

**SB p.12-13****A) From a, b, c or d choose the right answer:-**

- 1- You shouldn't drink much coffee as there's in it and that is a stimulant.
a- caffeine b- protein c-dietician d- vitamin
- 2- Spinach, eggplants and apples are rich in
a- stimulant b- iron c- caffeine d- cholesterol
- 3-You look pale! You may have a problem with the system.
a- saturated b-digestive c- probiotic d- unsaturated
- 4- Our diet should contain This cleans the body and protects it.
a- antioxidants b- cholesterol c- caffeine d- stimulant
- 5- Fruits and vegetables are rich in
a- fibre b- caffeine c- calcium d- arthritis

B) From a, b, c or d choose the right answer:-

- 1- Governments market prices when they sometimes go up.
a-comprise b-combat c-appeal to d-neutralize
- 2- I need anything that the acid in my stomach.
a- metabolizes b- combats c- absorbs d- neutralizes
- 3- I couldn't get the word 'metabolize'. Could you it in to me in simple words?
a- combat b- comprise c- steam d- define
- 4- You are obese. You should consult a
a- carbohydrate b- cholesterol c- deficiency d- dietician



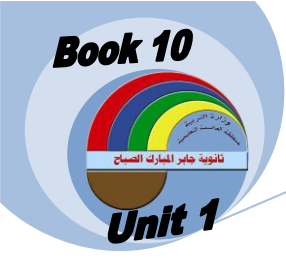
C) Fill in the spaces from the list:-

(absorb / arthritis / digestive / malnutrition / combat / probiotic / stimulant)

- 1- People in developed countries live longer than others in poorer ones, and the reason why is
- 2- Vegetation is vital to the Earth as plants carbon dioxide and give us oxygen.
- 2- Governments are spending millions of dollars in an attempt to drugs.
- 4- Always have drinks in order to improve digestion and keep fit.
- 5- My grandpa is over seventy. He suffers from
- 6- Caffeine which is found in coffee is a mild

D) From a, b, c or d choose the right answer:-

- 1- Before going on a diet, we have to consult a about what we eat and drink.
a- caffeine b- protein c-dietician d- vitamin
- 2- Always buy the cooking oil which is low in to combat heart disease.
a- stimulant b-iron c- caffeine d- cholesterol
- 3- Meat, eggs and cheese contain fat. It is thought to be bad for your health.
a- saturated b-digestive c- probiotic d- unsaturated
- 4- I always avoid drinks that contain before bedtime.
a- antioxidant b- cholesterol c- caffeine d- stimulus



Lesson 1&2 SB p13-14

Answer the following questions in meaningful sentences:

1- In your opinion, what is the difference between “good” and “bad” bacteria?

2- Mention some of the nutrients that can improve sporting performance?

3- Suggest some nutrients that should an athlete avoid?

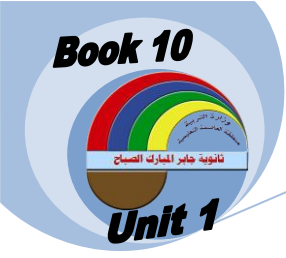
4- Why are antioxidants so good for our bodies?

5- Why should we avoid chocolate?

6- How can dark chocolate help diabetics?

7- Give examples of probiotic drinks?

8- What are the benefits of the probiotic drinks?



Grade 10	Unit 1	We Are What We Eat
Module 1	Lesson 3	WB p.6-7

Fill in the spaces from the list:

(nutrition / boost / comprises / dehydration / fatigue / obesity)

- 1- Never ever eat fast food as it leads to
- 2- Shopping events and sports can economy.
- 3- **OVER TO YOU** a Student's book, a Workbook, and an audio CD.
4. Thousands of children die daily of caused by diarrhea.

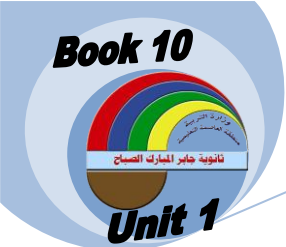
Lesson 3 WB p4-5.

Answer the following questions in meaningful sentences:

1- Fats are important to the body. Explain.

2- Water is very important for our bodies. Explain.

3- In your opinion, what's the importance of protein?



