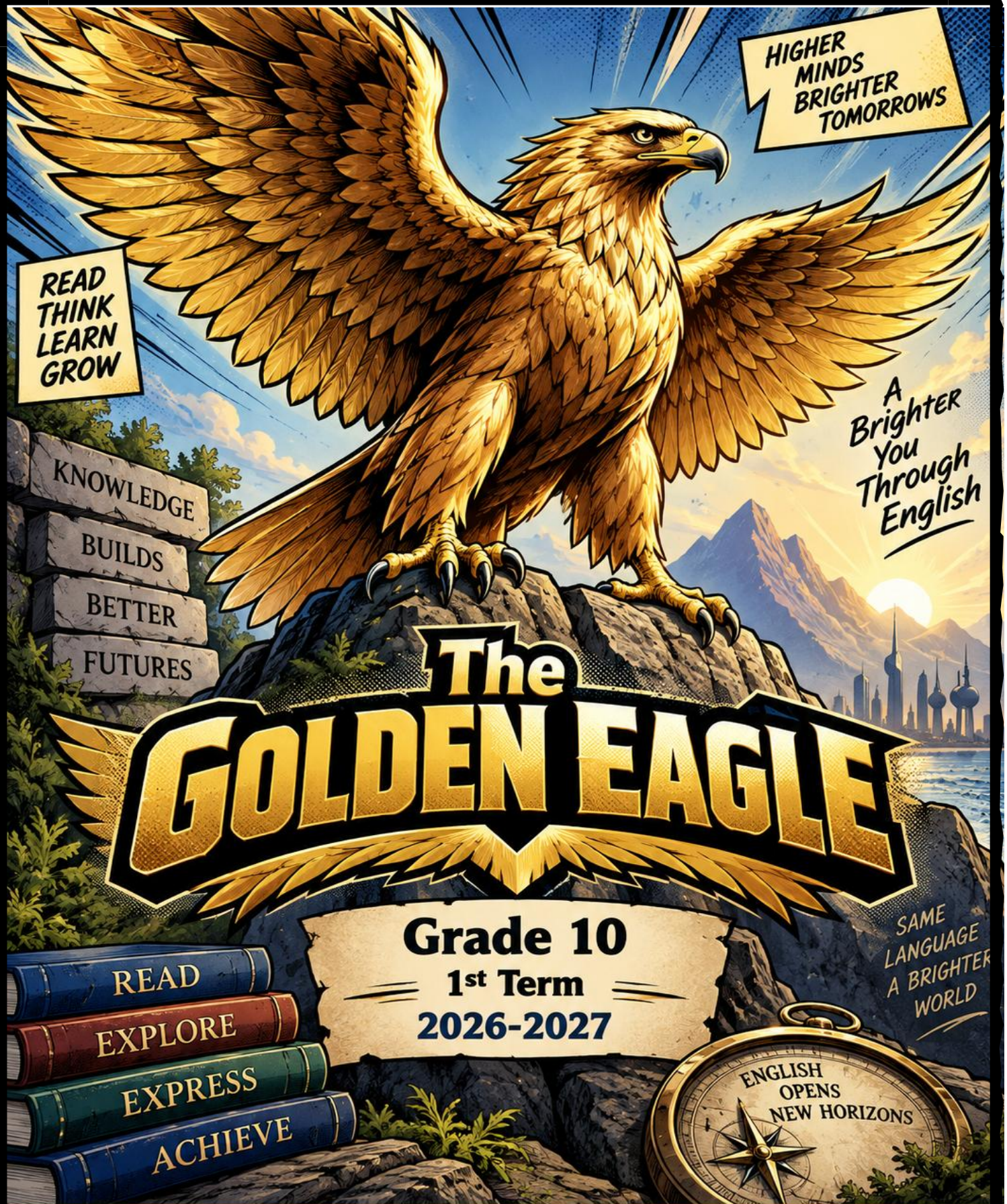




Mr. Muhammad Ahmad Fathy



YouTube: muhamedfathy283



Telegram: englishkuwaitq8



TikTok: Hunterx2m7

Good
Food
Brighter
Minds



Grade 10 - Vocabulary - 1st Term 2026-2027

Unit 1: The Science of Nutrition



Healthy
Students
Happier
Futures

Nourish
Your Potential

Lesson 01: Food Log Reflection - SB p.17

#	Word	(P.O.S.)	Arabic Meaning
1	nutritious	(adj.)	مغذي
2	portion	(n.)	حصة / كمية محددة
3	swap	(v.)	يستبدل
4	resist	(v.)	يقاوم
5	pledge	(n.)	تعهد / وعي

Lesson 02: The Evolution of the Kuwaiti Diet - SB p.18

#	Word	(P.O.S.)	Arabic Meaning
6	bestow	(v.)	يمنح / يعطي
7	nutrition	(n.)	التغذية
8	urge	(v.)	يحث / يشجع بقوة
9	routinely	(adv.)	بشكل روتيني / بانتظام
10	inactive	(adj.)	خامل / غير نشيط
11	attitude	(n.)	موقف / توجه
12	stimulate	(v.)	يحفز / يشجع
13	consume	(v.)	يستهلك / يتناول
14	notable	(adj.)	ملحوظ / بارز
15	involvement	(n.)	مشاركة / انخراط

Lesson 04: The Heritage Lunchbox - SB p.21

#	Word	(P.O.S.)	Arabic Meaning
16	prioritise	(v.)	يعطي الأولوية لـ
17	soak	(v.)	ينقع
18	filling	(n.)	مشبع
19	aroma	(n.)	رائحة / نكهة عطرية
20	preservatives	(n.)	مواد حافظة

Lesson 05: International School Meal Systems - SB p.27

#	Word	(P.O.S.)	Arabic Meaning
21	subsidise	(v.)	يدعم مالياً
22	affordable	(adj.)	بسر مناسب / في المتناول
23	organization	(n.)	تنظيم
24	indeed	(adv.)	بالفعل / حقاً
25	nutritional	(adj.)	غذائي / متعلق بالتغذية

Lesson 07: Personalised Nutrition - SB p.24

#	Word	(P.O.S.)	Arabic Meaning
26	malnutrition	(n.)	سوء التغذية
27	effective	(adj.)	فعال / مؤثر
28	personalised	(adj.)	مخصص / مصمم حسب الاحتياج
29	biological	(adj.)	بيولوجي / حيوي
30	chemically	(adv.)	كيميائياً
31	process	(n.)	يعالج / يتعامل مع
32	fatigue	(n.)	إرهاق / تعب
33	inflammation	(n.)	التهاب
34	regulate	(v.)	ينظم
35	still	(adv.)	لا يزال / ما زال

Lesson 09: The Mediterranean Secret - SB p.27

#	Word	(P.O.S.)	Arabic Meaning
36	sustainable	(adj.)	مستدام / قابل للاستمرار
37	legume	(n.)	بقوليات
38	stroll	(v.)	يتمشى / يتنزه
39	decade	(n.)	عقد (10 سنوات)
40	overlook	(v.)	يغفل / يتجاهل

Lesson 10: Food Marketing - SB p.28

#	Word	(P.O.S.)	Arabic Meaning
41	hurdle	(n.)	عائق / عقبة
42	wholesome	(adj.)	صحي / مغذ
43	tempting	(adj.)	مغري / جذاب
44	assign	(v.)	يكلف / يعين
45	breakdown	(ph. v.)	يحلل / يفكك



Small healthy choices
today make a brighter tomorrow. ♥



Mr. Muhammad Ahmad Fathy



YouTube: muhamedfathy283



Telegram: englishkuwaitq8



TikTok: Hunterx2m7



Knowledge
Feeds
A Brighter
Tomorrow

Unit 01

The Science of Nutrition

Lesson 01

Food Log Reflection

SB p.17

Eat
Learn
Be Healthy
Be Happy

Small
Changes
Big
Results



Healthy Choices
Brighter Lives



No.	Word	Related Words	Arabic
1	nutritious (adj.)		مغذي
2	portion (n.)		حصة / كمية محددة
3	swap (v.)		يستبدل
4	resist (v.)		يقاوم
5	pledge (n.)		تعهد / وعد

