

يالكويت Yal Kuwait

مادة اللغة الانجليزية

لصف العاشر

(الفصل الدراسي الأول)

- الكلمات المقررة + أمثلة توضيحية
- حلول أسئلة الكتاب + الترجمة (SETBOOK)
- شرح القواعد (GRAMMAR)
- موضوع التعبير + المخططات
- حلول كتاب التدريبات (WORKBOOK)
- قائمة بأهم الأفعال الشاذة الشائعة
- ملخص نموذجي لأمنة اللغة الانجليزية

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Unit (1)

We Are What We Eat

Unit (2)

Respecting Cultures

Unit (3)

Inspiring Architecture

Unit (4)

Computer Games

Unit (5)

Sports Psychology

Unit (6)

Nature

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Vocabulary المفردات الجديدة

الكلمة	المعنى	مثال
antioxidants	N. مضادات الأكسدة	➤ Tea is a rich source of antioxidants
arthritis	N. ألم المفاصل	➤ Arthritis can make movement painful.
caffeine	N. الكافيين	➤ We should avoid caffeine before bedtime.
nutrition	N. التغذية	➤ A balanced diet provides nutrition for your body.
malnutrition	N. سوء التغذية	➤ Malnutrition is one of the most serious dangers.
cholesterol	N. الكوليسترول	➤ Smoking increases blood cholesterol levels.
dietician	N. أخصائي التغذية	➤ The dietician will help you choose what to eat.
saturated fat	N. دهون مشبعة	➤ Foods containing saturated fats should be avoided.
unsaturated fat	N. دهون غير مشبعة	➤ Vegetables contain unsaturated fats .
fibre	N. ألياف	➤ Fresh fruit provide fibre and vitamins.
iron	N. حديد	➤ Liver is a rich source of iron .
protein	N. بروتين	➤ Fish is a major source of protein .
calcium	N. كالسيوم	➤ Calcium is good to the growth of your bones.
sodium	N. الصوديوم	➤ Salt is a compound of sodium and chlorine.
vitamin	N. فيتامين	➤ Oranges are a good source of vitamin C.
dehydration	N. جفاف	➤ This loss of sodium can cause dehydration .
metabolism	N. التمثيل الغذائي	➤ Running is good to speed up your metabolism .
obesity	N. السمنة	➤ Overeating is surely the main cause of obesity .
deficiency	N. نقص / قلة	➤ Vitamin deficiency can lead to illness.
pomegranate	N. رمان	➤ Pomegranate is a good source of Vitamin C.
supplement	N. مكمل غذائي	➤ I take a vitamin supplement every day.

salad bar	N.	بوفيه السلطات	➤ The salad bar has over 50 items, including hot pasta.
eatery	N.	مطعم	➤ The meals of our school eatery are hygienic.
speciality	N.	تخصص	➤ My speciality is international tax law.
vegetarian	N.	نباتي	➤ There are plenty of vegetarian dishes to choose from.
wholesome	Adj.	صحي/مفيد	➤ She fed her baby on wholesome food.
fanatic	Adj.	متعصب	➤ He is a football fanatic .
fatigue	Adj.	تعب	➤ The right vitamins help you combat fatigue .
grilled	Adj.	مشوي	➤ The grilled chicken had a wonderful flavor.
organic	Adj.	عضوي/طبيعي	➤ Organic food is better for our health.
digestive	Adj.	مساعد على الهضم	➤ A good diet helps the digestive processes.
stimulant	Adj.	محفز / منبه	➤ It is a well-known fact that caffeine is a stimulant .
probiotic	Adj.	مهمضم / خميري	➤ Yogurt is also known as a Probiotic .
atmospheric	Adj.	جوي	➤ Plants are the main source of atmospheric oxygen.
crammed	Adj.	مزدحم	➤ In summer Paris is crammed with tourists.
boost	V.	يحسن / يزيد	➤ The plan should boost the economy.
comprise	V.	يمثل / يشكل / يكون	➤ Women comprise 51% of the population of France.
neutralize	V.	يعادل / يوازن	➤ They need a special chemical to neutralize the acid.
metabolise	V.	يمثل الغذاء	➤ Our bodies constantly metabolise the food we eat.
appeal to	V.	يناشد / يخاطب	➤ The book will appeal to young readers.
absorb	V.	يمتص	➤ Trees absorb carbon dioxide and produce oxygen.
combat	V.	يقاوم / يحارب	➤ The government has to combat terrorism.
irresponsibly	Adv.	بإهمال / عدم مسؤولية	➤ They have behaved irresponsibly .
RDA	Abbr.	القدر المسموح/الجرعة	➤ the Recommended Dietary Allowance .

