سما
SAMA

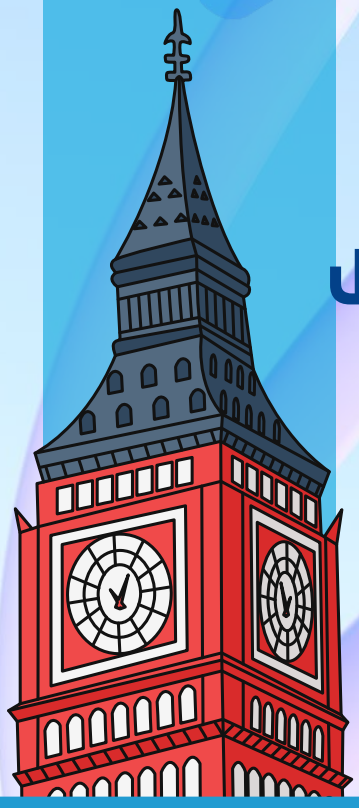
مذكرات سما

ENGLISH

UNIT: 1

الصف العاشر

المرحلة الثانوية





الفصل الدراسي الأول

2027 - 2026

www.samakw.com
samakw_net
60084568 /50855008/97442417
حولي مجمع بيروت الدور الأول

سما
SAMA

مذكرة اللغة الإنجليزية الجديدة الصف العاشر
الفصل الدراسي الأول

Origin to Outlook

Unit 1

The Science of Nutrition: علم التغذية

Types of Healthy Food:

- fresh fish 
- dates 
- rice 
- vegetables 

Advice to Stay Healthy:

- Consume less fast food 
- Play sports 
- Walk 

What an unhealthy diet may lead To:

- obesity 
- diabetes 

Examples of Healthy Habits:

- leading an active lifestyle 
- having balanced meals 
- physical activity 

Vocabulary Mastery & Practice Sheet

Word	Part of Speech (P.O.S.)	Arabic Meaning
Nutritious 	Adjective	مغذي
Pledge 	Noun	تعهد / وعد
Portion 	Noun	حصة / جزء
Resist 	Verb	يقاوم
Swap 	Verb	يستبدل / يبادل

Practice Exercise: Sentence Completion

Fill in the spaces with words from the list below:

nutritious / pledge / portion / swap / resist

1. The school cafeteria works hard to provide _____ meals for students every day.
2. The company made a _____ to reduce its plastic waste over the next year.
3. She ordered a smaller _____ of rice to manage her daily calories.
4. It can be difficult to _____ eating sweet treats when you are on a diet.
5. I decided to _____ my daily soda intake for fresh water to stay healthier.

Vocabulary – Part 2

Word	Part of Speech (P.O.S.)	Arabic Meaning
attitude	Noun	موقف / اتجاه / سلوك
bestow	Verb	يمنح / يهب
consume	Verb	يستهلك / يتناول
inactive	Adjective	خامل / غير نشط
involvement	Noun	مشاركة
notable	Adjective	بارز / ملحوظ
nutrition	Noun	تغذية
routinely	Adverb	بشكل روتيني / بانتظام
stimulate	Verb	يحفز / ينشط
urge	Verb	يحث / يحرض

A) From a, b, c, and d, choose the correct word:

1. Having a positive ..... can help you overcome difficult challenges at work.

○ nutrition ○ portion ○ attitude ○ pledge

2. Modern appliances are designed to ..... less energy to protect the environment.

○ urge ○ bestow ○ consume ○ swap

3. Good ..... is essential for maintaining a strong immune system and steady energy levels.

○ nutrition ○ portion ○ attitude ○ pledge

4. Solving complex puzzles can help ..... brain activity and memory retention.

○ stimulate ○ bestow ○ consume ○ swap

5. Health experts ..... people to drink plenty of water throughout the day.

○ urge ○ bestow ○ consume ○ swap

Word	Part of Speech (P.O.S.)	Arabic Meaning
Biological 	Adjective	حيوي / بيولوجي
Chemically 	Adverb	كيميائياً
Effective 	Adjective	فعال / مؤثر
Fatigue 	Noun	إرهاق / تعب شديد
Inflammation 	Noun	التهاب
Malnutrition 	Noun	سوء تغذية
Personalised 	Adjective	مخصص / شخصي
Process 	Verb	يعالج / يعالج البيانات أو المواد
Regulate 	Verb	ينظم / ينضبط
Still 	Adverb	ما زال / مع ذلك / رغم ذلك



B) Fill in the spaces with correct words from the list below:

(fatigue / biological / chemically / regulate / effective / still)

6. Aging is a natural _____ process that affects every living organism.
7. The water in the pool is _____ treated to keep it clean and safe for swimming.
8. Regular exercise is an _____ way to improve your heart health. 
9. Sarah experienced severe _____ after completing the marathon. 
10. The government of Kuwait has implemented new laws to _____ industrial emissions and pollution. 

