



Ministry Of Education
AL -Tamayouz Model School
2023 -2024

Grade 10
Worksheet

Private Education
Department of English

A. Vocabulary

Choose the most suitable answers from a, b, c and d:

- 1- The doctor simply gave me a vitaminbecause I'm a short sighted .
a- vegetarian b- supplement c- antioxidant d- arthritis
- 2- I like to eat meat and fresh salad .
a- organic b- digestive c- crammed d- grilled
- 3- According to dietitians, we should avoid poor diets that may cause vitamin..... .
a- specialty b- fatigue c- deficiency d- caffeine
- 4- Sales of food have increased dramatically in recent years .
a- atmospheric b- organic c- crammed d- digestive
- 5- If I were you, I wouldn't eat burgers because I think this food contains much amounts of
a- vitamin b- arthritis c- caffeine d- cholesterol
- 6- Coffee and tea contain a like caffeine .
a- stimulant b- nutrition c- fibre d- calcium
- 7- The main cause of is coldness and standing for long hours .
a- caffeine b- dietician c- arthritis d- metabolism
- 8 You have to drink green tea as it's rich in
a- proteins b- antioxidants c- dieticians d- saturated fats
- 9- Don't you think burgers contain much amounts of ?.....
a- vitamin b- arthritis c- caffeine d- saturated fats
- 10-Little boys who cannot walk may lack....., which is necessary for bones
a- vitamin b- saturated fats c- protein d- calcium

B. Grammar

Do as required in brackets :

1. While I (search) for my pen, I found your gold ring. (Correct)
 a- While I was searching for my pen, I found your gold ring .
 b- While I search for my pen, I found your gold ring .
 c- While I am searching for my pen, I found your gold ring.
2. They were watching TV when the explosion happened. (Form a Question)
 a- What were they doing when the explosion happened ?
 b- When were they watching TV when the explosion happened ?
 c- Where were they watching TV when the explosion happened?
3. We (go) to the cinema with some friends last night. (Correct)
 a- We went to the cinema with some friends last night .
 b- We are going to the cinema with some friends last night .
 c- We go to the cinema with some friends last night.
4. While I (study), my little brother knocked at the door. (Correct)
 a- As I studying, my little brother knocked at the door.
 b- As I was studying, my little brother knocked at the door.
 c- a- As I study, my little brother knocked at the door.

Choose the right answer from a, b, c and d

5. He was wearing ashirt .
 a- dirty big old b- big old dirty
 c- old big dirty d- big old dirty
6. My daughter has a hair .
 a- long beautiful black b- black long beautiful
 c- beautiful long black d- beautiful black long
7. My father wears shoes.
 a- brown leather new b- new leather brown
 c- leather brown new d- new brown leather

**Writing**

“A sound in mind is a sound in body”

Of not less than 12 sentences , plan and write about the effects of fast food and the types of food we should have and how to live healthy lifestyle .

Outline

Introduction :

.....
.....

Paragraph 1

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

Paragraph 2

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

Conclusion:

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

مدرسة التميز النموذجية



Write your topic here

Handwriting practice area with multiple horizontal dotted lines for writing.

مدرسة التميز النموذجية



Model Answers

A. Vocabulary

1- b	2- d	3- c	4- b	5- d
6- a	7- c	8- b	9- d	10- d

B. Grammar

1 - a	2- a	3 - a	4 - b	5 - a
6 - c	7- d			

C. Writing

Outline

Introduction :

Health is wealth. We should look after it.

Paragraph 1: Fast foods have many dangerous effects.

- dangerous effects
- avoid having fast foods.
- health problems (obesity –high blood pressure)

Paragraph 2: The types of food we should have.

- Probiotic drinks –
- Green tea
- The RDA of food elements (fats, proteins, minerals, water, vitamins and iron).

Conclusion:

We have to eat the right food to enjoy a healthy life



Topic

“Health is wealth.” Nothing is better than having the right food. It's never been easier to eat healthily.

Some people think that fast food is easier and cheaper than eating healthily. That is not true because fast foods have many dangerous effects. They lead to many health problems. They cause obesity and high blood pressure. That’s why we should avoid having fast foods.

Probiotic drinks are of great importance to lead a healthy life. They improve our immune system. In addition, they contain good bacteria. Moreover, having green tea is beneficial as it is full of antioxidants. We need to have the RDA of food elements like fats, proteins, minerals, carbs, water, vitamins and iron.

All in all, it is now clear that we have to eat the right food to enjoy life. it is said that” we are what we eat”. Food and drinks, which contain antioxidants, are so good for our bodies. Antioxidants help combat diseases like cancer and arthritis.



مدرسة التميز النموذجية
(ابتدائي - متوسط - ثانوي)
الجهاز الفني التربوي

منصات التميز التعليمية

لزيارة منصة التميز التعليمية في اليوتيوب امسح الباركود التالي :



لزيارة منصة التميز التعليمية في تليجرام امسح الباركود الخاص بقناة كل فصل مما يلي :



الصف الرابع



الصف الثالث



الصف الثاني



الصف الأول



الصف التاسع



الصف الثامن



الصف السابع



الصف السادس



الصف الخامس



الصف الثاني عشر
أدبي



الصف الثاني عشر
علمي



الصف الحادي عشر
علمي



الصف الحادي عشر
أدبي



الصف العاشر



لزيارة صفحتنا في تويتر

لزيارة صفحتنا في الإنستقرام

عنواننا : خيطان - ق ٤ - ش ١٠٠

العصن الدراسي الاول