A Choose the correct answer from a, b, c, or d:

1 A meal provides the body with the nutrients it needs to stay healthy.

- a. inactive b. nutritious c. notable d. inactive



2 Eating a smaller can help people control the amount of food they consume.

- a. attitude b. nutrition c. filling d. portion



3 You can sugary drinks for healthier choices such as water or fresh juice.

- a. swap b. stimulate c. prioritise d. consume



4 Teenagers should learn to the temptation to eat too much fast food.

- a. urge b. soak c. resist d. bestow



5 The students made a to improve their eating habits for the whole month.

- a. involvement b. pledge c. attitude d. nutrition



6 Instead of eating unhealthy snacks, you can them for healthier alternatives.

- a. consume b. stimulate c. prioritise d. swap



B Fill in the spaces with words from the list:

(resist – nutritious – pledge – swap – portion)

1 Teenagers should choose meals that provide them with enough energy.



2 Eating a reasonable of food can help you maintain a healthy weight.



3 You can unhealthy snacks for healthier choices such as fruit and nuts.



4 It can be difficult to the temptation to eat fast food every day.



5 Our class made a to follow healthier eating habits this term.



Unit 01The Science
of Nutrition**Vocabulary****Lesson 02: The Evolution of the Kuwaiti Diet**

SB p.18

Good
Food
Brighter
Lives 😊Healthy
Choices
Happier
Lives

No.	Word	(POS)	Related Words	Arabic
6	bestow	(v.)		يمنح / يعطي
7	nutrition	(n.)		التغذية
8	urge	(v.)		يحث / يشجع بقوة
9	routinely	(adv.)		بشكل روتيني / بانتظام
10	inactive	(adj.)		خامل / غير نشيط
11	attitude	(n.)		موقف / توجه
12	stimulate	(v.)		يحفز / يشجع
13	consume	(v.)		يستهلك / يتناول
14	notable	(adj.)		ملحوظ / بارز
15	involvement	(n.)		مشاركة / انخراط

A

Choose the correct answer from a, b, c, or d:

1

Doctors often teenagers to follow a balanced diet and exercise regularly.

- a. consume b. stimulate c. urge d. bestow

**2**

Good plays an important role in keeping the body healthy and strong.

- a. attitude b. nutrition c. involvement d. pledge

**3**

Regular exercise can the body and improve health.

- a. stimulate b. consume c. urge d. bestow

**4**

People who remain for long periods may face health problems.

- a. nutritious b. affordable c. notable d. inactive

**5**

We need to change our towards unhealthy habits.

- a. nutrition b. involvement c. attitude d. nutrition

**6**

Teenagers should not too much unhealthy food.

- a. stimulate b. bestow c. urge d. consume

**B**

Fill in the spaces with words from the list:

(nutrition – routinely – involvement – bestow – notable)

1

Healthy food can many benefits on our bodies.

**2**

Hana chooses fresh food instead of fast food.

**3**

Family is important for young people.

**4**

There has been a change in Adham's attitude at school.

**5**

Good is important for a healthy and active life.



Unit 01

The Science of Nutrition



Set Book Questions

The Evolution of the Kuwaiti Diet

SB p.18

أسئلة الكتاب

Read Think Choose!



1 What was the traditional Kuwaiti diet based on?

- Its on fresh fish and dates.
- It included rice and a few vegetables.



2 Why did pearl divers and fishermen need healthy and energetic food?

- They worked for long hours.
- They needed energy for diving and sailing.



3 How did the discovery of oil change eating habits in Kuwait?

- Supermarkets and restaurants became common.
- Fast food and unhealthy meals became more available.



4 Why have fast-food restaurants become popular in modern Kuwait?

- They are quick and convenient.
- They offer many different food choices.



5 How has technology affected people's physical activity?

- People spend more time indoors.
- They do less physical activity and exercise.



6 What health problems are caused by unhealthy eating habits and inactive lifestyles?

- They can cause obesity.
- They can also lead to diabetes.



7 Why was obesity almost unknown in Kuwait in the past?

- People ate natural and healthy food.
- They had active lifestyles.



8 What can teenagers do to have a healthier lifestyle?

- They can exercise regularly.
- They can eat healthy and balanced meals.



9 How can Kuwait encourage young people to follow healthy eating habits?

- It can provide educational programme.
- It can encourage more physical activity.



10 What is the main difference between the Kuwaiti diet in the past and nowadays?

- In the past, people ate natural and balanced meals.
- Nowadays, people eat more fast food and are less active.



PRESENT SIMPLE

المضارع البسيط

نستخدم المضارع البسيط للتحدث عن:

- العادات اليومية (Routines)
- الحقائق (Facts)

I go to school every day.
The sun rises in the east.

ما هو المضارع البسيط؟

تعال نتعلم!

2 صيغة الإثبات (Affirmative)

I / You / We / They
فاعل + الفعل في المصدر (Base Verb)

- I play football.
- They study English.

He / She / It
فاعل + الفعل + s / es

- She brushes her teeth every day.
- He plays football.
- It rains in winter.

تذكر: He / She / It نضيف s أو es للفعل.

3 صيغة النفي (Negative)

I / You / We / They
فاعل + don't + الفعل

- I don't play video games at night.

He / She / It
الفعل + doesn't + الفعل

بعد doesn't نضع الفعل إلى شكله الأصلي (يدون s).

Dalal doesn't sleep late.

4 سؤال نعم أو لا (Yes / No Questions)

I / You / We / They
الفعل + الفاعل + Do

- Do you like pizza?

He / She / It
الفعل + الفاعل + Does

- Does your brother like music?

بعد Does لا نضيف s للفعل.

5 السؤال بأداة استفهام (Wh- Questions)

أدوات الاستفهام:

- What = ماذا
- Where = أين
- When = متى
- Why = لماذا
- Who = من
- How = كيف

Wh-word + Do / Does + الفاعل + الفعل؟

- When do you go to school?
- Where does Sara live?

6 الكلمات الدالة (Key Words)

إذا رأيت هذه الكلمات، فغالبًا نستخدم المضارع البسيط:

always دائمًا	usually عادة	sometimes أحيانًا	every day كل يوم	every week كل أسبوع	every month كل شهر

ملخص سريع

✓ الإثبات	I/You/We/They + فعل He/She/It + فعل + s
✗ النفي	don't / doesn't + الفعل
? Yes / No	Do / Does + الفاعل + الفعل
? Wh-	Wh + Do / Does + الفاعل + الفعل؟
💡 الكلمات الدالة	always – usually – sometimes – every day/week/month

Unit 01

The Science of Nutrition

Grammar:

Present Simple and Adverbs of Frequency

SB p.20

- ✓ Always
- ✓ Usually
- ✓ Sometimes
- ✓ Never
- ✓ Every day ...



A Choose the correct answer from a, b, c or d:-

- 1 My father always tea before breakfast.
a. drink b. drinks c. drinking d. drunk



- 2 We our grandparents every month.
a. visits b. visiting c. have visited d. visit



- 3 Omar vegetables usually because he doesn't like them.
a. doesn't eat b. don't eat c. eaten d. eating



- 4 My sister usually her homework after lunch.
a. do b. doing c. does d. will do



- 5 your friends play basketball every Friday?
a. Does b. Is c. Has d. Do



- 6 The teacher always the students kindly.
a. help b. is helping c. was helped d. helps



- 7 We sometimes TV after dinner.
a. don't watch b. doesn't watch c. won't watch d. were watching



- 8 My mother lunch every day.
a. cook b. has cooked c. cooks d. cooked



B Do as shown between breackerts:

- 1 Hana drink orange juice every morning. (Correct the mistake)
a) Hana drank orange juice every morning.
b) Hana drinking orange juice every morning.
c) Hana drinks orange juice every morning.



