

GRADE 10 UNIT 1 LESSON 1 WORD LIST			
WORD	MEANING	WORD	MEANING
nutritious (adj)	مغذ	resist (v)	يقاوم
pledge (n)	تعهد / قسم	swap (v)	يتبادل
portion (n)	جزء		

Fill in the blanks with words from the list:

resist / inactive / nutritious / swap / portion / pledge

1. Eating a/an _____ meal helps young students stay fully focused during school.
2. The old desktop computer stayed completely _____ for many long months.
3. She decided to _____ her fresh red apple for a sweet banana.
4. The club members made a formal _____ to keep their school clean.
5. The friendly server brought a very large _____ of cooked rice.

Fill in the blanks with words from the list:

portions / swap / pledge / nutritious / resist / inactive

1. He tried his absolute best to _____ laughing during the presentation.
2. Fresh vegetables always provide a truly _____ base for daily meals.
3. Wild bears usually remain totally _____ inside their dens during winter.
4. She carefully cut the chocolate cake into six equal _____ sized pieces.
5. Can we please _____ our main roles for this new group project?

Fill in the blanks with words from the list:

inactive / resist / pledge / portion / swap / nutritious

1. Every single volunteer signed a strong _____ to protect local animals.
2. You can easily _____ salty potato chips for fresh cucumber slices today.
3. Fruit smoothies always make a very _____ option for early breakfast.
4. Your online account will become completely _____ after one full year.
5. Strong concrete walls can easily _____ very powerful coastal winter storms.

Fill in the blanks with words from the list:

pledge / nutritious / swap / inactive / resist / portion

1. He saved a small _____ of dinner to eat as a snack.
2. Teachers often decide to _____ classroom seating arrangements for all students.
3. Old volcanoes that never erupt are officially considered to be completely _____.
4. A balanced daily diet should always include highly _____ local organic foods.
5. The local community made a firm _____ to recycle all plastic daily.

GRADE 10 UNIT 1 LESSON 2 WORD LIST

WORD	MEANING	WORD	MEANING
attitude (n)	موقف / توجه	notable (adj)	ملحوظ
bestow (v)	يمنح	nutrition (n)	التغذية
consume (v)	يستهلك	routinely (adv)	بشكل روتيني
inactive (adj)	غير نشيط	stimulate (v)	يحفز
involvement (n)	انخراط / مشاركة	urge (v)	يحث / يدفع

Fill in the blanks with words from the list:

notable / attitude / urge / routinely / consume / bestow

- The school principal will _____ a special honor upon the top student.
- Maintaining a positive _____ will help you overcome difficult challenges at school.
- Our dedicated teacher _____ checks our daily homework every single morning.
- Teenagers should not _____ too many sugary drinks during the day.
- The museum features a very _____ collection of ancient Egyptian historical art.

Fill in the blanks with words from the list:

inactive / nutrition / stimulate / involvement / urge / attitude

- Her active _____ in local charity events inspired all her classmates.
- Fun interactive games can _____ young students to learn difficult new words.
- His old mobile phone remained completely _____ on the desk all week.
- Good daily _____ provides all the essential vitamins your body needs.
- Adopting an optimistic _____ helps people handle stress much better at work.

Fill in the blanks with words from the list:

consume / bestow / urge / attitude / routinely / notable

- She made a/an _____ improvement in her final English exam scores.
- Growing children often _____ large amounts of fresh food every single day.
- The school bus arrives _____ at seven o'clock every single weekday morning.
- The king decided to _____ a noble title upon his loyal advisor.
- A cheerful _____ makes working together on group projects more enjoyable.

Fill in the blanks with words from the list:

nutrition / inactive / stimulate / bestow / urge / involvement

- Bright colorful visuals can _____ your brain to think much more creatively.
- Community _____ in sports programs builds strong friendships among neighbors.
- The university plans to _____ an honorary degree upon the guest speaker.
- Athletes require proper _____ to perform their very best during competition.
- The bear stayed completely _____ in its cave throughout the winter season.

Fill in the blanks with words from the list:**routinely / urge / notable / consume / attitude / bestow**

1. Athletes need to _____ plenty of water during intensive sports practice.
2. Her optimistic _____ towards learning helped her master difficult new concepts.
3. The scientist achieved a/an _____ discovery in renewable energy research this year.
4. The university will _____ a/an honorary degree upon the famous guest speaker.
5. Our family _____ goes for a long peaceful walk in the park.

Fill in the blanks with words from the list:**attitude / notable / bestow / routinely / urge / consume**

1. Fast food restaurants encourage people to _____ large amounts of unhealthy fats.
2. A polite _____ towards your teachers creates a wonderful classroom environment.
3. He _____ cleans his study desk before starting his evening homework assignment.
4. The foundation will _____ a generous grant upon the local community center.
5. The city council celebrated a/an _____ success in reducing local plastic pollution.

Fill in the blanks with words from the list:**stimulate / involvement / inactive / attitude / urge / nutrition**

1. Solving complex math puzzles can _____ your brain during quiet study hours.
2. I always _____ my close friends to stay focused on their goals.
3. Direct student _____ in classroom discussions makes learning much more fun.
4. The old factory machine remained _____ during the entire holiday weekend.
5. Eating healthy meals improves both your physical strength and overall _____ daily.

Fill in the blanks with words from the list:**urge / consume / bestow / notable / attitude / routinely**

1. The queen chose to _____ a medal of honor upon the hero.
2. She _____ practices playing the piano for one full hour every evening.
3. Developing a helpful _____ can greatly improve all your personal relationships.
4. Vehicles _____ large quantities of fuel when driving through heavy city traffic.
5. He wrote a/an _____ book about ancient history that won several awards.