Grammar – Part 1
Present Simple Tense

الزمن المضارع البسيط مع ظروف الهيئة

الزمن المضارع البسيط

1 أولاً: التعبير عن عمل اعتيادي نقوم به دائماً.



Expressing a habitual action we always do.

- My father always drinks coffee in the morning.
- Sally never leaves home late at night.

2 ثانياً: التعبير عن حقائق عامة.



Expressing general facts.

- Water boils at 100°C.
- Cows eat grass.

الكلمات الدالة على الزمن المضارع البسيط (ظروف الهيئة)

never | rarely | sometimes | often | usually | always

A) From a, b, c, and d, choose the correct answer:

Question 1: My father ..... a cup of warm tea every morning before.

a. never **b.** rarely **c.** often **d.** always

Question 2: The sun ..... in the east and sets in the west.

a. sun **b.** east **c.** set up **d.** always

Question 3: Students in Kuwait to school from Sunday to Thursday.

a. school **b.** day **c.** night **d.** threat

Question 4: Our English teacher often ..... the grammar rules very clearly.

a. often **b.** rarely **c.** often **d.** always

B) From a, b, and c, choose the correct answer as required.

between brackets.

5. Water **(boil)** when it reaches one hundred degrees Celsius.



_____ (Correct the verb)

a. Water **boiling** when it reaches one hundred degrees Celsius.

b. Water **is boiling** when it reaches one hundred degrees Celsius.

c. Water **boils** when it reaches one hundred degrees Celsius.

6. The school bell **(ring)** at exactly seven thirty in the morning.



_____ (Correct the verb)

a. The school bell **rings** at exactly seven thirty in the morning.

b. The school bell **ringing** at exactly seven thirty in the morning.

c. The school bell **was ringing** at exactly seven thirty in the morning.

7. My brother **(play)** football with his friends every weekend.





_____ (Correct the verb)

a. My brother **playing** football with his friends every weekend.

b. My brother **plays** football with his friends every weekend.

c. My brother **was played** football with his friends every weekend.

8. Doctors and nurses **(not/work)** at markets; they work at hospitals.



_____ (Correct the verb)

a. Doctors and nurses **did not work** at markets; they work at hospitals.

b. Doctors and nurses **do not work** at markets; they work at hospitals.

c. Doctors and nurses **are not working** at markets; they work at hospitals.

Vocabulary - Part 3

Word	P.O.S.	Arabic Meaning
Aroma	Noun	رائحة زكية / عبير
Filling	Adjective	مشبع
Preservatives	Noun	مواد حافظة
Prioritise	Verb	يعطي الأولوية / يرتب حسب الأهمية
Soak	Verb	ينقع / يغمر بالماء

Word	P.O.S.	Arabic Meaning
Affordable	Adjective	ميسور التكلفة / بأسعار معقولة
Indeed	Adverb	بالفعل / حقًا
Nutritional	Adjective	غذائي
Organisation	Noun	منظمة / مؤسسة
Subsidise	Verb	يدعم مالياً

A) Vocabulary Check: From a, b, c, and d, choose the correct words.

1. The rich _____ of freshly brewed coffee filled the entire kitchen.

a. preservatives b. organization c. fatigue d. aroma

2. A hearty cornflakes meal is a very _____ breakfast that keeps you full until lunch.

a. filling b. personalised c. biological d. inactive

3. You need to _____ the dried beans in water overnight before cooking them.

a. prioritise b. subsidise c. regulate d. soak

4. Many packaged foods contain artificial _____ to extend their shelf life.

a. preservatives b. organizations c. fatigue d. aroma

5. The city built new _____ housing options for low-income families.

a. filling b. affordable c. biological d. inactive

B) Sentence Completion: Fill in the blanks with correct words from the list below:

indeed | nutritional | prioritise | organization | subsidise | soak

6. Successful students learn to _____ their tasks to manage their time effectively.





7. The local restaurant serves great *food*: _____, it is one of the best in town.



8. You should check the ___  ___ label on packaged foods to track your intake.

9. Saad works for an international _____  that helps refugees around the world.

10. The government agreed to ___  ___ cement to keep building costs low for citizens.





Present Simple Continuous & the Order of Adjectives

الزمن المضارع المستمر Present Continuous

يستخدم للتعبير عن أفعال قمنا بها ولازالت مستمرة حتى الآن.