Grade 10	First Period	Remedial Exercises
Module 1	Unit 1	Lesson 4&5

SB. Page 15/16 **The food pyramid**

Fill in the spaces from the list:

(deficiency / metabolism / organic / grilled / sodium / pomegranate / / RDA)

- 1- You suffer from nutritional, so you need vitamin supplement.
- 2- Take a to boost your energy and you're sure to win.
- 3- People suffering from blood pressure shouldn't eat salty food. It contains
- 4-crops are chemical-free types of products.
- 5- It is thought that meat is healthier and tastier than fried meat.
- 6- Exercise is important as it is supposed to speed up

Lesson4&5 SB p14-15

Answer the following questions in meaningful sentences:

1- What is the recommended food in your daily diet?

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

2- Why do you think that water is very important for our bodies?

.....
.....

3- In your opinion, what are the nutrient elements the human body needs to be healthy?

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



Unit	Contents
1	Past simple- past continuous-adjectives

Grammar

A) From a,b,c and d choose the correct answer:

1- All Kuwaitis must be proud their country.

- a- in b-on c-of d- at

3- I have been practicing the piano 6:00 pm.

- a- for b- since c-ago d- before

3-The fats you eat, the worse your health will be.

- a- much b- many c-more d- most

4- He is angry his friend, you have to talk to him.

- a- for b-by c-with d- on

5- While she home, she fell down.

- a- walked b- is walking c- walks d- was walking

6- I a flat tyre while I was driving home.

- a- having b- had c- was having d- have

7- I was typing a letter when the mobile

- a- ring b- rang c- rings d- is ringing

8- When the war began, we in Paris.

- a. live b. were living c. lives d. are living



B) Correct the underlined mistakes in the following sentences:

1- They see a car accident while they was driving home.

.....

2- While she read a short story, the light go out.

.....

3- While I search for my pen, I find your gold ring.

.....

4- A car hits Ali while he crosses the street.

.....

5- I hear a bang while I do my homework.

.....

6- What happen while were you watching a movie?

.....

7- A car crashes me while I use my mobile.

.....

8- I have lunch when I hear that news.

.....

9- Where is Nasser? He leaves the house two minutes now.

.....

10- I was selling my camera a week now.

.....



C) Do as shown between brackets :

- 1- He passed his driving test. (Use: already)

- 2- She caught the bus every day last week. (Question)

- 3- Saturated fats are useful for our health. (Negative)

- 4- Amobile. (grey – round – small)
(Put the adjectives in the correct order)
- 5- We sold our old car last week. (Negative)

- 6- They were buying some flowers for their friend. (Question)

- 7- I was sitting on the grass reading a book. (Negative)

- 8- We spent a lot of money in Egypt this holiday. (Question)

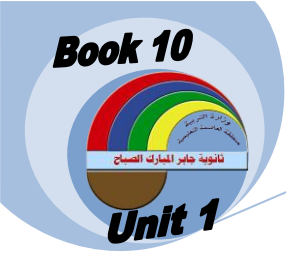
- 9- My father was driving fast when I phoned him. (ask)

- 10- I bought a (**plastic , beautiful, large**) toy house. (Order the adjectives)

C) Complete the phrases with the adjectives given .

Put the adjectives in the correct order.

- 1- Amobile . (grey – round – small)
- 2- Atable. (wooden – beautiful – blue)
- 3- Agirl. (athletic – tall – thin)
- 4- Ameat. (red - huge – delicious)



Module 1 Unit 1 Lesson 7&8

SB .P 16/17

An online guide to healthy eating places.

A) From a, b, c or d choose the right answer:-

1- We need all food elements, but some people like to follow a lifestyle.

- a- vegetarian b- crammed c- wholesome d- atmospheric**

2- Teachers provide their students with an/a learning environment.

- a- fanatic b- crammed c- eatery d- atmospheric**

4- The platform was with people trying to board the train.

- a- wholesome b- crammed c- fanatic d- eatery**

B) Fill in the spaces from the list:

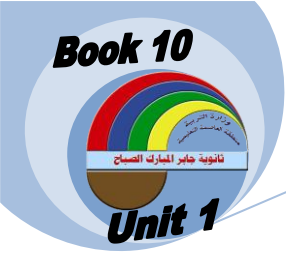
(appeal / fanatic /malnutrition /irresponsibility /wholesome /eatery/ crammed)

4- I recommend you a nice that provides delicious healthy foods.