Fill in the blanks with words from the list:**bestow / notable / attitude / urge / routinely / consume**

1. The author achieved _____ success after publishing her first fantasy fiction novel.
2. Showing a respectful _____ towards others earns you a lot of trust.
3. Generous leaders often _____ rewards upon those who work exceptionally hard.
4. The local library _____ orders new books for young readers every month.
5. Active teenagers usually _____ more energy than those who stay indoors.

GRADE 10 UNIT 1 LESSON 4 WORD LIST

WORD	MEANING	WORD	MEANING
aroma (n)	رائحة / عبق	prioritise (v)	يعطي الأولوية
filling (n)	مشبع	soak (v)	ينقع
preservatives	مواد حافظة		

Fill in the blanks with words from the list:

regulate / preservatives / aroma / soak / filling / prioritise

1. The rich _____ of fresh coffee filled the kitchen early this morning.
2. Eating a/an _____ breakfast keeps your energy high throughout the morning.
3. Many packaged foods contain artificial _____ to make them last much longer.
4. Busy students must learn to _____ their daily study time effectively always.
5. You should _____ dry beans in water overnight before cooking them fully.

Fill in the blanks with words from the list:

soak / preservatives / regulate / prioritise / filling / aroma

1. A warm bowl of oatmeal provides a very _____ meal for winter.
2. The delightful _____ of baking bread drifted down the long hallway quickly.
3. Smart buyers prefer organic products without added chemical _____ in food.
4. Parents always _____ the health and safety of their young children first.
5. Be sure to _____ dirty dishes in hot soapy water right now.

Fill in the blanks with words from the list:

prioritise / filling / aroma / soak / regulate / preservatives

1. Manufacturers use _____ to prevent packaged baked goods from spoiling quickly.
2. The pleasant _____ of vanilla filled the room while she baked cookies.
3. A thick vegetable soup makes a delicious and _____ meal on cold days.
4. Good teachers always _____ helping students understand key concepts during classes.
5. You need to _____ those wooden blocks in water to soften them.

Fill in the blanks with words from the list:

aroma / regulate / soak / filling / preservatives / prioritise

1. She decided to _____ her feet in warm salt water after running.
2. The wonderful _____ of roasting spices welcomed guests as they walked inside.
3. Eating a/an _____ lunch prevents you from getting hungry before dinner time.
4. Consumers often avoid buying snacks loaded with unwanted synthetic food _____
5. You must _____ your homework assignments before playing video games online.

GRADE 10 UNIT 1 LESSON 5 WORD LIST

WORD	MEANING	WORD	MEANING
affordable	بسعر معقول	organization	تنظيم
indeed	بالفعل	subsidise	يدعم مالياً
nutritional	غذائي		

Fill in the blanks with words from the list:

overlook / nutritional / subsidise / organisation / indeed / affordable

1. Finding a/an _____ apartment near the city center is difficult these days.
2. The dedicated team was _____ very proud of their academic achievements.
3. Fresh vegetables provide high _____ value for your body every single day.
4. She joined a nonprofit _____ that helps young children in need.
5. The local government plans to _____ public transportation costs for all students.

Fill in the blanks with words from the list:

indeed / nutritional / overlook / affordable / organisation / subsidise

1. Cities often _____ bus tickets to encourage people to ride public transit.
2. Our school established a student led _____ to clean the local park.
3. The new public housing project offers very _____ rent for families.
4. You must never _____ small mistakes when grading these final math tests.
5. This exam was _____ much harder than the previous one we took.

Fill in the blanks with words from the list:

subsidise / affordable / overlook / nutritional / indeed / organisation

1. He works for an international health _____ that supports rural hospital centers.
2. The weather forecast was _____ correct about the heavy afternoon rain today.
3. A balanced diet ensures you meet all your essential _____ needs daily.
4. Teachers should not _____ the hard work put into these class projects.
5. Generous sponsors will _____ the registration fees for low income participants.

Fill in the blanks with words from the list:

organisation / subsidise / overlook / affordable / nutritional / indeed

1. The final test score was _____ higher than he had originally expected.
2. Every meal should contain balanced _____ benefits for growing young children.
3. A well managed charitable _____ can make a great difference in society.
4. The school cafeteria serves nutritious meals at very _____ prices for everyone.
5. It is easy to _____ small typos when reading through long essays.

GRADE 10 UNIT 1 LESSON 7 WORD LIST

WORD	MEANING	WORD	MEANING
biological (adj)	حيوي / بيولوجي	malnutrition (n)	سوء تغذية
chemically (adv)	كيميائياً	personalised (adj)	مخصص
effective (adj)	مؤثر	process (v)	يعالج
fatigue (n)	تعب	regulate (v)	ينظم
inflammation (n)	التهاب	still (adv)	لا يزال

Fill in the blanks with words from the list:

chemically / fatigue / biological / process / effective / regulate

- 1.The human liver helps to _____ complex nutrients from your daily meals.
- 2.Drinking enough fresh water is a/an _____ way to maintain daily health.
3. Environmental changes influence the natural _____ development of amphibians.
4. Industrial facilities _____ treat wastewater before releasing it into public rivers.
- 5.Long distance runners often suffer from severe physical _____ after hard races.

Fill in the blanks with words from the list:

inflammation / malnutrition / personalised / still / chemically / effective

- 1.This modern plastic material was _____ altered to increase overall strength.
- 2.Extreme global _____ affects millions of vulnerable young children worldwide.
- 3.Despite the morning rainstorm, the young students _____ walked to school.
- 4.Severe joint _____ can cause significant swelling and pain for many patients.
- 5.The doctor designed a highly _____ treatment plan for each individual patient.

Fill in the blanks with words from the list:

regulate / biological / fatigue / process / chemically / still

- 1.This local water supply is _____ treated to remove all harmful bacteria.
- 2.Natural light helps your body to _____ its normal daily sleep cycle.
- 3.Your digestive system must _____ incoming food to extract essential daily energy.
- 4.Muscle _____ can be reduced by getting sufficient sleep every single night.
- 5.All living species share a similar fundamental _____ structure in their cells.