- 5 My father drinks coffee in the morning. (Make negative)
a) My father don't drink coffee in the morning.
b) My father doesn't drinks coffee in the morning.
c) My father doesn't drink coffee in the morning.



- 2 We eat fast food every day. (Make negative)
a) We doesn't eat fast food every day.
b) We don't eat fast food every day.
c) We aren't eat fast food every day.



- 6 The children study English every day at 5 pm. (Ask a question)
a) When did the children study English?
b) When were the children studying English ?
c) When do the children study English?



- 3 Yes, Adham plays football usually after school. (Make a question)
a) Do Adham play football after school?
b) Does Adham plays football after school?
c) Does Adham play football after school?



- 7 Your mother prepares healthy meals. (Make a question)
a) Does your mother prepare healthy meals?
b) Does your mother prepares healthy meals?
c) Do your mother prepare healthy meals?



- 4 Does Mona eats vegetables every day? (Correct the mistake)
a) Does Mona eats vegetables every day?
b) Does Mona eat vegetables every day?
c) Do Mona eat vegetables every day?



- 8 Rashed stays at home at the weekends. (Use: never)
a) Rashed stays never at home at the weekends.
b) Rashed never stays at home at the weekends.
c) Rashed never stay at home at the weekends.



Unit 01

The Science of Nutrition

Lesson 04

The Heritage Lunchbox

SB p.21

Good Food Connects People!



No.	Word	Related Words	Arabic Meaning
16	prioritise (v.)		يعطي الأولوية
17	soak (v.)		يتقع
18	filling (n.)		الحشوة
19	aroma (n.)		رائحة زكية / عطرية
20	preservatives (n.)		مواد حافظة

A

Choose the correct answer from a, b, c, or d:



Healthy Choices Happy Lives!

1

The pleasant of fresh bread filled the kitchen.

- a. portion b. attitude c. aroma d. pledge

2

Students should their health when making daily choices.

- a. prioritise b. consume c. resist d. stimulate

3

Some packaged foods contain to keep them fresh longer.

- a. nutrition b. involvement c. filling d. preservatives

4

The sandwich has a delicious made with fresh vegetables.

- a. filling b. nutrition c. portion d. attitude



5

You should the beans in water before cooking them.

- a. urge b. soak c. consume d. swap

Good Food Better Mood!

B

Fill in the spaces with words from the list:

(soak – presevatives – filling – aroma – prioritise)

6

The wonderful of spices spread through the restaurant.

7

Athletes should getting enough sleep before competitions.

8

This soup is very so one bowl is enough for me.

9

You need to the rice for thirty minutes before preparing the dish.

10

Natural food usually have fewer than processed food.



Traditional Food Lasts Longer!

Unit 01**The Science of Nutrition****Lesson 05****International School Meal Systems****SB p.22**

Healthy
Students
Brighter
Futures!

No.	Word	Related Words	Arabic Meaning
21	subsidise (v.)		يدعم مالياً
22	affordable (adj.)		بسعر مناسب في المتناول
23	organization (n.)		تنظيم
24	indeed (adv.)		بالفعل / حقاً
25	nutritional (adj.)		غذائي / متعلق بالتغذية

A**Choose the correct answer from a, b, c, or d:****1**

The test was more difficult than I expected.

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

2

Food labels provides useful information about a product.

- a. affordable b. inactive c. nutritional d. biological

3

Adham joined a voluntary last year to help the poor.

- a. filling b. attitude c. portion d. organization

4

Local markets offer fresh food at prices for most families.

- a. affordable b. inactive c. biological d. nutritional

5

The new health program was a great success.

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

6

The government will milk to make it cheaper for babies.

- a. subsidise b. swap c. consume d. stimulate

B**Fill in the spaces with words from the list:**

(nutritional – subsidise – organization – affordable – indeed)

7

Careful is necessary when planning a large school event.

8

The new sports centre is for most students and families.

9

Governments sometimes public services to reduce their cost.

10

The school meal is a good choice for students.

11

Students should learn about the value of different foods.



Unit 01

The Science of Nutrition



Lesson 05

Speaking – Language Functions

SB p.22



Write what would you say in the following situations:

- 1 You meet a new student at school. Introduce yourself.
.....
- 2 You join a new school club. Introduce yourself to the other students.
.....
- 3 You meet your English teacher for the first time. Introduce yourself politely.
.....
- 4 Your friend asks you about the best way to stay healthy. Give your opinion.
.....
- 5 Your teacher asks you about the importance of eating healthy food.
.....
- 6 Your friend asks you what you think about eating fast food every day.
.....
- 7 Your teacher suggests using AI technology in your class.
.....
- 8 Your friend does not exercise at all. Tell him why exercise is important.
.....
- 9 Your friend eats too many sweets.
.....
- 10 Your teacher asks you about the best habit for a healthy lifestyle.
.....
- 11 Your friend asks you about the worst eating habit for teenagers.
.....
- 12 Your class is talking about healthy food. State one advantage of it.
.....
- 13 Your friend asks you about one disadvantage of eating too much junk food.
.....
- 14 Your teacher asks you about the advantages of doing exercise regularly.
.....
- 15 Your friend spends many hours playing video games. Comment on this choice.
.....
- 16 You see a new invention for a healthy food restaurant. Express your opinion.
.....
- 17 Your teacher asks you what you think about recycling.
.....
- 18 Your friend asks you about the best way to protect the environment.
.....
- 19 Your class is discussing renewable energy. Say what you believe about it.
.....
- 20 Your friend asks you whether using reusable bags is a good choice or not.
.....

Speak
Think
Share
Grow!



SCHOOL CANTEEN
FRESH
HEALTHY
TASTY

HEALTHY STUDENTS
BRIGHTER
TOMORROW

WRITING PLAN

Healthy Choices, Brighter Futures

“O believers! Eat from the good things We have provided for you. And give thanks to Allah if you truly worship Him alone.”
(Surah Al-Baqarah, 2:172)

Plan and write a paragraph of no fewer than 12 sentences (around 120–140 words) explaining the **benefits** of the healthy food options in the canteen and **suggesting further alternative options**.

Good Food
Good Mood
Better Learning! ❤️

HEALTHY FOOD

HEALTHY MIND

BRIGHTER FUTURE

1 Introduction المقدمة

- 1 Healthy food is important for everyone. الطعام الصحي مهم للجميع.
- 2 Students need healthy food to stay strong and active. يحتاج الطلاب إلى الطعام الصحي ليبقوا أقوياء ونشيطين.
- 3 Our school canteen can help us make healthy choices. يمكن لمقصف المدرسة أن يساعدنا على اختيار الطعام الصحي.



2 Body Paragraph 1 – Benefits الفقرة الأولى – الفوائد

Topic sentence: Healthy food options in the canteen have many benefits.
الجملة الرئيسية: خيارات الطعام الصحي في المقصف لها فوائد كثيرة.

- 1 They give students energy. تمنح الطلاب الطاقة.
- 2 They help students concentrate in class. تساعد الطلاب على التركيز في الفصل.
- 3 They provide important vitamins. تمد الجسم بالفيتامينات المهمة.
- 4 They help students stay fit and healthy. تساعد الطلاب على البقاء بصحة ولياقة جيدة.



3 Body Paragraph 2 – Further Alternatives الفقرة الثانية – بدائل صحية أخرى

Topic sentence: The canteen can also offer more healthy alternatives.
الجملة الرئيسية: يمكن للمقصف أيضاً تقديم المزيد من البدائل الصحية.