مثال:

We are working on our project now. نحن نعمل على مشروعنا الآن.

Look, the boys are playing football. انظر، الأولاد يلعبون كرة القدم.

Listen, someone is singing. استمع، شخص ما يغني.



Key-words: الكلمات الدالة على الزمن المضارع المستمر

Grammar - Part 2

Present Simple Continuous & the Order of Adjectives

بخلاف اللغة العربية، عندما يكون لدينا أكثر من صفة في اللغة الإنجليزية فإنها تأتي بترتيب محدد كالتالي:

order	Category	Commonly used adjectives اشهر الصفات	Example
1 	Opinion	beautiful / amazing / nice / cool/wonderful / kind	A beautiful house
2	Size	big / small / large / huge /medium	A big car
	Age	old / new / young	An old book
4	Shape	tall / short /round / oval / square	A round table
5 	Colour	blue / red / green / white /black / yellow / pink / brown	A red dress
6	Origion	American / Asian	Asian tree
7 	Material	wooden / metal / copper / golden	a golden vase
8	purpose	meaningful / clear / inspiring / significant	a meaningful speech

MNEMONIC GUIDE

O	S	A	SH	C	O	M	P
Opinion	Size	Age	Shape	Colour	Origin	Material	Purpose
1	2	3	4	5	6	7	8

Order of adjectives: ترتيب الصفات

Examples:

1. My mother has bought a _____ vase.

a. small beautiful blue

b. beautiful blue small

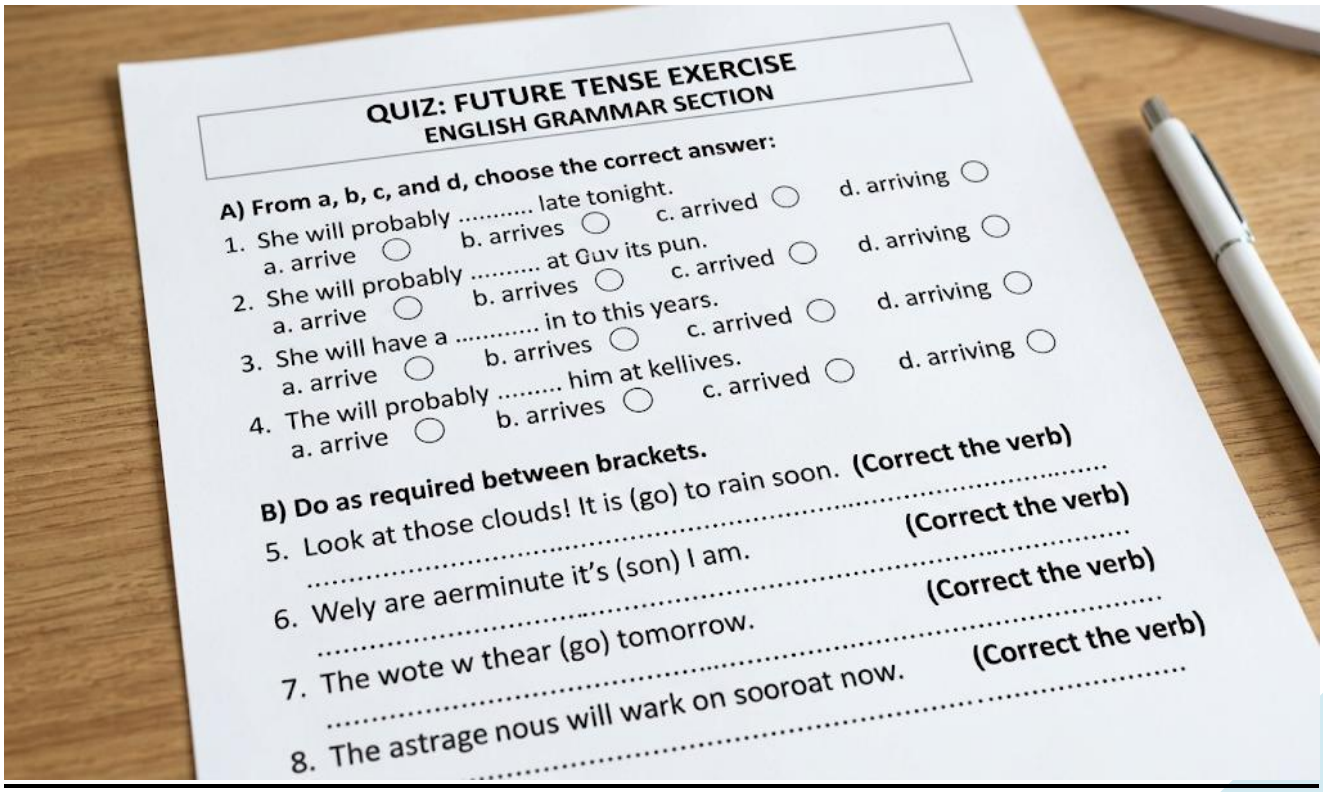
c. **beautiful small blue**

2. We saw some _____ clouds in the sky.

a. white big beautiful

b. **beautiful big white**

c. big beautiful white



GRAMMAR WORKBOOK: PRESENT CONTINUOUS PRACTICE

A) Choose the Correct Verb Form: From a, b, c, and d, choose the correct answer.