Fill in the blanks with words from the list:

personalised / effective / inflammation / malnutrition / still / process

- 1.Proper hand hygiene is very _____ in preventing the spread of germs.
- 2.Each athlete received a/an _____ training schedule to improve their speed.
- 3.Addressing widespread _____ requires distributing nutritious food to poor areas.
- 4.Although he was tired, the dedicated student _____ finished his difficult homework.
- 5.Reducing skin _____ requires taking the prescribed medication on full schedule.

Fill in the blanks with words from the list:**fatigue / process / chemically / regulate / biological / effective**

1. Government laws help to _____ safety standards across all public transportation.
2. Mental _____ can severely lower your concentration during school examinations.
3. Studying genetics helps scientists understand _____ diversity among species.
4. Computers can _____ large amounts of complex digital data very quickly today.
5. These crop fertilizers are _____ produced in large modern manufacturing factories.

Fill in the blanks with words from the list:**malnutrition / still / effective / personalised / inflammation / regulate**

1. The old clock on the living room wall _____ works perfectly today.
2. Cold ice packs help reduce muscle _____ after intense afternoon sports practice.
3. Severe _____ weakens the body's natural immune system against diseases.
4. The custom book store offered a/an _____ gift cover for every customer.
5. Using clear visual charts is a/an _____ teaching method for young children.

Fill in the blanks with words from the list:**biological / chemically / process / fatigue / regulate / still**

1. Extreme mental _____ makes it very difficult to solve hard math problems.
2. Every human body relies on natural _____ rhythms to maintain optimal health.
3. The traffic police officer works hard to _____ car movement through intersections.
4. The laboratory liquids were _____ combined under supervision by senior scientists.
5. Plants _____ carbon dioxide to produce fresh oxygen during bright daylight hours.

Fill in the blanks with words from the list:**effective / inflammation / personalised / malnutrition / process / chemically**

1. The novel platform offers a/an _____ learning experience tailored to your speed.
2. Regular exercise remains a/an _____ strategy for lowering personal stress levels.
3. Factories _____ raw materials into finished consumer products for retail export.
4. Special cream helps soothe painful throat _____ caused by cold viral infections.
5. Fighting global _____ requires providing balanced meals to children in need.

Fill in the blanks with words from the list:**still / regulate / fatigue / biological / chemically / effective**

1. Household cleaners are _____ formulated to dissolve tough greasy kitchen stains.
2. Overcoming muscle _____ requires resting your body between athletic workouts.
3. Even after midnight, the energetic university students were _____ studying hard.
4. Body temperature is easy to _____ when wearing warm protective winter clothing.
5. Researchers analyze specific _____ traits passed down through family generations.

GRADE 10 UNIT 1 LESSON 9 WORD LIST			
WORD	MEANING	WORD	MEANING
decade (n)	عقد / عشر سنوات	stroll (v)	يتمشي
legume (n)	بقوليات	sustainable (adj)	مستدام
overlook (v)	يهمل / يتجاهل		

Fill in the blanks with words from the list:

decade / stroll / aroma / legume / sustainable / overlook

1. The rich _____ of fresh coffee filled the kitchen early this morning.
2. Our family lived in the same quiet neighborhood for over a/an _____
3. A peanut is actually a nutritious type of _____ high in protein.
4. Be careful not to _____ any spelling errors on your test paper.
5. We decided to take a peaceful evening _____ through the botanical park.

Fill in the blanks with words from the list:

stroll / aroma / decade / legume / sustainable / overlook

1. The delightful _____ of baking bread drifted down the long hallway quickly.
2. We can choose to _____ minor mistakes if performance remains high.
3. A lentil is a healthy _____ that contains essential vitamins and minerals.
4. Using cloth shopping bags is a/an _____ habit for protecting our environment.
5. Many technological changes occurred during the past _____ of human history.

Fill in the blanks with words from the list:

sustainable / overlook / stroll / aroma / legume / decade

1. The pleasant _____ of vanilla filled the room while she baked cookies.
2. It took nearly a/an _____ to complete building the long city bridge.
3. A chickpea is a versatile _____ used in many delicious global dishes.
4. Teachers must never _____ small improvements made by their hard working students.
5. People often _____ slowly around the local market on weekend afternoons.

Fill in the blanks with words from the list:

decade / stroll / sustainable / overlook / aroma / legume

1. The wonderful _____ of roasting spices welcomed guests as they walked inside.
2. Do not _____ the importance of drinking enough clean water every day.
3. The company made great progress over the last _____ of business operations.
4. Every soybean is a valuable _____ rich in plant based protein daily.
5. The couple took a relaxing _____ down the quiet village streets tonight.

GRADE 10 UNIT 1 LESSON 10 WORD LIST

WORD	MEANING	WORD	MEANING
assign	يكلف ب	tempting	مغر
break down	يفكك	wholesome	صحي
hurdle	عقبة		

Fill in the blanks with words from the list:

tempting / break down / assign / wholesome / hurdle

- 1.The rich chocolate cake looked very _____ on the dessert table.
- 2.Difficult chemistry formulas often _____ into much simpler parts for study.
- 3.The teacher will _____ a new project to every student tomorrow.
- 4.Homemade vegetable soup provides a very _____ meal for cold days.
- 5.Passing the final driving exam was a major _____ for her.

Fill in the blanks with words from the list:

break down / hurdle / wholesome / assign / tempting

- 1.Financial problems can create a serious _____ for starting a business.
- 2.Old wooden boxes will naturally _____ after years of heavy rain.
- 3.That sweet candy display looked too _____ to ignore during shopping.
- 4.Eating a/an _____ diet gives your body all necessary daily nutrients.
- 5.Managers usually _____ specific weekly tasks to each member of staff.

