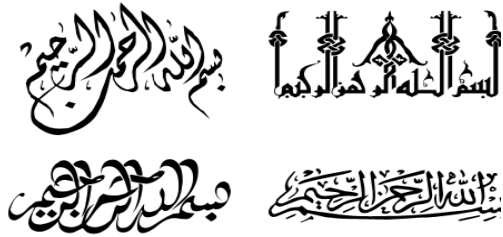
False, because the government has organized conferences for Kuwaiti citizens.



• Lesson4 SB p.20

1. Mention some examples of Islamic art?

- a) *Architecture.*
- b) *Calligraphy.*
- c) *Literature.*



• Lesson7 SB p.22

1. Why are surveys useful?

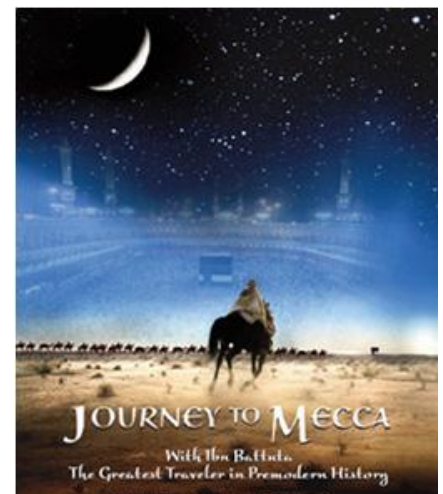
- a) *To know the public opinion about certain issues.*
- b) *To solve problems according to the results.*



• Lesson8 SB p.23

• What does Ibn Battuta's account include?

- a) *Descriptions of the pilgrimages.*
- b) *The cities he stayed in.*
- c) *Local tales.*
- d) *Sea adventures.*



Unit 3



- **Lesson 1 & 2 “A Celebrated Concentration” SB p.24 & 25**

1. There are four main performances venues in the Sydney Opera House, mention them.

- a) *The Concert Hall*
- b) *The Drama Theatre.*
- c) *The Opera Theatre.*
- d) *The Playhouse.*



2. Mention some of the landmarks in Kuwait.

- a) *Liberation Tower.*
- b) *Kuwait Towers.*



- **Completion of lesson 1 & 2 “A Celebrated Concentration” SB p.24 & 25**

3. Mention three famous buildings of unique design worldwide.

a) *The Sydney Opera House.*

b) *The Rose Tower.*

c) *The Petronas Towers.*



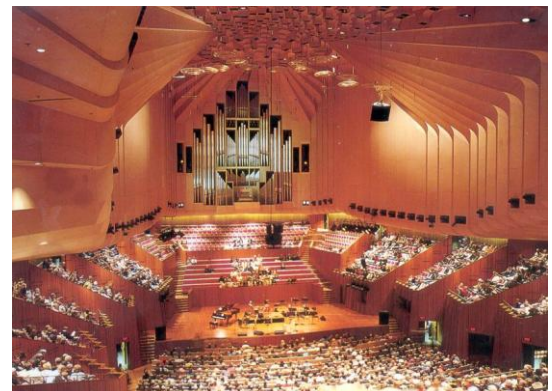
4. What's the design used in building The Sydney Opera House?

a) *The expressionist.*

b) *It is very distinctive.*

5. Why does the building evoke the style of a ship?

It is because of the unique framework of concrete shells that are formed from different sections of a sphere.



• Lesson 3 "360° Kuwait" WB p.16



1. Why is 360° Kuwait described as monumental?

- a) *It contains large department stores, small boutiques and other shops.*
- b) *it's also a leisure, entertainment and educational centre.*

2. How is 360° Kuwait educational?

It is educational in that it features the latest edutainment technology for the education of children through television programmes, video games and music.

3. Why do you think building impressive buildings is important?

- a) *People can enjoy nice time.*
- b) *They can attract tourists.*



4. Who can 360° Kuwait appeal to?

It can appeal to all ages due to the variety of shops, restaurants and activities.

5. Decide whether the following statements are true or false and justify your answer.

a) 360° Kuwait can't appeal to everyone.

False, 360° Kuwait can appeal to everyone.

b) 360° Kuwait is only an entertainment centre.

False, because it's educational in that it features the latest edutainment technology.

c) Gourmands will not find a wide range of eating options in 360° Kuwait.

False, because everything is available from Kuwaiti classics to Japanese, Italian and American cuisine.



• Lesson 4 SB p.26

• Describe The Kuwait Stock Exchange.