تدريب على المفردات الجديدة ؟

Fill in the spaces with the suitable words from the list below

(combat – crammed – absorb – neutralize – digestive)

- Plants carbon dioxide and give us oxygen.
- After I vomited twice yesterday I knew that I have a problem with my system.
- The government is spending millions of dollars in its attempt to addicting drugs.
- What atrain! Let's find a taxi.

(combat – digestive – stimulant – saturated fat – absorb)

5. People drink a lot of Pepsi after heavy meals thinking that it's
6. Tourism has acted as a/an to the country's economy.
7. Be careful! Butter and cream contain a lot of
8. Taking the proper injection could the virus from spreading in the whole body.

(dietician – cholesterol – unsaturated fat – calcium – absorb)

9. Many(s) ensure the importance of selecting healthy food.
10. The little boy's body may lack which is necessary for forming bones.
11. Burgers with a lot of sauce and onions contain much amounts of.....
12. Vegetable oil and fish are thought to have which is healthy for our bodies.

(fibre – malnutrition – vitamin – absorb – protein – neutralize)

13. Vegans (vegetarians) get all the they need from nuts, seeds, beans and cereals.
14. If you ate more you wouldn't get constipated.
15. Studies suggest that regular intake ofsignificantly improve immunity.
16. In cold climate, houses need to have walls that heat.
17. People should always vary in their food as having specific types may lead to

(comprises – dehydration – fatigue – irresponsibly – obesity – boost)

18. The theatre managed to its audiences by reducing ticket prices.
19. The course a class book, a practice book and an audio tape.
20. She suffered from because she had prepared the food for more than six hours.
21. An unbalanced diet leads to many health problems mainly
22. We may be afflicted by unless we drink lots of water in this hot weather.
23. Some students were dismissed because they responded to the principal's orders.

(deficiency – salad bar – appeal to – irresponsibly – obesity – absorbed)

24. The colours she uses in this painting me.
25. Hamad was punished because he usually behaves with the teachers.
26. The nutrients found in rice and bread are quickly into the bloodstream.
27. A lot of diseases like anemia result from the of iron.
28. I think it is a good restaurant ; it has an attractive

Choose the most appropriate answer from a, b, c and d.

29. The dietician advised me to have foods that are rich in to remove damaging substances from our body.
a- arthritis b- fibre c- saturated fat d- antioxidants
30. My grandfather can't go upstairs easily because he suffers from
a- caffeine b- arthritis c- protein d- nutrition
31. People in advanced countries live longer than people in poor ones because of having better and health care.
a- vitamin b- cholesterol c- nutrition d- dietician
32. You are obese. You should consult a/an
a- iron b- calcium c- dietician d- caffeine
33. is a chemical, found in tea and coffee.
a- vitamin b- cholesterol c- protein d- caffeine
34. The autopsy revealed that his murderer had struck him on the head with a/an bar.
a- iron b- protein c- caffeine d- calcium
35. Pizza Hut is an atmospheric restaurant. Its is making pizzas of all kinds.
a- salad bar b- eatery c- speciality d- malnutrition
36. It is said that having a spoon of honey in the morning is
a- atmospheric b- crammed c- wholesome d- fanatic
37. Strangers are always asking residents about the best to have their regular meals in.
a- vegetarians b- eateries c- malnutrition d- salad bars
38. This restaurant has a/an lighting. It creates a special feeling of relaxation.
a- atmospheric b- crammed c- wholesome d- fanatic
39. Although he is, he likes fish.
a- vegetarian b- eatery c- malnutrition d- speciality

حلول أسئلة كتاب الطالب Set Book

1. Suggest ways to improve the immune system! كيف تزيد كفاءة الجهاز المناعي

- ✍ Eating food that contains good bacteria. تناول البكتيريا المفيدة.
- ✍ Eating fresh fruits and vegetables. تناول الاسماك والخضر والفواكه
- ✍ Drinking green tea. تناول الشاي الأخضر.

2. Why are probiotic drinks important to the body? أهمية المشروبات الخمائية للجسم

- ✍ They contain good bacteria. تحتوي على بكتيريا مفيدة
- ✍ They improve immune system. تزيد كفاءة الجهاز المناعي.
- ✍ They stimulate digestive process. تحفز عملية الهضم
- ✍ They absorb nutrients. تعمل على امتصاص العناصر الغذائية.

3. Green tea is so beneficial .Explain. فوائد الشاي الأخضر

- ✍ It is rich in antioxidants. غني بمضادات الأكسدة.
- ✍ It lowers cholesterol. يقلل الكوليسترول.
- ✍ It combats diseases. يحارب الأمراض.
- ✍ It improves the immune system . يزيد كفاءة الجهاز المناعي .