Fill in the blanks with words from the list:

wholesome / tempting / assign / hurdle / break down

- 1.The professor decided to _____ a challenging reading assignment for weekend.
- 2.Fresh fruit is a wonderfully _____ snack for growing young children.
- 3.Major unexpected _____ requires careful planning to overcome successfully now.
- 4.The rich aroma of fried chicken smelled very _____ at noon.
- 5.Chemical compounds _____ quickly when exposed to high heat in laboratories.

Fill in the blanks with words from the list:

assign / wholesome / break down / tempting / hurdle

- 1.Large complex projects always _____ into smaller manageable tasks for success.
- 2.Leaving early from work sounds _____ when the weather gets nice.
- 3.The principal will _____ new lockers to all incoming high school students.
- 4.Clearing the high final jump _____ required months of rigorous training.
- 5.A balanced diet containing organic vegetables is _____ and beneficial.

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

01. Eating a/an _____ breakfast every morning gives students energy throughout the day.

- a) inactive b) biological c) nutritious d) sustainable

02. The company made a very strong _____ to reduce plastic waste this year.

- a) portion b) hurdle c) decade d) pledge

03. He ordered a generous _____ of fresh organic vegetables with his main meal.

- a) aroma b) portion c) inflammation d) organisation

04. It was extremely difficult to _____ eating those delicious fresh chocolate chip cookies.

- a) resist b) prioritize c) bestow d) regulate

05. You can _____ sugary snacks for healthy fresh fruit to improve your health.

- a) soak b) overlook c) assign d) swap

06. Her positive _____ toward eating healthy food inspired all of her close friends.

- a) malnutrition b) attitude c) legume d) fatigue

07. The foundation will _____ an annual award upon the most innovative young chef.

- a) urge b) subsidise c) bestow d) process

08. Professional athletes need to _____ enough protein to rebuild muscle tissue.

- a) stroll b) consume c) overlook d) resist

09. Living a very _____ lifestyle can lead to serious long-term health complications later.

- a) affordable b) wholesome c) effective d) inactive

10. Active community _____ is completely essential for the success of health programs.

- a) decade b) nutrition c) involvement d) hurdle

11. There was a _____ improvement in his overall fitness level after two months.

- a) notable b) tempting c) biological d) filling

12. Good _____ is vital for young children to grow strong and stay healthy.

- a) pledge b) nutrition c) preservatives d) organisation

13. She _____ drinks a large glass of water right after waking up early.

- a) chemically b) indeed c) routinely d) still

14. Regular exercise helps _____ brain activity and improves overall daily concentration.

- a) regulate b) soak c) assign d) stimulate

15. Doctors _____ their patients to eat more green vegetables and drink fresh water.

- a) swap b) urge c) consume d) subsidise

16. Scientists study the _____ factors that influence human appetite and growth patterns.

- a) sustainable b) biological c) filling d) nutritional

17. Some processed foods are _____ altered to extend their shelf life significantly longer.

- a) chemically b) routinely c) indeed d) still

18. Drinking fresh clean water is a/an _____ way to stay well hydrated daily.

- a) inactive b) tempting c) effective d) affordable

19. Extreme physical _____ can occur if you do not get adequate rest nightly.

- a) nutrition b) fatigue c) legume d) aroma

20. Chronic _____ in joints can be reduced through making proper dietary choices.

- a) portion b) attitude c) involvement d) inflammation

21. The international charity works endlessly to eliminate childhood _____ in poor regions.

- a) decade b) malnutrition c) hurdle d) preservatives

22. The expert nutritionist created a _____ meal plan for her specific health goals.

- a) notable b) wholesome c) personalised d) biological

23. Our digestive systems _____ raw foods to extract essential daily vitamins.

- a) resist b) stroll c) process d) bestow

24. Hormones help _____ human blood sugar levels after eating a very large meal.

- a) urge b) regulate c) swap d) stimulate

25. Despite feeling completely full, he was _____ hungry for a small sweet dessert.

- a) routinely b) chemically c) indeed d) still

26. A rich _____ of spices filled the entire kitchen during dinner preparation time.

- a) portion b) decade c) aroma d) hurdle

27. This thick vegetable soup is very _____ and keeps you satisfied for hours.

- a) inactive b) filling c) nutritional d) notable

28. Organic whole food contains no artificial _____ to keep it fresh for longer.

- a) legumes b) attitudes c) pledges d) preservatives

29. You should _____ eating fresh vegetables over sugary snacks every single day.

- a) bestow b) prioritise c) regulate d) consume

30. You must _____ the dried black beans in cold water overnight before cooking.

- a) resist b) stroll c) soak d) overlook

31. Over the past _____, many people have adopted healthier lifestyle habits worldwide.

- a) aroma b) decade c) inflammation d) malnutrition

32. A lentil is a popular _____ that contains very high amounts of protein.

- a) hurdle b) portion c) pledge d) legume

33. Do not ____ the great importance of getting enough restful sleep every night.

- a) process b) overlook c) subsidise d) stimulate

34. They like to ____ slowly through the park after finishing their evening meal.

- a) swap b) consume c) stroll d) urge

35. Modern farmers are encouraged to use ____ agriculture methods to protect local soil.

- a) tempting b) inactive c) sustainable d) filling

36. Healthy food options should be ____ for all working families on any budget.

- a) biological b) affordable c) notable d) effective

37. The fresh salad was ____ delicious and full of vibrant natural health flavors.

- a) routinely b) still c) indeed d) chemically

38. Check the ____ value label carefully before buying packaged snacks at the store.

- a) personalised b) nutritional c) tempting d) wholesome

39. The non-profit ____ distributes healthy hot lunches to schools across the city.

- a) fatigue b) legume c) organisation d) aroma