- 1 It can offer fresh fruit instead of sweets. يمكنه تقديم الفواكه الطازجة بدلاً من الحلويات.
- 2 It can provide salads and yoghurt. يمكنه تقديم السلطات والزيادي.
- 3 It can sell healthy sandwiches. يمكنه بيع السندويشات الصحية.
- 4 It can offer water and fresh juice instead of sugary drinks. يمكنه تقديم الماء والعصائر الطازجة بدلاً من المشروبات السكرية.



4 Conclusion الخاتمة

- 1 Finally, healthy food helps students live a better life. وأخيراً، يساعد الطعام الصحي الطلاب على عيش حياة أفضل.
- 2 Finally, schools should encourage students to make healthy choices. وأخيراً، يجب على المدارس تشجيع الطلاب على اتخاذ خيارات صحية.

End with a strong message.

Plan
Write
Improve
Succeed! 😊

HEALTHY STUDENTS BRIGHTER TOMORROW ❤️

Designed by:
Mr. Muhammad A. Fathy

GOOD FOOD
BETTER LEARNING
BRIGHTER FUTURE

Good
Ideas
Great
Writing
Bright
Future!



Write your topic here

Plan
Write
Check
Improve
Succeed! 😊



Lined area for writing the topic.

HEALTHY CHOICES

HAPPIER STUDENTS

BRIGHTER TOMORROW

Believe
Plan
Write
Achieve



Small Steps Big Results



Designed by:
Mr. Muhammad A. Fathy

Unit 01**The Science of Nutrition****Lesson 07****Personalised Nutrition**

SB p.24



Healthy
Choices
Happier
Lives!

No.	Word	Related Words	Arabic Meaning
26	malnutrition (n.)		سوء التغذية
27	effective (adj.)		فعال / مؤثر
28	personalised (adj.)		مخصص / مصمم حسب الاحتياج
29	biological (adj.)		بيولوجي / حيوي
30	chemically (adv.)		كيميائياً
31	process (v.)		يعالج / يتعامل مع
32	fatigue (n.)		إرهاق / تعب
33	inflammation (n.)		التهاب
34	regulate (v.)		ينظم
35	still (adv.)		لا يزال / ما زال

A Choose the correct answer from a, b, c, or d:

- Adham ordered a T-shirt with his name on it.
a. notable b. affordable c. personalised d. inactive
- Poor eating habits may lead to
a. malnutrition b. nutrition c. involvement d. attitude
- The computer can a large amount of information quickly.
a. consume b. process c. prioritise d. stimulate
- The scientist explained the differences between the two species.
a. nutritional b. inactive c. biological d. effective
- Hormones help many important functions in the human body.
a. regulate b. soak c. urge d. swap
- After several hours of hard work, he began to suffer from
a. nutrition b. fatigue c. portion d. involvement

**B Fill in the spaces with words from the list:**

(inflammation – still – biological – chemically – fatigue)

- The scientist examined the changes in the human body during exercise.
- The water was tested to check for harmful substances.
- Although the task was difficult, she managed to finish it on time.
- A sports injury can sometimes cause in the knee.



Small
Steps
Big
Results!



Unit 01 Lesson 07: Personalised Nutrition – SB p.24

Setbook Questions



1

Why is personalised nutrition becoming more important nowadays?

- People have different biological needs.
- The same diet does not work equally well for everyone.



2

What are the benefits of personalised nutrition?

- It helps people choose suitable food.
- It can improve physical and mental health.



Good Food
Good Health

3

What factors make each person's nutritional needs different?

- Genetics and the gut microbiome.
- Daily habits and lifestyle.



Different People
Different Needs

4

How can modern science support personalised nutrition?

- Scientists can use DNA tests.
- They can also use blood tests.



Science for a
Healthier You

5

Why should people pay attention to how their bodies react to food?

- Some foods may give them energy.
- Other foods may cause fatigue or inflammation.



Energy or
Fatigue?

6

How can food choices affect mental health?

- They can affect mood and emotions.
- They can affect focus and stress levels.



A Happier
Mind

7

What problems may unsuitable food cause?

- It may cause inflammation.
- It may cause tiredness, anxiety, or poor concentration.



Listen to
Your Body

8

How can a healthy diet help people in their daily lives?

- It can help them manage stress.
- It can help them think more clearly.



Feel Better
Do More

9

Why is the "one size fits all" approach to nutrition less effective?

- People's bodies process food differently.
- People have different biological needs.



Everyone is
Unique

10

What should people consider when choosing the best diet for themselves?

- They should consider their body's needs.
- They should listen to their body's reactions to different foods.



Your Health
Your Choice

Small Choices Brighter Tomorrow

Follow the order!

The Order of Adjectives (OSASCOMP)

When we use more than one adjective before a noun, we follow a fixed order.

O	S	A	S	C	O	M	P
Opinion (رأي)	Size (الحجم)	Age (العمر)	Shape (الشكل)	Colour (اللون)	Origin (الأصل)	Material (المادة)	Purpose (الغرض)
							
beautiful interesting comfortable	big small massive	new old modern	round square long	red blue black	Kuwaiti Egyptian Italian	wooden plastic cotton	running cooking school

OSASCOMP + Noun

Example:

a **beautiful** **small** **old** **round** **brown** **Italian** **wooden** table

Each adjective describes the noun in a different way.



More Examples:

- a **modern** **large** building
- a **beautiful** **red** dress
- a **comfortable** **new** **running** trainer



Tips:

- ✓ Use the OSASCOMP order when you have **two or more adjectives**.
- ✓ Not all categories are always used.
- ✓ If you are not sure, say the **words** aloud. The correct order usually **sounds natural**.

Good English Builds a Brighter Future



Practice Today A Better Tomorrow

Designed by: **Mr. Muhammad A. Fathy**



muhamedfathy283



englishkuwaitq8



Hunterx2m7

Unit 01

The Science of Nutrition

Lesson 08

The Order of Adjectives

SB p.26

Good
English
Brighter
Future

Choose the correct answer from a, b, c and d:

- 1 My father bought a car to use for his daily trips to work.
a) Japanese new black b) black new Japanese
c) new black Japanese d) Japanese black new
- 2 Hana wore a dress when she attended her cousin's wedding last weekend.
a) beautiful long red b) red beautiful long
c) long beautiful red d) red long beautiful
- 3 We sat around a table while having dinner with our guests.
a) wooden large round b) round wooden large
c) wooden round large d) large round wooden
- 4 The student carries a bag with him to school every morning.
a) leather small blue b) small blue leather
c) blue small leather d) small leather blue
- 5 They live in a house that overlooks a beautiful green garden.
a) lovely old stone b) stone lovely old
c) old stone lovely d) old lovely stone
- 6 Adham bought a pair of trainers before joining the school sports competition.
a) new comfortable running b) running comfortable new
c) comfortable new running d) new running comfortable
- 7 We noticed a bird sitting quietly on a tree near our house.
a) beautiful tiny yellow b) tiny yellow beautiful
c) yellow beautiful tiny d) tiny beautiful yellow
- 8 My grandmother keeps a vase in the living room because it is very valuable.
a) Chinese ancient beautiful b) ancient beautiful Chinese
c) Chinese beautiful ancient d) beautiful ancient Chinese
- 9 The young boy was carrying a box filled with some old toys.
a) square small metal b) small square metal
c) metal small square d) square metal small
- 10 Khaled bought a jacket to keep himself warm during the cold winter months.
a) warm brown woollen b) brown woollen warm
c) woollen warm brown d) brown warm woollen
- 11 The family moved into a apartment near the city centre last month.
a) modern spacious new b) spacious new modern
c) new modern spacious d) spacious modern new
- 12 The teacher showed us a picture during the lesson about ancient cultures.
a) Egyptian old interesting b) old Egyptian interesting
c) interesting old Egyptian d) Egyptian interesting old

Unit 01

The Science
of Nutrition

Lesson 08

The Order of Adjectives

SB p.25

Practice
Makes
Progress!