4. How can you keep healthy and fit? كيف نحافظ على صحتنا

- ✍ We should eat healthy food. تناول الطعام الصحي.
- ✍ We should do regular exercises. ممارسة الرياضة بانتظام.
- ✍ We should sleep well. النوم لفترات كافية.

5. What are the pros and cons of the vegetarian diet or menu? فوائد وأضرار اتباع نظام غذائي نباتي

- 1- **Pros:** الفوائد: الخضروات والفواكه غنية بالفيتامينات والألياف والعناصر الغذائية
- ✍ Vegetables and fruits are rich in vitamins, fibre and other nutrients.
- 2- **Cons:** الأضرار: ربما يؤدي الى مشاكل صحية وسوء تغذية
- ✍ It may lead to malnutrition and health problems.

6. Why is home-made food better than fast food? أسباب تفوق طعام المنزل على الوجبات السريعة

- ✍ Home-made meals are healthier. الطعام المنزلي صحي أكثر
- ✍ They contain less fat. يحتوي على دهون أقل.
- ✍ They have many healthy nutrients. يحتوي على العديد من العناصر الغذائية.

7. What qualities of a good restaurant? An eatery? مواصفات المطعم الجيد

- ✍ It should be a clean place. يجب أن يكون المكان نظيف.
- ✍ It should serve healthy food. يجب أن يقدم طعام صحي.

8. We are what we eat. Explain. كيف نكون ما نأكل؟

- ✍ If we eat **healthy food** we will be **healthy and fit**. تعودنا على تناول طعام صحي يجعلنا أصحاء.
- ✍ If we eat **junk food** we will be **obese and out of shape**. تعودنا على تناول الوجبات السريعة يجعلنا يؤدي بنا للسمنة.

9. What things can you add to your daily diet ? أهم العناصر الغذائية التي يجب اضافتها لغذائك اليومي

- ✍ Probiotic drinks المشروبات المهضمة
- ✍ Green tea الشاي الأخضر
- ✍ Dark chocolate الشكولاته الداكنة .

10. Why do you think it is important to keep the body healthy and strong? أهمية محافظتنا على صحتنا

- ✍ Because a healthy mind is in a healthy body. لأن العقل السليم في الجسم السليم.

تدريب على القاعدة السابقة ?

Correct the mistakes in each of the following

1. I **find** a purse full of **an** money yesterday evening.
..... /
2. We **try** to finish all **their** work last weekend.
..... /
3. The young boys **play** in **these** garden two days ago.
..... /
4. People **use** to write letters to each other **for** the past.
..... /
5. **Mine** grandmother **give** me her ring as a gift yesterday.
..... /
6. **While** I **read** a story book, my friend **calls** me yesterday.
..... /
7. We **wait** for the bus while we saw **a** accident.
..... /
8. Ahmed **fell** down **while** he **run** fast.
..... /
9. I **watch** TV **when** I heard a loud **cries**.
..... /

Correct the grammatical mistakes in each sentence:

10. While we **was having** our dinner, the light **goes** out.
.....
11. An hour ago, as he **watch** TV, the door bell **rung**.
.....
12. When I **get** home this afternoon, a nice smell **come out** of the kitchen.
.....
13. Last week, while he **was fished**, he **see** a shark.
.....
14. I **see** Mr. Hatem while I **drove** to Jahra city.
.....

ترتيب الصفات (Order of Adjectives)

* عند تواجد أكثر من صفة بنفس الجملة فإن الترتيب الصحيح يُحدد طبقاً لـ (OSASCOM)

1	2	3	4	5	6	7
Opinion	Size	Age	Shape	Colour	Origin	Material
الرأي	الحجم	العمر	الشكل	اللون	بلد المنشأ	المادة الخام

- He gave me six **beautiful large red** roses.
- A **little old Chinese** man came to the door.
- I keep all my money in a **small round blue metal** box.

تدريب على القاعدة السابقة ?

Complete the sentences with the right order of the given adjectives

15. My father bought a (grey / round / small) villa for us.

16. Salma gave me a (wooden / beautiful / blue) box.

17. I made a (green / huge / delicious) salad.

18. He is an/a (old / brave / Arabian) soldier.

19. It is a/an (old / interesting / big) history book.

20. I bought a (Japanese / good / golden) watch for my brother in his birthday.

21. We are safe because we have a (german / black / big) dog at home



- جميع حلول التدريبات متاحة أونلاين
- عن طريق عمل مسح للكود الموجود بالصورة

أطلب نسختك الورقية الكاملة

الفصل الدراسي الأول كامل / طباعة ألوان



احجز نسختك الآن



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