40. Governments often ____ local farm production to keep fresh food prices affordable.

- a) resist b) subsidise c) overlook d) soak

41. Teachers will ____ a major project on healthy eating habits to all students.

- a) stroll b) assign c) bestow d) process

42. Enzymes in your stomach help ____ complex food molecules very efficiently today.

- a) urge b) prioritize c) regulate d) break down

43. High organic costs remain a major ____ to buying fresh healthy food daily.

- a) decade b) hurdle c) portion d) pledge

44. The local bakery displayed many ____ chocolate cakes in the front glass window.

- a) inactive b) sustainable c) tempting d) notable

45. She prepares a/an ____ meal made from fresh natural healthy ingredients every day.

- a) biological b) wholesome c) affordable d) filling

46. Eating a/an ____ diet helps athletes perform at their best during competitions.

- a) inactive b) sustainable c) biological d) nutritious

47. Each active member signed a written ____ to support the new environmental policy.

- a) pledge b) portion c) decade d) hurdle

48. She cut the large birthday cake into a small ____ for each guest.

- a) aroma b) inflammation c) portion d) organisation

49. He simply could not ____ buying the warm fresh bread from the bakery.

- a) resist b) prioritize c) bestow d) regulate

50. Many distance runners ____ water for sports drinks during long athletic races today.

- a) soak b) swap c) assign d) overlook

51. His reckless ____ toward workplace safety caused several accidents at work today.

- a) attitude b) malnutrition c) fatigue d) legume

52. The university will ____ special academic honors upon the graduating student.

- a) process b) urge c) bestow d) subsidise

53. Wild hunting animals ____ large amounts of physical energy while searching for food.

- a) stroll b) consume c) resist d) overlook

54. Sitting down all day makes a person ____ and reduces overall muscle strength.

- a) wholesome b) effective c) inactive d) affordable

55. Her direct ____ in the work project guaranteed its successful completion on time.

- a) involvement b) nutrition c) decade d) hurdle

56. The team made a ____ discovery that changed modern medicine completely.

- a) tempting b) filling c) biological d) notable

57. Providing proper ____ prevents common diseases in growing young farm animals.

- a) nutrition b) preservatives c) organisation d) pledge

58. The local morning train ____ arrives late whenever it rains very heavily outside.

- a) chemically b) routinely c) still d) indeed

59. Bright vivid colors can ____ interest and draw customer attention to new products.

- a) regulate b) soak c) stimulate d) assign

60. School teachers ____ young students to read daily to build strong language skills.

- a) urge b) swap c) consume d) subsidise

61. Every living human organism has a unique ____ clock controlling daily sleep patterns.

- a) biological b) sustainable c) nutritional d) filling

62. The community pool water is ____ treated to kill harmful bacteria every afternoon.

- a) routinely b) chemically c) indeed d) still

63. Using a written checklist is a/an ____ method to stay well organized daily.

- a) effective b) inactive c) tempting d) affordable

64. Extreme muscle ____ made it nearly impossible for him to finish the marathon.

- a) nutrition b) fatigue c) legume d) aroma

65. Severe joint _____ made her left knee swell up after the hard fall.

- a) portion b) attitude c) inflammation d) involvement

66. Poor local soil quality can cause widespread _____ among young farm crops today.

- a) malnutrition b) decade c) hurdle d) preservatives

67. She ordered a _____ stamp featuring her full name written in decorative text.

- a) personalised b) wholesome c) biological d) notable

68. Large factories _____ raw wheat into fine white flour for commercial bakeries daily.

- a) resist b) process c) stroll d) bestow

69. Automatic traffic lights help _____ the flow of vehicles through busy city intersections.

- a) regulate b) urge c) swap d) stimulate

70. Although the heavy storm ended, dark clouds _____ covered the entire blue sky.

- a) routinely b) chemically c) still d) indeed

71. The sweet natural _____ of fresh ground coffee filled the entire hotel lobby.

- a) aroma b) decade c) portion d) hurdle

72. Warm oatmeal is a very _____ breakfast that prevents hunger until late lunchtime.

- a) inactive b) filling c) nutritional d) notable

73. Strong chemical _____ help keep packaged canned goods safe for several long years.

- a) legumes b) attitudes c) pledges d) preservatives

74. Very busy parents must _____ quick family meals when scheduling evening activities.

- a) prioritise b) bestow c) regulate d) consume

75. You should _____ the dirty work shirt in warm soapy water before washing.

- a) soak b) resist c) stroll d) overlook

76. It took almost a full _____ to rebuild the entire city after war.

- a) aroma b) decade c) inflammation d) malnutrition

77. A green chickpea is a healthy _____ packed with essential vitamins and fiber.

- a) legume b) hurdle c) portion d) pledge

78. Never _____ small legal details when reading an important contract document.

- a) process b) overlook c) subsidise d) stimulate

79. Many tired tourists love to _____ along the peaceful sandy beach at sunset.

- a) swap b) stroll c) consume d) urge

80. Clean solar power provides a/an _____ source of renewable energy for modern homes.

- a) sustainable b) tempting c) inactive d) filling

81. Public transit systems offer an _____ way to travel across the entire city.

- a) biological b) affordable c) notable d) effective

82. The final physics exam was _____ challenging for all the high school students.

- a) indeed b) routinely c) still d) chemically

83. Fresh organic apples offer great _____ benefits for young growing active children.

- a) personalised b) nutritional c) tempting d) wholesome

84. A non-profit _____ provided clean drinking water to remote mountain villages daily.

- a) fatigue b) legume c) organisation d) aroma

85. Big cities often _____ public bus routes to keep daily ticket prices low.

- a) subsidise b) resist c) overlook d) soak

86. The office manager will _____ specific work tasks to each member of team.