5- Both carelessness and lead to loss of many precious treasures.

6-There are a lot of diseases like Anemia that result from

7- I hope this kind of music will to a wide variety of people



Lessons 7&8

Language Function:

A) Write what you would say in the following situation?

1-You are in a restaurant, tell your preferences of foods.

.....

2-Your family is discussing where to spend the weekend.

.....

3- You saw a boy throwing waste on the road.

.....

4- Your father is insisting on eating a lot of fatty food.

.....

B) Complete the following dialouge:

Fahd : Hello. Could I book a one-way ticket to Spain, please?

Assistant : Yes, of course.

Assistant :

Fahd : At night, please.

Assistant :

Fahd : Ok, that suits me.



Lesson 7&8 p16-17

Answer the following questions in meaningful sentences:

1- There are many reasons that lead some people to have their meals at certain restaurants. Give reasons.

2- In your opinion, what does the term “a balanced diet” mean?

3- Mention some of the pros and cons of a vegetarian menu.

4- In your opinion, what are the possible dangers of being a vegetarian?

J.K. Jerome, Three Men in a Boat - episode 1)

Episode one

1 -Do you agree that taking rest and a change is useful in our life? Explain.

2- In your opinion, what are the arrangements you should do before beginning a journey?



VOCABULARY (Unit 1)



From a, b c or d choose the right definition that is suitable for the underlined word:-

- 1- **Arthritis** is a common disease among old people in Kuwait due to their sedentary lifestyle.
 - a- an important nutrient found in wholegrain products like brown rice.
 - b- a disease that causes painful inflammation and stiffness of the joints.
 - c- a chemical substance in food that is necessary for good health.
 - d- the process of providing the food necessary for good health and growth.

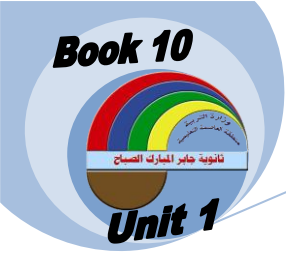
- 2- Water and salts are **absorbed** into our blood stream.
 - a- to change food into energy.
 - b- to make a substance chemically neutral.
 - c- to take in or soak up by chemical or physical action.
 - d- to take action to reduce.

- 3- Pregnant women often suffer from iron **deficiency** .
 - a- the lack of the nutrients that our bodies need.
 - b- the state of being unhealthily overweight.
 - c- a disease that causes painful inflammation and stiffness of the joints.
 - d- the lack of proper nutrition.

- 4- Not all people buy **organic** food.
 - a- full of healthy properties.
 - b- be made up of.
 - c- being unhealthily overweight.
 - d- produced without the use of chemicals.

- 5- Would you tell me what the best **eatery** in Kuwait is?
 - a- the state of being unhealthily overweight .
 - b- a restaurant where people can be served food.
 - c- the lack of proper nutrition.
 - d- the chemical process by which food is changed into energy.

- 6- Over 40,000 children die every day from **malnutrition** and disease
 - a- in an irresponsible manner.
 - b- someone who likes something very much.
 - c- a type of food that a restaurant is famous for .
 - d- the lack of proper nutrition.

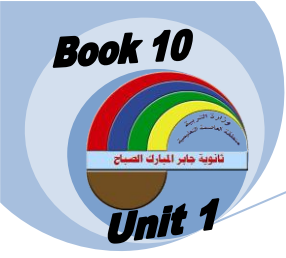


- 7- His views are extreme and he has only the support of a few **fanatics**.
- a- in an irresponsible manner.
 - b- someone who likes something very much.
 - c- a type of food that a restaurant is famous for.
 - d- the lack of proper nutrition.
- 8- The committee is **comprised** of well-known mountaineers.
- a- to take in or soak up by chemical or physical action.
 - b- to be made up of.
 - c- to increase or improve something.
 - d- To make a hole in something.
- 9- His face was grey with **fatigue**.
- a- an arrival or entry of large numbers of people or things.
 - b- the state of being unhealthily overweight.
 - c- loss of a large amount of water from the body.
 - d- extreme tiredness.

Use each of the following words in a meaningful sentence:

(combat – irresponsibly – stimulant - vegetarian)

- 1-.....
- 2-.....
- 3-.....
- 4-.....