1. Rashed is _____ his bicycle to school now.





a. flying  b. are flying happily c. were flying d. flew

3. Mona is _____ a cartoon in her room right now.



a. watch b. watches c. watched d. watching

4. The cat _____ milk at the moment.



a. drink b. drinks c. is drinking d. drinking

B) Correct the Verbs Between Brackets: Do as required.

5. Some people (dine) in the garden now. (Correct the verb)



.....

6. Right now, Sarah (read) a book in her room. (Correct the verb)



.....

7. Look! The children (run) across the playground. (Correct the verb)



.....

8. I (not/watch) TV at the moment; I'm studying. (Correct the verb)





Grammar Skills Worksheet: Order of Adjectives

A) Multiple Choice: Select the Correct Adjective Order

1. Ali is a/an ..... young man.
a. brown nice tall
b. nice tall brown
c. tall nice brown
d. brown tall nice

2. My grandmother had a ..... box.
a. small round black
b. round small black
c. black small round
d. small black round
c. black small round
d. small black round

3. The playroom has six ..... tables.

a. small round blue
b. blue small round
c. blue round small
d. round small blue

4. This beautiful garden lacks a ..... coffee table.

a. square gray cozy
b. cozy square gray
c. square cozy gray
d. cozy gray square

B) Sentence Re-ordering: Fix the Adjective Order

5. Salem's family has bought a (**little beautiful red**) house.
(Re-arrange adjectives)
.....

6. Our cat has given birth to six (**white fluffy tiny**) kittens.
(Re-arrange adjectives)
.....

7. Tom found a (**purple big amazing**) ring while he was swimming at the beach.
(Re-arrange adjectives)
.....

8. Many (**amazing colourfull small**) visit Kuwait in winter.
(Re-arrange adjectives)
.....

Vocabulary - Part 4

Key terms and their translations for Part 4.

SET 1

Word	Part of Speech	Arabic Meaning
decade	Noun	عقد (عشر سنوات)
legume	Noun	البقوليات (مثل الفاصوليا والحمص)
overlook	Verb	يتجاهل
stroll	Verb	يتنزه / يتجول ببطء
sustainable	Adjective	مستدام

SET 2

Word	Part of Speech	Arabic Meaning
assign	Verb	يعين / يكلف (بمهمة)
break down	Phrasal Verb	يحلل إلى أجزاء
hurdle	Noun	عقبة / حاجز
tempting	Adjective	مغرٍ / جاذب
wholesome	Adjective	صحي / مفيد

A) Choose the correct words from a, c, and d:

1. Sarah has lived in Paris for over a ....., so she knows very well about French culture.

   a. hurdle b. legume c. decade d. aroma

2. Lentil soup is a/an ..... that is rich in vitamins and proteins.

   a. hurdle b. legume c. decade d. aroma

3. Make sure you do not ..... any safety instructions while driving.

   a. assign b. stroll c. subsidize d. overlook

4. We decided to ..... through Hyde Park while visiting London for thst time.

   a. assign b. stroll c. subsidize d. overlook

5. Solar energy provides a/an ..... source of power, especially in hot areas.

   a. sustainable b. wholesome c. tempting d. filling

B) Fill in the blanks with words from the list below:

{ break down / hurdle / assign / wholesome / tempting / stroll }

6. Our teacher likes to _____ homework on Teams at the end of every class.

7. If you _____ the complex math problem into smaller steps, it becomes much easier.

8. The language barrier was the biggest _____ Sally faced when she moved to Germany.

9. Chocolate bars are extremely_____, especially for those who are on a diet.

10. Cooking a _____ meal with fresh vegetables is better than ordering fast food.

Writing

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.**

I. Introduction

.....

II. Body Paragraph 1:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

III. Body Paragraph 2:

Topic Sentence: .....

Supporting Detail 1:

.....

.....

Supporting Detail 2:

.....

.....

IV. Conclusion

.....

.....

Write down your topic here

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....