- a) stroll b) assign c) bestow d) process

87. Useful bacteria in soil _____ organic matter into helpful plant nutrients daily.

- a) break down b) urge c) prioritize d) regulate

88. Lack of project money was the biggest _____ in finishing the home construction.

- a) decade b) hurdle c) portion d) pledge

89. Warm sweet apple pie is a/an _____ treat on cold winter evenings inside.

- a) inactive b) sustainable c) tempting d) notable

90. Simple hot fresh soup provides a _____ meal for cold winter nights home.

- a) biological b) wholesome c) affordable d) filling

GRADE 10 UNIT 1 GRAMMAR

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

- 01.They ____ go to the beach on the weekends during summer. They didn't skip any.
a) rarely b) always c) never d) often
- 02.The team ____ a workshop that focuses on improving communication skills now.
a) attended b) attends c) is attending d) had attended
- 03.____ do you usually spend your free time?
a) How long b) Where c) Who d) What
- 04.My brothers ____ walk to work every morning, they drive their own cars.
a) don't b) didn't c) weren't d) won't
- 05.Public gardens usually ____ regular maintenance to stay clean and safe for visitors.
a) needed b) will need c) need d) are needing
- 06.Look! The supervisor ____ the main hall to check the preparations.
a) is inspecting b) inspected c) inspects d) will inspect
- 07.He ____ arrives late for work; he is always the first one in the office.
a) sometimes b) often c) always d) never
- 08.Listen! The children ____ their favorite song in the garden.
a) are singing b) have sung c) sing d) sang
- 09.Water ____ at 100 degrees Celsius under normal atmospheric pressure.
a) boiled b) boils c) will boil d) is boiling
- 10.She ____ coffee in the evening because it keeps her awake.
a) doesn't drink b) hasn't drunk c) isn't drinking d) didn't drink
- 11.At the moment, we ____ a new grammar module for the curriculum.
a) designed b) are designing c) design d) have designed
- 12.How ____ do you visit the public library during the month?
a) long b) much c) often d) many
- 13.My sister ____ works on weekends unless there is an urgent task.
a) rarely b) frequently c) usually d) always
- 14.The Earth ____ around the Sun in an elliptical orbit.
a) revolves b) revolved c) is revolving d) will revolve
- 15.Why ____ you making so much noise while everyone is studying?
a) possess b) did c) do d) are

16. He _____ takes a short walk after dinner to stay healthy.

- a) seldom b) usually c) never d) rarely

17. We _____ for our final exam right now, so please be quiet.

- a) revised b) revise c) are revising d) have revised

18. The sun _____ in the east and sets in the west every day.

- a) rose b) rises c) is rising d) will rise

19. I _____ understand why he is acting so strangely today.

- a) don't b) am not c) didn't d) haven't

20. They _____ football on Fridays; it is their weekly habit.

- a) play b) are playing c) have played d) played

21. Where _____ your father work at present?

- a) did b) does c) do d) is

22. She is _____ punctual; she has never arrived late in her life.

- a) seldom b) always c) never d) rarely

23. What _____ you doing under the table right now?

- a) have b) do c) are d) did

24. Nurses _____ care of patients in hospitals every single day.

- a) took b) take c) are taking d) have taken

25. The train to the capital _____ at 8:00 AM sharp every morning.

- a) leaves b) is leaving c) left d) will leave

26. He _____ eats fast food because he prefers healthy home-cooked meals.

- a) always b) often c) seldom d) usually

27. Look at that bird! It _____ a nest high up in the tree.

- a) built b) builds c) is building d) has built

28. How _____ do they practice their conversational English skills?

- a) often b) long c) much d) many

29. I _____ complete silence when I am reading an important document.

- a) need b) am needing c) needed d) will need

30. She _____ goes to the market on Saturday mornings without fail.

- a) hardly b) never c) rarely d) always

31. Right now, the technicians _____ the main internet server.

- a) repaired b) are repairing c) repair d) have repaired

32. My parents _____ live in a small village near the coast.

- a) currently b) do c) are d) always

33. He _____ forgets his keys; he leaves them on the table every day.

- a) seldom b) rarely c) constantly d) never

34. Be quiet! The baby _____ peacefully in the next room.

- a) is sleeping b) sleeps c) slept d) has slept

35. Vegetarians _____ eat meat or poultry products.

- a) didn't b) don't c) haven't d) aren't

36. What time _____ the school gate open in the morning?

- a) does b) is c) do d) did

37. They are _____ busy on Mondays due to weekly staff meetings.

- a) usually b) seldom c) rarely d) never

38. Listen! Someone _____ at the front door.

- a) knocked b) knocks c) is knocking d) has knocked

39. Honest people _____ tell lies to deceive others.

- a) frequently b) always c) often d) never

40. Currently, our team _____ on a major educational project.

- a) is working b) works c) worked d) has worked

41. She _____ speaks French fluently because she lived in Paris.

- a) dynamic b) currently c) always d) does

42. Why _____ the dog barking so loudly at the moment?

- a) does b) is c) has d) did

43. I _____ watch horror movies; I find them far too terrifying.

- a) rarely b) always c) often d) frequently

44. The general manager _____ interviews with the new applicants now.

- a) conducted b) conducts c) is conducting d) has conducted

45. Water _____ of hydrogen and oxygen molecules.

- a) consisted b) is consisting c) consists d) will consist

46. How often _____ your brother wash his private car?

- a) is b) does c) do d) did

47. She _____ wears formal dresses; she prefers casual clothes.

- a) usually b) always c) seldom d) often

48.Look! The river _____ much faster today than yesterday.

- a) is flowing b) flows c) flowed d) has flowed

49.Teachers _____ great patience when explaining complex lessons.

- a) require b) are requiring c) required d) will require

50.At present, my uncle _____ a new house near the beach.

- a) built b) is building c) builds d) has built

51.He _____ complains about his job; he absolutely loves what he does.