Do as shown between brackets:

Reorder the adjectives

- 1 The library has many (interesting / old / English) books for students to read during break time.
.....
- 2 My uncle bought a (wooden / beautiful / small) desk for his new home office.
.....
- 3 We saw several (white / enormous / Egyptian) buildings during our visit to the old city.
.....
- 4 The chef prepared a (delicious / large / Italian) meal for the guests at the restaurant.
.....
- 5 Asmaa received a (gold / lovely / round) necklace from her mother on her birthday.
.....
- 6 The children played with a (plastic / colourful / new) toy in the living room after lunch.
.....
- 7 Our teacher showed us a (French / famous / ancient) painting during the art lesson.
.....
- 8 The family adopted a (little / friendly / brown) cat from the animal shelter last week.
.....
- 9 He uses a (metal / modern / lightweight) bottle when he goes to the gym every morning.
.....
- 10 The workers repaired the (stone / old / narrow) bridge before the of the rainy season.
.....

Live
Learn
Practice
Speak
English!

The Present Continuous

Actions Happening Now

It's
happening
right now!

Better
English
Brighter
Future

Meaning

We use the present continuous to talk about actions that are **happening now** or around now.

NOW
AT THE
MOMENT



Form

Subject + be (am / is / are) + verb-ing

I **am** studying.
He **is** eating.
They **are** playing.

Keep
Going!

Subject
+
be
+
verb-ing



Affirmative

Subject + **am/is/are** + **verb-ing**

- The dietitian **is composing** a customised meal plan for the young man.
- Nutrition programmes **are helping** students learn healthy habits.



Negative

Subject + **am/is/are** + **not** + **verb-ing**

- I **am not sitting** with good posture throughout the school day.
- Adolescents **are not spending** enough time practicing sports.

Sit
straight!



Yes / No Questions

Am / Is / Are + subject + verb-ing?

- Are** you **studying** now?
- Is** he **eating** healthy food?
- Are** they **playing** football?



Wh- Questions

Wh-word + **am/is/are** + subject + verb-ing?

- What **is** the dietitian **doing** now?
- Where **are** they **going**?
- Why **are** you **studying**?
- How **is** she **feeling** today?

What
are they
doing?



Time Expressions

- now
- right now
- at the moment
- today
- these days
- this week/month
- currently
- etc.

Now
Right now
At the moment
Today
These days
...



Spelling Rules (verb + -ing)

- Most verbs: add **-ing**
play → **playing**
- Verbs ending with **-e**: drop **-e**, add **-ing**
write → **writing**
- Short verbs (CVC): double the last letter
run → **running**

Play
Write
Run
→
Playing
Writing
Running



Small Steps ... Big Progress!

Designed by:
Mr. Muhammad A. Fathy



muhamedfathy283



englishkuwaitq8



Hunterx2m7

Unit 01

The Science of Nutrition

Lesson 08

Present Continuous

SB p.25

Actions Happening Now!

A

Choose the correct answer from a, b, c and d:

1

I my English homework in my room **now**.

a. was doing

b. did

c. are doing

d. am doing

2

My brother his favourite programme **at the moment**.

a. was watching

b. is watching

c. watched

d. are watching

3

We hard for the school competition **this week**.

a. were preparing

b. prepared

c. are preparing

d. will prepare

4

Mariam an interesting story in the library **today**.

a. were reading

b. read

c. is reading

d. will read

5

The students a science project **this month**.

a. are making

b. were making

c. made

d. will make

6

Fahad his new bicycle in the park **now**.

a. are riding

b. rode

c. was riding

d. is riding

7

I my new blue jacket to school **today**.

a. am wearing

b. was wearing

c. is wearing

d. wore

B

Do as shown between brackets:

1

Adham is playing football with his friends now.

(Negative)

2

Hana is reading an interesting story at the moment.

(Ask)

3

The students are preparing a school project at the present time.

(Negative)

4

My father is eating his dinner at the moment.

(Ask)

5

I am wearing my new blue jacket today.

(Negative)

6

The children are playing in the school garden now.

(Ask)

7

We are studying for our English test at the moment.

(Negative)

Unit 01**The Science of Nutrition****Lesson 09****The Mediterranean Secret**

SB p.27



No.	Word	Related Words	Arabic Meaning
36	sustainable (adj.)		مستدام / قابل للاستمرار
37	legume (n.)		بقوليات
38	stroll (v.)		يمشي / يتتزه
39	decade (n.)		عقد (10 سنوات)
40	overlook (v.)		يتغاضي / يتجاهل

A**Choose the correct answer from a, b, c, or d:**

- The company is trying to develop a/an way of using natural resources.
a. inactive b. nutritious c. sustainable d. affordable
- A/An is a period of ten years.
a. decade b. portion c. pledge d. attitude
- We decided to along the beach and enjoy the fresh air.
a. prioritise b. stroll c. regulate d. stimulate
- Lentils are a common type of used in many dishes.
a. nutrition b. filling c. aroma d. legume
- We should never small details when working on an important project.
a. overlook b. process c. consume d. subsidise

B**Fill in the spaces with words from the list:**

(overlook – decade – sustainable – stroll – legume)

- The old building has been closed for nearly a
- Many countries are looking for solutions to environmental problems.
- The manager should not the opinions of his employees.
- We like to around the park in the evening.
- A/ An such as a bean or lentil is a good source of protein.

Unit 01**The Science
of Nutrition****Lesson 10****Food Marketing**

SB p.28

**Good
Food
Brighter
Choices**

No.	Word	Related Words	Arabic
41	hurdle (n.)		عائق / عقبة
42	wholesome (adj.)		صحي / مفيد
43	tempting (adj.)		مغري / جذاب
44	assign (v.)		يكلف / يعين
45	breakdown (ph.v.)		يحلل / يتعطل

A**Choose the correct answer from a, b, c, or d:**

- 1 Lack of experience can be a major when looking for a job.
a. portion b. hurdle c. decade d. pledge
- 2 The teacher will each student a different task for the project.
a. overlook b. regulate c. assign d. prioritise
- 3 The colourful display in the shop window looked very to customers.
a. sustainable b. tempting c. inactive d. affordable
- 4 Spending time with supportive friends can be a part of a balanced life.
a. wholesome b. notable c. nutritional d. effective
- 5 Teachers often difficult ideas into smaller parts to help students understand them.
a. attitude b. involvement c. nutrition d. breakdown

B**Fill in the spaces with words from the list:****(wholesome – breakdown – tempting – assign – hurdle)**

- 6 The coach will different roles to the players before the match.
- 7 High costs can be a serious for small businesses.
- 8 The teacher used a simple example to the difficult idea.
- 9 The special offer was so that many people decided to buy it.
- 10 Reading and outdoor activities can provide entertainment for children.

Let's Speak!

Unit 01 – Lesson 10

Speaking – Language Functions

SB p.28

Think Speak Be Confident!

Good Ideas Better Conversations

Write what you would say in the following situations:

- 1 Your friend asks you about your favourite healthy meal. Express your preference.
.....
- 2 You visit a restaurant that you really like. Say why you prefer this place.
.....
- 3 Your teacher asks you about the healthiest thing about eating vegetables.
.....
- 4 Your friend asks you which school activity you like most. Express your preference.
.....
- 5 You often visit the same café with your family. Explain why you prefer it.
.....
- 6 Your friend asks you why you exercise regularly. Give a reason.
.....
- 7 You choose to eat homemade food instead of fast food. Give a reason for your choice.
.....
- 8 Your teacher asks you why recycling is important. Give a reason.
.....
- 9 Your friend wants to know why you use reusable bags. Explain the reason.
.....
- 10 You prefer walking short distances instead of using a car. Give a reason.
.....
- 11 Your friend asks whether a new diet is healthy, but you do not know enough about it. Express uncertainty.
.....
- 12 Your class is discussing a new school rule, but you cannot decide whether it is useful. Express uncertainty.
.....
- 13 Your friend asks how the school can improve its canteen. You have a possible suggestion but you are not certain.
.....
- 14 Your teacher asks whether technology will completely replace books in the future. You are uncertain.
.....
- 15 Your friend asks whether everyone should follow the same diet. You are not certain.
.....
- 16 You are asked to choose between two healthy meals, but you cannot decide which one is better.
.....
- 17 Your friend asks what could make your school healthier. Give an uncertain suggestion.
.....
- 18 Your teacher asks why renewable energy is becoming more important. Give a reason.
.....
- 19 Your family asks why you always return to a particular restaurant. Express your preference and give a reason.
.....
- 20 Your friend asks whether healthy food is always expensive. You do not have a definite answer. Express uncertainty.
.....