- a) *It is a large and important centre of finance in the Gulf.*
- b) *It is a tall and modernistic building.*



• Lesson 5 "Buildings in Kuwait" SB p.27

- What is your favourite building in Kuwait? Describe it.
 - a) *My favourite building is the National Assembly.*
 - b) *It is a large, governmental and modernistic building.*



• Lesson 7 SB p.27

- What do you know about Al-Wafra?
 - a) *It is a city in Kuwait.*
 - b) *It is known for big farms and vegetables production.*



• Lesson 8 SB p.28

1. What are the advantages and disadvantages of building a new airport in Kuwait?

* *Advantages:*

- a) *It's a profitable idea.*
- b) *It will create a valuable commuter link to other Gulf countries.*
- c) *It strengthens the economic growth of the city.*

* *Disadvantages:*

- *Schools will be badly affected by the noise from the runway.*

2. Decide whether the following statements are true or false and justify your answer.

- a) **Building a new airport will affect schools in a good way.**

False, because they will be badly affected by the noise from the runway.

- b) **Building a new airport will not benefit the inhabitants.**

False, because it will create a valuable commuter link to other Gulf countries and strengthens the economic growth in the city.



- **"Focus on" SB p.30**

1. What are the traditional clothes in Kuwait?

- a) Ghutra.
- b) Igal.
- c) Gahfiah
- d) Dishdasha.



2. What does wearing traditional dress express?

It expresses that people take pride in their country and its traditions.

3. Decide whether the following statements are true or false and justify your answer.

- a) Dishdasha is double black cord that is used to secure the Ghutra.**

False, Igal is double black cord that is used to secure the Ghutra.

- b) Dishdasha's style is changing every year.**

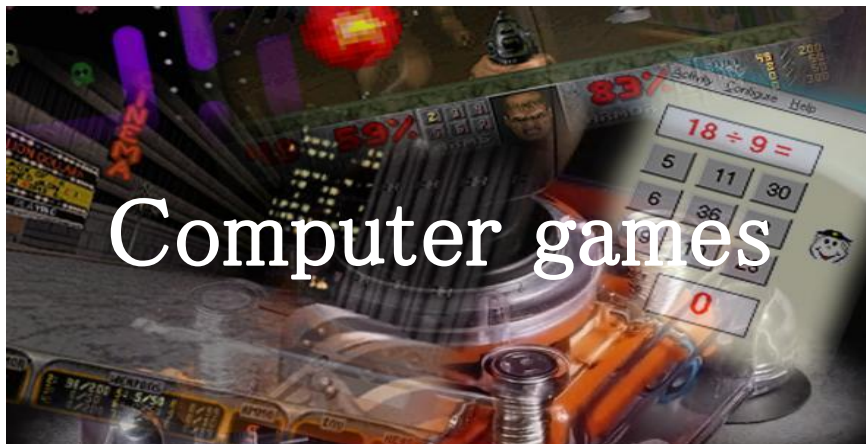
False, its style isn't changing.

MODULE 2

"Free time"



Unit 4



- **Lesson 1 & 2 "Fast forward to the future of games"**
SB p.34 & 35

1. Why do you think computer games are so popular?

- a) Because they give players the chance to enjoy their free time.
- b) To learn more information about new things through games.



- **Completion of lesson 1 & 2 "Fast forward to the future of games SB p.34 & 35**

2. Decide whether the following statements are true or false and justify your answer.

a) Game designers may spend too much time on the quality of the games themselves.

False, because designers may forget about the quality of the games themselves.

b) In the future, all games will be free.

False, because in the future players will have to pay for every episode.

3. How will future computer games be different from the games we play now?

a) *They will be more realistic.*

b) *Computer-controlled games will be more naturalistic.*

c) *Game characters will be more intelligent.*

d) *The increase in people gaming mobile phone networks.*



4. What effects can playing computer games have on the youth?

* *Bad effects:*

a) *Waste youth's time.*

b) *Harm their eyes.*

c) *Decline of the youth's educational levels.*

d) *Addiction to computer games.*

* *Good effects:*

a) *Enjoy their free time.*

b) *Being up-to-date to the latest world games.*

c) *Enlarge the youth's sphere of knowledge.*

d) *Develop the youth's mental ability of concentration and performance.*



- **Lesson 3 WB p.28**

1. Why do the parents of teenagers don't want their children to spend too much time playing computer or video games?

Because they make children idle.

- **Completion of lesson 3 WB p.28**

2. Decide whether the following statements are true or false and justify your answer.

a) Joystick harms player's muscles.

False, because players build up their muscles by pulling or pushing the giant joystick.