Grade 10 Unit 1 We Are What We Eat 2013 /2014

Composition

Argumentative topic

A) Write on the following topic:

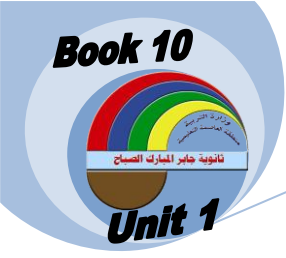
Having healthy food is of great importance for every human being. This means enjoying a healthy life. However, others believe that having fast food is much more beneficial. In (10) sentences, plan and write a report of two paragraphs about the importance of eating healthy food and disadvantages of fast food.

The following ideas may help you:

- The nutrients we should avoid to be healthy.
The merits we get from eating healthy food.
The reasons why fast food is harmful.

Write your plan here

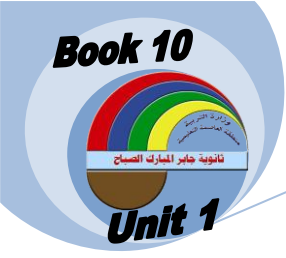
Dotted lines for writing a plan.



Write your topic here

A series of horizontal dotted lines for writing.

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Reading Comprehension & Summary Making

(322 words)

B) Read the following passage carefully, then answer the questions below :

Are you looking for classical culture, unique places or just a good time?

A vacation in Austria may be just the ticket for you. The name Austria first appeared on maps in the year 996, so this destination is already more than 1,000 years old. That’s why you can see much of the romance and history of Europe here.

Vienna, on the banks of the *blue Danube*, is truly one of the world’s great cities. It is the capital of modern and historic Austria. *Vienna* is a natural place where you will find music in the streets and cafés on the corners. Stop in for a local drink while window shopping along the ancient narrow streets. After a final cup of coffee, spare those weary feet and return to your hotel in a horse drawn carriage

Today, *Graz* is Austria’s second largest city. It is a gateway between east and west. The famous “clock tower” of the old fortress wall is the symbol of the city and a memorial to its citizens’ stand against Napoleon’s invasion. The war museum has a collection of over 30,000 pieces of original weapons in good condition. And, oh yes, this is where movie star Arnold Schwarzenegger was born.

A third important city is *Salzburg* which is best known for being the birthplace of the great musician Wolfgang Mozart. It’s no surprise then that there are musical festivals and cultural performances all the year round.

Do you want to try skiing? You must visit *Innsbruck* which is known as one of the best ski areas in the world. But the centuries of tradition can be found around every corner. This city has been a crossroad for travel and trade as far back as the 12th century. And for a “live” panorama of *Innsbruck*, ride the local tramway up to an unrivalled view of the Austrian Alps. This is not all; there is still much fun waiting you!



Unit 1

A) From a, b, c and d choose the right answer :

1. The main idea of the passage is:

a) Wolfgang Mozart.	b) Skiing in Austria.
c) Vienna.	d) An advertisement to visit Austria.

2. The word unique in line 1 means:

a) great.	b) only one of its kind.
c) time.	d) only talking.

3. The word "here" in line 4 refers to:

a) Europe.	b) Graz.
c) Austria.	d) Vienna.

4. The opposite of "historic" in line 6 refers to:

a) remarkable.	b) modern.
c) significant.	d) ancient.

B) Answer the following questions:

5. Where was the great musician born?
.....

6. Where can visitors to Austria practise winter sports?
.....

7. How can visitors spend their time in Vienna?
.....

Summary Making

C) In four (4) sentences of your own, summarize the second paragraph to answer the following question:

- What is Vienna famous for?

.....

.....

.....

.....

.....

.....



D) With the reference to the first paragraph, translate these sentences from English into Arabic:

Are you looking for classical culture, unique places or just a good time?

A vacation in Austria may be just the ticket for you. The name Austria first appeared on maps in the year 996, so this destination is already more than 1,000 years old. That's why you can see much of the romance and history of Europe here.

E) Translate from Arabic into English:

1- نحن كمسلمين واخصائي تغذية يجب ان ندرك انه من الواجب علينا ان نحافظ على اجسامنا قويه و صحية

2- هل تعلم أن أهم و أكثر نظام مناعة يقع داخل المعده و يحتوى على أكثر من 400 نوع من البكتريا على الاقل؟