Small Conversations – Make a Big Difference!

**Good Food
Good Focus
Great Results!**

**EAT SMART
LEARN BETTER**

**HEALTHY FOOD
SHARP MIND
BRIGHT FUTURE**

Writing Plan

Mindful Eating

Better Food Better Learning A Brighter You!

Many students underestimate the direct connection between what they eat and how they perform in the classroom, often rushing through meals while distracted by devices.

Plan and write an expository essay of no fewer than 12 sentences (around 120–140 words), explaining the physical and academic benefits of mindful eating.

Small Changes Make a Big Difference!

Healthy Students Brighter Tomorrows

DRINK WATER STAY FOCUSED

1 Introduction المقدمة

Introduce the topic (3 sentences)

- Eating is an important part of a healthy life.
- What we eat affects our body and our mind.
- Many students do not pay enough attention to their meals.

تناول الطعام جزء مهم من حياة صحية.
ما نأكله يؤثر على أجسامنا وعقولنا.
العديد من الطلاب لا يولون اهتماماً كافياً لوجباتهم.

2 Body Paragraph 1 – Physical Benefits

Topic sentence: Mindful eating has many physical benefits for students.

Supporting details (4 ideas):

- It gives us energy throughout the day.
- It helps maintain a healthy weight.
- It strengthens the immune system.
- It improves overall physical health.

الفقرة الأولى – الفوائد الصحية

تناول الطعام بوعي له فوائد صحية عديدة للطلاب.

يساعدنا الطاقة طوال اليوم.
يساعد في الحفاظ على وزن صحي.
يقوي جهاز المناعة.
يحسن الصحة الجسدية بشكل عام.

3 Body Paragraph 2 – Academic Benefits

Topic sentence: Mindful eating also has important academic benefits.

Supporting details (4 ideas):

- It helps us concentrate in class.
- It improves memory and learning.
- It keeps our mood stable.
- It reduces tiredness and helps us perform better.

الفقرة الثانية – الفوائد الأكاديمية

تناول الطعام بوعي له أيضاً فوائد أكاديمية مهمة.

يساعدنا على التركيز في الفصل.
يحسن الذاكرة والتعلم.
يحافظ على استقرار المزاج.
يقلل من الشعور بالتعب ويساعدنا على الأداء بشكل أفضل.

4 Conclusion الخاتمة

- Mindful eating is a simple habit with big benefits.
- It can help students live healthier and achieve their goals.

Summarise your ideas (2 sentences)

تناول الطعام بوعي عادة بسيطة ذات فوائد كبيرة.
يمكن أن يساعد الطلاب على العيش بشكل أكثر صحة وتحقيق أهدافهم.

**HEALTHY FOOD
HAPPIER MINDS**

Eat Well ... Learn Well ... Live Well

Designed by:
Mr. Muhammad A. Fathy

Good
Ideas
Great
Writing
Bright
Future!
❤️

Write your topic here

Plan
Write
Check
Improve
Succeed! 😊

PLAN
WRITE
IMPROVE
SUCCEED

Lined area for writing the topic.

HEALTHY CHOICES
HAPPIER STUDENTS
BRIGHTER TOMORROW

Believe
Plan
Write
Achieve
❤️

Small Steps Big Results ❤️

Designed by:
Mr. Muhammad A. Fathy



VI- Reading Comprehension (80 Marks)

Read the following passage carefully, then answer the questions that follow:

The Blue Morning

Far away in the countryside, there is a story about a small village called Elmsworth. The people there tell the tale of the Blue Morning, a day when the whole town turned bright blue. Nobody knew how it happened, but it became a story everyone in the village remembers.

The legend says the villagers woke up and were amazed. Some thought the blue was a gift from nature. Others said it might be magic. A few believed it was just something strange about the weather. The news of the Blue Morning spread to nearby villages, and many people came to see the blue town.

Scientists also came to learn about this **mystery** and solve it. They found out the blue colour came from a bright powder made of minerals. They explained that strong winds carried the powder from a faraway digging place. Rare weather conditions caused the powder to fall evenly over the village. The scientists said it was a very unusual event that probably would not happen again.

Although the streets, rooftops, trees, and even the sheep in the fields were all covered in blue, the villagers decided to celebrate instead of **worrying**. They started a "Blue Festival" with blue decorations, food, and music. People from other places joined in, and the festival made the village lively and happy. A baker made special "Blueberry Dream" cookies, and children dressed as "Blue Explorers" telling fun stories about that day.

The blue colour washed away with the rain, but the memory of the Blue Morning stayed. Every year, the villagers celebrate the Blue Festival to remember the strange and beautiful day. They decorate their homes in blue and tell the story to visitors.

Whether the story is true or not, it has become a special part of the village's history. The tale of the Blue Morning shows how something unexpected can bring people joy and inspiration.

The Blue Morning

A Small Village
A Big Story ♥

Elmsworth
Where
Surprises
Bring People
Together ♥

Stories
Live Forever

A Brighter
Tomorrow

A From a, b, c and d, choose the correct answer: (6 × 10 = 60 Marks)

- 27 The best title for this passage would be:
a. The Baker's Special Cookies b. The Festival of the Explorers
c. The Tale of the Blue Morning d. The Weather of the Countryside

- 28 The underlined word "mystery" in the 3rd paragraph is closest in meaning to:
a. gift b. secret c. competition d. decoration

- 29 The underlined word "They" in the 4th paragraph refers to:
a. the fields b. the sheep c. the villagers d. the streets

- 30 According to the 3rd paragraph, scientists discovered that the blue colour:
a. would certainly happen again. b. covered only some parts of the village.
c. lasted for years after the Blue Morning. d. came from a bright powder made of minerals.

- 31 According to the passage, all the following statements are TRUE EXCEPT:
a. All people thought that the Blue Morning was caused by magic.
b. Many people from nearby villages came to see the blue town.
c. The Blue Festival includes blue decorations, food, and music.
d. The villagers celebrate the Blue Festival every year.

- 32 The purpose of the writer in writing this passage is to:
a. explain the scientific reasons behind the Blue Morning.
b. describe how unusual weather conditions can harm a village.
c. narrate a story about how to organise a fun village festival.
d. entertain us with a story about a unique and joyful event.

B With reference to the passage, answer the following questions: (2 × 10 = 20 Marks)

- 33 How did the blue powder fall evenly over the village?

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

- 34 According to the last paragraph, what does this tale show?

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





Grade 10 – 1st Term 2026–2027

Unit 01 – The Science of Nutrition

Good Food
Brighter
Minds ♥

VII. Summary Making (60 Marks)

Read the following passage, then do as required:

Eating healthy food gives our bodies the nutrients they need to grow and stay strong. It helps us maintain a healthy weight and keeps our heart, bones, and muscles in good condition. Fruits and vegetables are rich in vitamins and minerals, which boost our immune system and help us fight diseases. Healthy food also improves our concentration and memory, so we can do better at school and in daily life. In addition, it gives us energy, reduces the risk of chronic diseases like diabetes, and helps us feel happier and more active.

