



**GRADE10/ UNIT ONE**

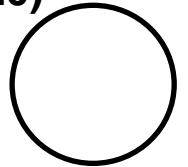


**I. Vocabulary (20 Marks)**

**Choose from a, b, c and d to complete the following sentences:**

**(4x5=20)**

1- The government is spending millions of dollars in attempts to ..... drugs dealers.



- a- absorb
- b- master
- c- combat**
- d- conduct

2- I like to have chicken ..... over an open flame.

- a- grilled**
- b- digestive
- c- vegetarian
- d- crammed

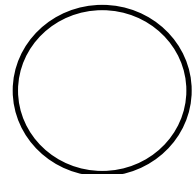
3- Doing exercise regularly can speed up your .....

- a- eatery
- b- supplement
- c- specialty
- d- metabolism**

4- The exposure to sunshine helps our bodies ..... vitamin D.

- a- absorb**
- b- appeal to
- c- combat
- d- neutralise

**II. Grammar (10 Marks)**



**Do as shown between brackets: (2 X 5= 10)**

5- I keep all my money in a (black metal small) box.

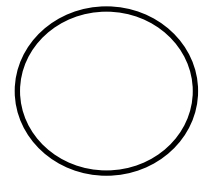
**(Order the adjectives)**

- a- I keep my money in a small metal black box.
- b- I keep my money in a metal small black box.
- c- I keep my money in a small black metal box.**

6- When I got off the train, my friends (**wait**) for me. **(Correct the verb)**

- a- When I got off the train, my friends waited for me.
- b- When I got off the train, my friends was waiting for me.
- c- When I got off the train, my friends were waiting for me.**

### III. Writing (30 Marks)



Write a paragraph of 6 sentences about " How you can keep your mind and body in a tip-top shape".

Write your outline (5 Marks)

Introductory sentence:

There are many tips we can follow to keep our mind and body in a tip-top shape.

Supporting details:

- eating healthy food
- doing exercise
- getting enough sleep
- avoiding bad habits

Concluding sentence:

To sum up, following a healthy lifestyle is one of the secrets to a happy and long life.

Write your topic here (25 Marks)

There are many tips we can follow to keep our mind and body in a tip-top shape. **For example**, we should eat healthy food.

**Also**, doing exercise regularly can help us keep fit. **In addition**, it is recommended that we get enough sleep. Finally, we should avoid bad habits such as smoking and consuming too much fast food. **To sum up**, following a healthy lifestyle is one of the secrets to a happy and long life.