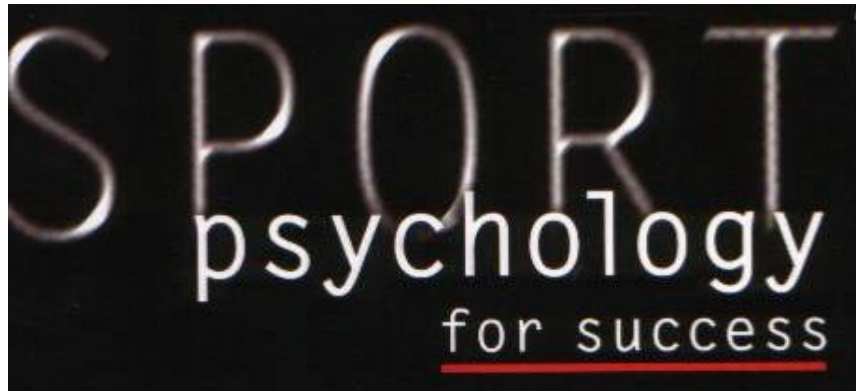


b) People who play normal computer and video games use their bodies to press little buttons.

False, because people use their thumbs and fingers to press little buttons.



Unit 5



• Lesson 1 "Why the Paralympics matter " SB p.40

1. Who has established the Paralympics?

The neurologist Sr. Ludwig Guttmann.

2. What does Paralympics teach us?

It teaches that disabled people are able to reach high levels of performance.

3. Where did the 13th Paralympics take place?

In Beijing, China.



4. Decide whether the following statement is true or false and justify your answer.

- The Kuwait Disabled Sports Club was established in 1988.

False, it was established in 1977.



• Lesson 3 "Types of Racing" WB p.34

1. Name two types of racing.

- a) *Formula One Racing*
- b) *Marathon Racing*

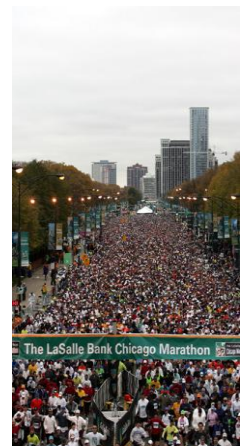


2. Why can "Formula One Racing" be dangerous?

Because the speed of the cars is so fast and they race so close together.

3. Why is it called "Marathon Racing"?

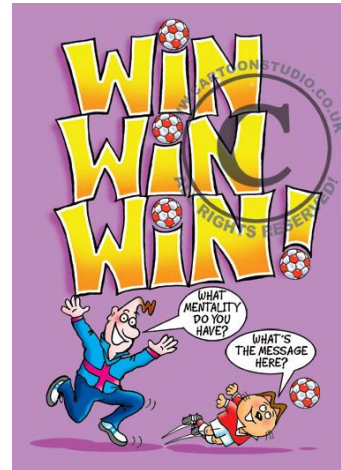
It is named after a famous battle in Marathon, Greece.



• Lesson 5 "Sport mentality" SB p.43

1. Why is motivation important?

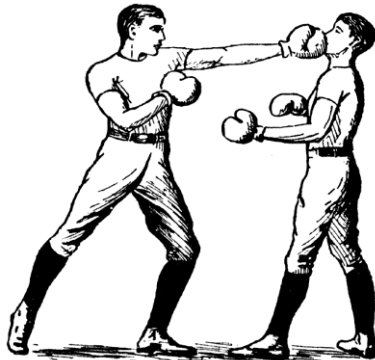
Because it makes you want to perform and to improve your performance.



2. What sports are good for extroverted people?

a) Football

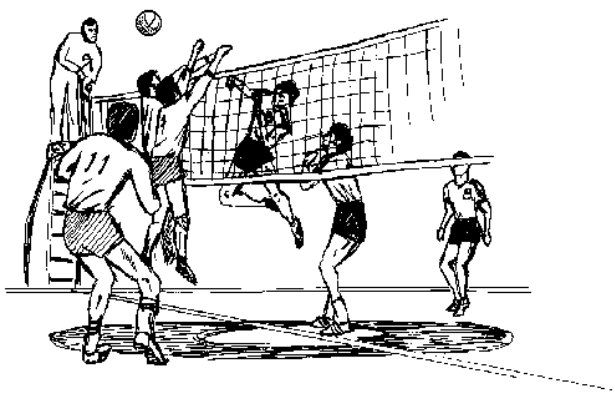
b) Boxing



3. What are the types of sports that suiting introverted people?

a) Golf

b) Volleyball



Unit 6



- **Lesson 1 & 2 SB p.46 & 47**

1. Why are autumn and spring the best time for bird-catchers in Aljahra reserve?

Because during these seasons the area attracts many birds from different parts of the world.

2. Where is Aljahra Pools Nature Reserve located?

Thirty kilometres west of Kuwait city.

3. When was Aljahra Pools Reserve found?

In 1990.

4. Mention the kinds of birds that watchers can see?

- a) Eagles
- b) Vultures
- c) Harriers

5. What is the importance of Aljahra Reserve?

- a) *It is famous for its fauna.*
- b) *It has extensive vegetation.*
- c) *It has wild variety of flora.*



- **Focus on SB p.52**

- “Kuwait is a shopper's paradise.” Explain.

There are some of best stores and shopping centres in the Middle East.