Healthy
Students
Brighter
Futures ♥Good
Nutrition
=
A Brighter
Tomorrow ♥

In a paragraph of **FOUR** sentences **ONLY**, summarise and paraphrase the passage above in answer to the following question:

What are the benefits of healthy food?

VIII. Translation

Translate the following into good English:

Lesson 02: The Evolution of the Kuwaiti Diet

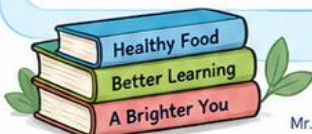
- 1 أدهم: كيف كان الطعام الكويتي في الماضي؟
هنا: كان بسيطًا وصحيًا، وكان يعتمد على السمك الطازج والتمر والأرز.

- 2 فهد: لماذا أصبحت السمنة أكثر انتشارًا في الكويت الآن؟
ناصر: لأن الناس يأكلون المزيد من الوجبات السريعة ويمارسون نشاطًا بدنيًا أقل.

Lesson 07: Personalised Nutrition

- 3 خالد: لماذا لا يناسب النظام الغذائي نفسه جميع الناس؟
مريم: لأن لكل شخص احتياجات بيولوجية مختلفة، ويتعامل جسمه مع الطعام بطريقة مختلفة.

- 4 فهد: كيف يمكن للتغذية الشخصية أن تساعدنا؟
أسماء: يمكننا أن تساعدنا على اختيار الطعام المناسب لأجسامنا وتحسين صحتنا الجسدية والنفسية.

Small
Choices
Big Changes ♥

Small Words
Big Futures!

Unit 1 – Quick Vocabulary Test

Choose the correct answer from a, b, c, or d:

You Can Do This! 😊

1. The government plans to public transport so that tickets cost less.
a. assign b. overlook c. soak d. subsidise
2. The fresh bread had a wonderful that filled the bakery.
a. aroma b. hurdle c. decade d. pledge
3. A / An is a period of exactly ten years.
a. portion b. pledge c. decade d. legume
4. The teacher will a different research topic to each group.
a. consume b. resist c. assign d. stroll
5. After working all night without sleeping, Ali suffered from extreme
a. fatigue b. inflammation c. attitude d. nutrition
6. The doctor teenagers to avoid spending the whole day sitting down.
a. processes b. soaks c. bestows d. urges
7. This laptop is enough for students on a limited budget.
a. inactive b. affordable c. nutritional d. biological
8. Never important safety instructions when using laboratory equipment.
a. overlook b. stroll c. subsidise d. regulate
9. Lentils are a type of often used in soups and salads.
a. filling b. portion c. hurdle d. legume
10. The human digestive system must food before the body can use its nutrients.
a. bestow b. process c. assign d. stroll
11. The company gave a clear of how the project budget was spent.
a. involvement b. breakdown c. nutrition d. attitude
12. Students should their most urgent tasks when they have limited study time.
a. soak b. stimulate c. consume d. prioritise
13. A high fever may be a sign of somewhere in the body.
a. pledge b. malnutrition c. inflammation d. organization
14. The shop window looked so that many customers went inside to see the product.
a. biological b. tempting c. inactive d. sustainable
15. You should dried beans overnight before cooking them.
a. regulate b. subsidise c. urge d. soak
16. The students made a/an to use less plastic during the school year.
a. pledge b. aroma c. portion d. attitude
17. Scientists study the processes that occur inside living organisms.
a. inactive b. affordable c. tempting d. biological
18. The new treatment proved highly and helped most patients recover quickly.
a. effective b. personalised c. wholesome d. nutritional
19. Lack of money can be a serious for students who want to study abroad.
a. decade b. hurdle c. portion d. legume
20. The body uses hormones to important functions such as growth and sleep.
a. swap b. stroll c. regulate d. consume

Learn
Practise
Grow
Succeed! ❤️

Good
Vocabulary
Brighter
Tomorrow! ❤️



Better Words
A Brighter You! ★



Unit 1

Quick Grammar Test

Practice
Learn
Do your best!



Better
English
Brighter
Future

Choose the correct answer from a, b, c or d:



- 1 Look! The children football in the school playground.
a) play b) plays c) played d) are playing
- 2 My sister usually a healthy breakfast before going to school.
a) eats b) eat c) is eating d) eating
- 3 My father bought a table for our new dining room.
a) wooden large round b) round large wooden c) large round wooden d) wooden round large
- 4 Listen! Someone at the front door.
a) knock b) is knocking c) knocks d) are knocking
- 5 We often our grandparents at the weekend.
a) visits b) are visiting c) visiting d) visit
- 6 Sara is wearing a dress to her cousin's wedding tonight.
a) red long beautiful b) beautiful long red c) long beautiful red d) red beautiful long
- 7 The students an important science experiment at the moment.
a) are doing b) do c) does d) is doing
- 8 Ahmed never his mobile phone during his lessons.
a) use b) is using c) uses d) using
- 9 My mother is preparing dinner in the kitchen now, and my little brother TV.
a) watch b) watches c) is watching d) watching
- 10 Our English teacher always carries a bag to school every morning.
a) small black leather b) black small leather c) leather black small d) small leather black

Do as shown between brackets:

Grammar in Action!

- 1 Look! The boys (play) basketball in the school yard. (Correct the verb.)
- 2 My sister usually (go) to school by bus every morning. (Correct the verb.)
- 3 Adham bought a (leather / black / small) bag for his new laptop. (Order the adjectives.)
- 4 Listen! The baby (cry) in the next room. (Correct the verb.)
- 5 Our English teacher always (give) us useful advice before exams. (Correct the verb.)
- 6 They are staying in a (modern / beautiful / large) hotel near the beach. (Order)
- 7 The students (write) their answers at the moment. (Correct the verb.)
- 8 Hana never (eat) unhealthy food before going to school. (Correct the verb.)
- 9 My mother (prepare) dinner now, so she cannot answer the phone. (Correct the verb.)
- 10 We saw an (Egyptian / ancient / impressive) statue during our museum visit. (Order)



Designed by:
Mr. Muhammad A. Fathy

Follow me on:
 muhamedfathy283
 englishkuwaitq8
 Hunterx2m7



Unit 01

Writing

Healthy Choices, Brighter Futures

خيارات صحية .. لمستقبل أفضل

Eat Well • Learn Better • Be Stronger

Healthy Students
Successful
Tomorrows

SCHOOL
CANTEEN

Outline

Introduction

- **Hook:** Healthy food is one of the keys to a healthy and active life.
- **Thesis:** Choosing healthy food from the school canteen can improve students' health and learning.
- **Preview:** I will discuss the benefits of healthy canteen food and suggest some alternative options.

Body Paragraph I

- **Topic Sentence:** The main reason we must choose healthy food is that it keeps our bodies strong.
- **Supporting Detail 1:** Fresh fruit, vegetables, and healthy sandwiches give us energy.
- **Supporting Detail 2:** Mindful eating helps the brain by improving our focus and helping us learn better.

Body Paragraph II

- **Topic Sentence:** The school canteen can provide more healthy options for students.
- **Supporting Detail 1:** It can offer fresh juice, yogurt, nuts, and salads.
- **Supporting Detail 2:** Students can choose grilled food instead of fried food.

General Conclusion

- **Ultimately,** healthy food helps students stay strong and active.
- **In summary,** school canteens should offer more healthy and tasty choices.
- **Students** should choose healthy food to enjoy a better life.

Good Food
Bright
Minds

Healthy
Food
Happier
You

The Essay (English)

Healthy food is one of the keys to a healthy and active life. Choosing healthy food from the school canteen can improve students' health and learning. I will discuss the benefits of healthy canteen food and suggest some alternative options.

The main reason we must choose healthy food is that it keeps our bodies strong. Fresh fruit, vegetables, and healthy sandwiches give us energy. **Moreover**, mindful eating helps the brain by improving our focus in class. **Consequently**, students can learn better and feel less tired.