- a) never b) always c) often d) frequently

52.Where _____ they going for their annual vacation this week?

- a) do b) did c) are d) have

53.Cats _____ seeing in the dark much better than humans do.

- a) do b) are c) can d) always

54.She _____ her emails every single morning before breakfast.

- a) checks b) is checking c) checked d) has checked

55.Look! That man _____ to open your car door!

- a) tried b) is trying c) tries d) has tried

56.How _____ times a week do you exercise at the gym?

- a) many b) often c) much d) long

57.He is _____ polite and respectful to everyone he meets.

- a) seldom b) rarely c) always d) never

58.Why _____ you wearing a heavy coat indoors today?

- a) did b) do c) are d) have

59.Light _____ faster than sound waves through the air.

- a) travels b) is traveling c) traveled d) will travel

60.They _____ have lunch at noon; they usually wait until 2 PM.

- a) don't b) aren't c) haven't d) didn't

61.At the moment, she _____ an interesting historical novel.

- a) read b) is reading c) reads d) has read

62.He _____ misses a day of school; his attendance record is perfect.

- a) usually b) often c) always d) never

63.What _____ your father do for a living?

- a) is b) does c) do d) did

64. Listen! The instructor ____ the main rules of the examination.

- a) is explaining b) explains c) explained d) has explained

65. Good students ____ complete their homework assignments on time.

- a) never b) seldom c) rarely d) always

66. I cannot help you right now because I ____ my online class.

- a) am attending b) attend c) attended d) have attended

67. The sun ____ brightly in the sky today.

- a) shines b) is shining c) shone d) has shone

68. She bought a/an ____ bag at the boutique in town yesterday morning.

- a) beautiful Italian leather b) leather Italian beautiful
c) Italian leather beautiful d) beautiful leather Italian

69. My brother lives in a ____ house near the blue ocean shore.

- a) wooden big old b) big old wooden
c) old big wooden d) wooden old big

70. She received a ____ dress as a gift for her birthday party.

- a) silk pretty red b) pretty silk red
c) pretty red silk d) red pretty silk

71. He drives a/an ____ sports car to his office every single day.

- a) fast Italian new b) Italian new fast
c) new fast Italian d) fast new Italian

72. They found a/an ____ chest buried in the sand on the beach.

- a) heavy old wooden b) wooden old heavy
c) heavy wooden old d) old wooden heavy

73. She is wearing a ____ jacket to the outdoor music festival today.

- a) modern green denim b) denim green modern
c) green modern denim d) modern denim green

74. He gave her a ____ ring on their wedding anniversary last night.

- a) gold shiny small b) shiny small gold
c) small gold shiny d) gold small shiny

75. They live in a ____ apartment building in the city center area.

- a) tall brick modern b) modern tall brick
c) brick modern tall d) tall modern brick

76. She bought a _____ table for her new apartment dining room space.

a) round large wooden

b) large round wooden

c) wooden large round

d) large wooden round

77. He wore a/an _____ tie to the formal business job interview yesterday.

a) silk elegant black

b) elegant silk black

c) elegant black silk

d) black silk elegant

78. We saw a _____ dog running through the park this afternoon rapidly.

a) fluffy brown small

b) small fluffy brown

c) brown small fluffy

d) fluffy small brown

79. My mother bought some _____ bowls at the antique market downtown today.

a) Chinese ceramic lovely

b) lovely Chinese ceramic

c) ceramic lovely Chinese

d) lovely ceramic Chinese

80. She put on a _____ scarf before going out into the cold.

a) woolen warm long

b) warm long woolen

c) long woolen warm

d) woolen long warm

81. They visited a/an _____ castle during their summer trip to Europe recently.

a) ancient stone huge

b) stone huge ancient

c) huge ancient stone

d) ancient huge stone

82. He carries a _____ briefcase with him to work every morning.

a) leather black classic

b) classic black leather

c) black classic leather

d) classic leather black

83. She was sitting on a _____ sofa in the living room area.

a) comfortable velvet red

b) comfortable red velvet

c) red comfortable velvet

d) velvet red comfortable

84. They adopted a _____ kitten from the animal shelter last weekend local.

a) cute grey little

b) cute little grey

c) little grey cute

d) grey cute little

85. She served lunch on a/an _____ tray in the garden area outside.

a) silver antique small

b) small antique silver

c) antique small silver

d) small silver antique

Choose as required between brackets:

01. She found a/an (leather / Italian / beautiful) bag at the store. (Reorder)

- a) She found an Italian beautiful leather bag at the store.
- b) She found a beautiful Italian leather bag at the store.
- c) She found a leather beautiful Italian bag at the store.

02. They visit their grandparents every weekend during the cold winter. (Make negative)

- a) They do not visit their grandparents every weekend during winter.
- b) They did not visit their grandparents every weekend during winter.
- c) They are not visiting their grandparents every weekend during winter.

03. The students are preparing a short presentation about solar energy. (Ask a question)

- a) What do the students prepare for their school project today?
- b) What are the students preparing for their school project today?
- c) What did the students prepare for their school project today?

04. Water (freeze) at zero degrees Celsius under normal weather conditions. (Correct)

- a) Water is freezing at zero degrees Celsius under normal conditions.
- b) Water freezes at zero degrees Celsius under normal weather conditions.
- c) Water froze at zero degrees Celsius under normal weather conditions.

05. Listen! Someone (knock) at the front door right now. (Correct)

- a) Listen! Someone is knocking at the front door right now.
- b) Listen! Someone knocks at the front door right now.
- c) Listen! Someone knocked at the front door right now.

06. My brother bought a/an (wooden / old / round) table yesterday morning. (Reorder)

- a) My brother bought an old round wooden table yesterday morning.
- b) My brother bought a wooden old round table yesterday morning.
- c) My brother bought a round wooden old table yesterday morning.

