



GRADE 10

Set Book

2023 / 2024



Grade 10

Unit 1

1- What should you do to be in a tip-top shape ?

- We should do exercises.
- We should eat healthy food like fruits and vegetables.
- We should have enough sleep.
- We should play sport.
- We should drink a lot of water.
- We should avoid stress.

2- What are the benefits (effects) of staying healthy ?

- We will live longer.
- We will be active.
- We will avoid stress.
- We will avoid obesity.
- We will get rid of health problems.

3- What are the things you should add to your daily diet to stay healthy ?

- green tea / dark chocolate / probiotic drinks

4- Why should you eat home-made food ?

- Because it is healthy and tasty.

5- Why should we avoid fast food ?

- Because it is unhealthy.

6- What is the importance of probiotic drinks ?

- It contains good bacteria.
- It improves our immune system.

7- What is the difference between good and bad bacteria ?

- Good bacteria is good for the digestive process.
- Bad bacteria leads to diseases.

8- What are the benefits of green tea ?

- It is rich in anti oxidants.

- It is used to treat everything from headaches to depression.

9- What are the pros (advantages) of vegetarian food ?

- It is rich in vitamins.
- It helps us to avoid heart diseases.

10- What are the cons (disadvantages) of vegetarian food ?

- It lacks the RDA of iron.
- It leads to malnutrition.

11- What are the qualities of a good restaurant ? / What makes a restaurant appeals to you ?

- Good location / good service / tasty food

Unit 2

1- How should we treat people from different cultures ?

- with respect

2- Why is it important to respect other cultures ?

- We live in peace.
- We will love each other.
- The world will be a better place to live in.
- Islam orders us to respect other cultures.

3- How can we show respect to other cultures ?

- We can read about them.
- We can share their celebrations.
- We can try their food and clothes.
- We should raise awareness about the importance of respecting other cultures.

4- What is the role of mentors in our life ?

- They help us learn new skills.
- They break down barriers.

5- What are the aims of the UN ?

- to discuss disagreements.
- To agree on rules.

6- What has Kuwait done to further the culture of peace ?

- Kuwait organized seminars.

Unit 3

1- What is the importance of building impressive buildings ?

- They attract tourists.
- They raise the national income.
- They are a source of relaxation.
- They reflect our culture.
- They make us feel proud.

2- What makes 360 Mall appeals to many people ?

- It has many shops.
- It has a big cinema.

3- Why is 360 Mall is considered edutainment ?

- IT mixes education with entertainment.

4- What are the advantages of building an airport in Al-Wafra (your city) ?

- It creates a link to other Gulf countries.
- It provides many jobs.
- It raises the economy.

5- What are the disadvantages of building an airport in your city ?

- It will affect schools badly.
- It will make noise.
- It will bring traffic.

6- Why do most people in Kuwait prefer wearing the national dress ?

- It is comfortable.
- It suits the weather.
- It is a symbol of unity.

Unit 4

1- What are the good effects of playing computer games ?

- They develop our language especially English.

- They improve our hand-eye coordination.
- They help us learn new skills.
- They are a good way to spend our free time.
- Modern games help us to stay fit.

2- What are the negative effects of playing computer games ?

- They waste our time.
- They cause health problems.
- They make us lazy.
- They make us neglect our studies.
- They make children violent.

3- How will computer games be like in the future ?

- They will be more realistic.
- They will be more naturalistic.
- They will be more convoluted.

4- How can you make good use of your time ?

- We can read books.
- We can play sports.

Unit 5

1- What is the importance of Paralympics for the disabled ?

- They make the disabled feel confident.
- They are a good way to rehabilitate them.
- They encourage the disabled.
- They help them socialize.

2- What are the skills needed to perform well in any sport ?

- motivation / determination / patience / self-discipline

3- What has Kuwait done to help the disabled ? / What is the role of Kuwait in helping the disabled ?

- Kuwait is the first country in the Gulf to build a sports club for the disabled.

4- What is the difference between introverts and extroverts ?

- Extroverts prefer team sports with direct aggression.
- Introverts prefer sports with indirect aggression.

5- How can your personality affect your choice of sport ?

- If I'm an extrovert, I will prefer to play within a team.
- If I'm an introvert, I will prefer to play alone.

Unit 6

1- What is the importance of animals in our life ?

- They are a source of food.
- They keep balance in the environment.
- They are used to make clothes from their skin.
- They are used to try experiments on them.
- We use them as pets.

2- What are the dangers facing animals ?

- People hunt and kill them.
- People cut down trees.
- People cause all kinds of pollution.
- People use them in labs.
- People destroy their natural habitat.

3- How can we protect the natural world ?

- We should raise awareness about their importance in our life.
- We should stop hunting them.
- We shouldn't buy exotic animals from shops.
- Governments should build natural reserves.
- Governments should put strict laws against illegal hunting.

4- What is the importance of Al-Jahra Pools Nature reserve ?

- It protects rare animals and birds.