The school canteen can provide more healthy options for students. **Furthermore**, it can offer fresh juice, yogurt, nuts, and salads. **Alternatively**, students can choose grilled food instead of fried food. **This is an excellent way to** reduce unhealthy fats. **Therefore**, students can enjoy tasty food and protect their health.

Ultimately, healthy food helps students stay strong and active. **In summary**, school canteens should offer more healthy and tasty choices. Students should choose healthy food to enjoy a better life.



الموضوع باللغة العربية

الطعام الصحي هو أحد مفاتيح الحياة الصحية والنشطة. إن اختيار الطعام الصحي من مقصف المدرسة يمكن أن يحسن صحة الطلاب وتعلمهم. سأناقش في هذا الموضوع فوائد الطعام الصحي في مقصف المدرسة وسأقترح بعض الخيارات البديلة.

السبب الرئيسي الذي يجعلنا نختار الطعام الصحي هو أنه يحافظ على قوة أجسامنا. الفواكه والخضروات الطازجة والسندوتشات الصحية تمنحنا الطاقة. **علاوة على ذلك**، يساعد الأكل الواعي في تحسين تركيزنا في الصف. **وبالتالي**، يمكن للطلاب أن يتعلموا بشكل أفضل ويشعروا بتعب أقل.

يمكن لمقصف المدرسة أن يوفر المزيد من الخيارات الصحية للطلاب. **بالإضافة إلى ذلك**، يمكن أن يقدم عصائر طبيعية والزبادي والمكسرات والسلطات. **وبدلاً من ذلك**، يمكن للطلاب اختيار الطعام المشوي بدلاً من الطعام المقلي. **هذه طريقة ممتازة** لتقليل الدهون غير الصحية. **لذلك**، يمكن للطلاب الاستمتاع بطعام لذيذ وحماية صحتهم.

في النهاية، يساعد الطعام الصحي الطلاب على البقاء أقوياء ونشيطين. **في الختام**، يجب أن يوفر مقصف المدرسة المزيد من الخيارات الصحية واللذيذة. يجب على الطلاب أن يختاروا الطعام الصحي من أجل الاستمتاع بحياة أفضل.

Good
Food

Better
Learning

Brighter
Futures

HEALTHY
HABITS
BRIGHT
MINDS

Better
English
Brighter
Future

Designed by: **Mr. Muhammad Ahmad Fathy**

YouTube:
muhamedfathy283

Telegram:
englishkuwaitq8

TikTok:
Hunterx2m7

Practice
Learn
Improve
Succeed

Unit 01
Writing

Mindful Eating, Better Learning

الأكل الواعي .. تعلم أفضل

Healthy Food
Happy Students

Outline

Introduction

- **Hook:** Many students eat quickly while using devices, but they do not know how it affects them.
- **Thesis:** Mindful eating has important physical and academic benefits for students.
- **Preview:** I will discuss the physical benefits and the academic benefits of mindful eating.

Body Paragraph I
(Physical Benefits)

- **Topic Sentence:** Mindful eating helps the body stay healthy and strong.
- **Supporting Detail 1:** It improves digestion and gives steady energy.
- **Supporting Detail 2:** It helps maintain a healthy weight and reduces the risk of health problems.

Body Paragraph II
(Academic Benefits)

- **Topic Sentence:** Mindful eating also supports better learning in the classroom.
- **Supporting Detail 1:** It improves focus, memory, and concentration.
- **Supporting Detail 2:** It reduces stress and helps students feel calmer.

General Conclusion

- **Restate main idea:** Mindful eating is beneficial for both the body and the mind.
- **Final thought:** Students should be more aware of their eating habits.
- **Closing:** A small change in eating habits can lead to a brighter and more successful future.

Small Changes
Make
A Big
Difference

The Essay (English)

Many students eat quickly while using their phones or tablets, but they do not know how it affects them. Mindful eating has important physical and academic benefits for students. I will discuss the physical benefits and the academic benefits of mindful eating.

Mindful eating helps the body stay healthy and strong. It improves digestion and gives steady energy throughout the day. **Moreover**, it helps maintain a healthy weight and reduces the risk of health problems such as diabetes and heart disease. **Consequently**, students can feel more active and have a better quality of life.

Mindful eating also supports better learning in the classroom. It improves focus, memory, and concentration. **Furthermore**, it reduces stress and helps students feel calmer during exams and busy school days. **As a result**, students can understand lessons more easily and perform better.

In summary, mindful eating is beneficial for both the body and the mind. Students should be more aware of their eating habits. **Ultimately**, a small change in eating habits can lead to a brighter and more successful future.

Good Food
Better Focus

More Energy

Higher Grades

Eat Mindfully
Live Healthily
Learn Happily

Healthy Food

- ✓ More Energy
- ✓ Better Focus
- ✓ Less Stress
- ✓ Brighter Future

Good Food
Good Mood

الموضوع باللغة العربية

يأكل العديد من الطلاب بسرعة أثناء استخدام هواتفهم أو أجهزة الكمبيوتر، لكنهم لا يعرفون كيف يؤثر ذلك عليهم. الأكل الواعي له فوائد مهمة جسدية وأكاديمية للطلاب. سأناقش الفوائد الجسدية والفوائد الأكاديمية للأكل الواعي.

يساعد الأكل الواعي على بقاء الجسم بصحة جيدة وقوة. فهو يحسن عملية الهضم ويعطي طاقة مستقرة طوال اليوم. **بالإضافة إلى ذلك**، يساعد على الحفاظ على وزن صحي ويقلل من خطر المشكلات الصحية مثل مرض السكري وأمراض القلب. **وبالتالي**، يمكن للطلاب أن يشعروا بمزيد من النشاط وأن يتمتعوا بجودة حياة أفضل.

كما أن الأكل الواعي يدعم التعلم بشكل أفضل في الفصل. فهو يحسن التركيز والذاكرة والانتباه. **علاوة على ذلك**، يقلل من التوتر ويساعد الطلاب على الشعور بالهدوء أثناء الاختبارات وأيام الدراسة المزدحمة. **ونتيجة لذلك**، يمكن للطلاب أن يفهموا الدروس بسهولة أكبر وأن يحققوا أداءً أفضل.

في الختام، الأكل الواعي مفيد لكل من الجسد والعقل. يجب أن يكون الطلاب أكثر وعياً بعاداتهم الغذائية. **في النهاية**، يمكن أن يؤدي التغيير البسيط في عادات الأكل إلى مستقبل أكثر إشراقاً ونجاحاً.

HEALTHY
STUDENTS
BRIGHTER
TOMORROWSEAT
LEARN
GROW
SUCCEED

Mr. Muhammad A. Fathy

Learn Today ... Build a Better Tomorrow

YouTube:
muhamedfathy283Telegram:
englishkuwaitq8TikTok:
Hunterx2m7Practice
Learn
Improve
Succeed

BETTER
FOOD
BRIGHTER
MINDS

HEALTHY
STUDENTS
BRIGHTER
TOMORROWS

NUTRITION
FUELS
LEARNING
BUILDS
HEALTH
CREATES
BRIGHTER
FUTURES

EAT WELL
THINK CLEAR
STAY STRONG
ACHIEVE MORE

The GOLDEN EAGLE

End of Unit 01

The Science of Nutrition

هذه نسخه تجريبه للتدريب على الوحدة
و في انتظار توزيعه الدرجات الجديدة ..
و سيتم تعديل النسخه إذا حدث أي تغيير
في أنماط الأسئلة

Brought to you by:
Mr. Muhammad Ahmad Fathy

لحجز نسختك الأسطورية من المذكرة الكامله ، تواصل معنا على



YouTube:
muhamedfathy283



Telegram:
Englishkuwaitq8



TikTok:
Hunterx2m7



Whatsapp:
51460600

ENGLISH OPENS NEW HORIZONS