07. He works late on Friday evenings to finish his report. (Make negative)

- a) He does not work late on Friday evenings to finish.
- b) He did not work late on Friday evenings to finish.
- c) He is not working late on Friday evenings to finish.

08. The mechanics are repairing the broken car inside the garage. (Ask a question)

- a) What do the mechanics repair inside the garage right now?
- b) What are the mechanics repairing inside the garage right now?
- c) What will the mechanics repair inside the garage right now?

09.The sun (rise) in the east every single morning clearly.

- a) The sun is rising in the east every single morning.
- b) The sun rises in the east every single morning clearly.
- c) The sun rose in the east every single morning clearly.

10.Look! The children (play) in the large green garden.

(Correct)

- a) Look! The children play in the large green garden today.
- b) Look! The children are playing in the large green garden.
- c) Look! The children played in the large green garden today.

11.She wore a/an (silk / elegant / red) dress to the party.

(Reorder)

- a) She wore a red elegant silk dress to the party.
- b) She wore an elegant red silk dress to the party.
- c) She wore a silk elegant red dress to the party.

12.We travel abroad during the summer holiday with our friends.

(Make negative)

- a) We do not travel abroad during the summer holiday together.
- b) We did not travel abroad during the summer holiday together.
- c) We have not traveled abroad during the summer holiday together.

13.The scientist is testing a new discovery inside the laboratory.

(Ask a question)

- a) What is the scientist testing inside the laboratory right now?
- b) What does the scientist test inside the laboratory right now?
- c) What did the scientist test inside the laboratory right now?

14.Nurses (care) for sick patients in the hospital every day.

(Correct)

- a) Nurses are caring for sick patients in the hospital today.
- b) Nurses care for sick patients in the hospital every day.
- c) Nurses cared for sick patients in the hospital every day.

15.Keep quiet! The baby (sleep) in the bedroom now.

(Correct)

- a) Keep quiet! The baby sleeps in the bedroom right now.
- b) Keep quiet! The baby is sleeping in the bedroom now.
- c) Keep quiet! The baby slept in the bedroom right now.

16.They drive a/an (German / modern / fast) car on the highway.

(Reorder)

- a) They drive a modern fast German car on the highway.
- b) They drive a fast German modern car on the highway.
- c) They drive a German fast modern car on the highway.

17. The store opens early on Saturday morning for all customers.

- a) The store does not open early on Saturday morning today.
- b) The store did not open early on Saturday morning today.
- c) The store is not opening early on Saturday morning today.

18. The volunteers are planting green trees along the main street.

(Ask a question)

- a) What are the volunteers planting along the main street today?
- b) What do the volunteers plant along the main street today?
- c) What did the volunteers plant along the main street today?

19. Earth (revolve) around the sun in a very constant orbit.

(Correct)

- a) Earth is revolving around the sun in a constant orbit.
- b) Earth revolves around the sun in a very constant orbit.
- c) Earth revolved around the sun in a very constant orbit.

20. Hurry up! The train (arrive) at the station now.

(Correct)

- a) Hurry up! The train arrives at the station right now.
- b) Hurry up! The train is arriving at the station now.
- c) Hurry up! The train arrived at the station right now.

21. He bought a/an (woolen / warm / grey) sweater for the winter.

(Reorder)

- a) He bought a warm grey woolen sweater for the winter.
- b) He bought a grey woolen warm sweater for the winter.
- c) He bought a woolen warm grey sweater for the winter.

22. The chef prepares dinner for the special guests every evening.

(Make negative)

- a) The chef does not prepare dinner for the special guests.
- b) The chef did not prepare dinner for the special guests.
- c) The chef is not preparing dinner for the special guests.

23. The engineers are building a new bridge across the river.

(Ask a question)

- a) What do the engineers build across the river right now?
- b) What are the engineers building across the river right now?
- c) What will the engineers build across the river right now?

24. Good students (study) hard for their final exams every year.

(Correct)

- a) Good students are studying hard for their exams every year.
- b) Good students study hard for their final exams every year.
- c) Good students studied hard for their final exams every year.

25. Watch out! That tall tree (fall down) right now.

- a) Watch out! That tall tree falls down right now today.
- b) Watch out! That tall tree is falling down right now.
- c) Watch out! That tall tree fell down right now today.

26. She lives in a/an (brick / old / cozy) house in town.

(Reorder)

- a) She lives in a cozy old brick house in town.
- b) She lives in an old brick cozy house in town.
- c) She lives in a brick cozy old house in town.

27. The teacher explains the grammar lesson clearly to all students.

(Make negative)

- a) The teacher does not explain the lesson clearly to all.
- b) The teacher did not explain the lesson clearly to all.
- c) The teacher is not explaining the lesson clearly to all.

28. The famous author is writing a new mystery novel today.

(Ask a question)

- a) What is the famous author writing for his readers today?
- b) What does the famous author write for his readers today?
- c) What did the famous author write for his readers today?

29. Spiders (make) strong webs to catch small insects for food.

(Correct)

- a) Spiders are making strong webs to catch insects for food.
- b) Spiders make strong webs to catch small insects for food.
- c) Spiders made strong webs to catch small insects for food.

30. Look at the sky! Dark clouds (gather) very fast.

(Correct)

- a) Look at the sky! Dark clouds gather very fast today.
- b) Look at the sky! Dark clouds are gathering very fast.
- c) Look at the sky! Dark clouds gathered very fast today.

31. He carries a/an (metal / heavy / black) box to his car.

(Reorder)

- a) He carries a heavy black metal box to his car.
- b) He carries a black metal heavy box to his car.
- c) He carries a metal heavy black box to his car.

32. The bus leaves the central station at seven o'clock sharp.

(Make negative)

- a) The bus does not leave the central station at seven.
- b) The bus did not leave the central station at seven.
- c) The bus is not leaving the central station at seven.