

تم تحميل هذا الملف من موقع المناهج الكويتية



الملف مذكرة يا الكويت الشاملة

[موقع المناهج](#) ← [المناهج الكويتية](#) ← [الصف العاشر](#) ← [لغة انجليزية](#) ← [الفصل الأول](#)

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

[الرياضيات](#)

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المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

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يالكوويت Yal Kuwait

مادة اللغة الانجليزية

الفصل الدراسي الأول

- الكلمات المفردة + أمثلة توضيحية
- حلول أسئلة الكتاب + الترجمة (SETBOOK)
- شرح القواعد (GRAMMAR)
- موضوعات التعبير الشارحة (WRITING)
- حلول كتاب التدربات (WORKBOOK)
- قوائم بأسماء الأفعال الشارحة
- ملخص نموذج لزملة اللغة الانجليزية





Vocabulary المفردات الجديدة

| الكلمة | المصنف | مثال |
|-----------------|--------------------|---|
| antioxidants | n. مضادات الأكسدة | > Tea is a rich source of antioxidants . |
| arthritis | n. ألم المفاصل | > Arthritis 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 hygeian. |
| 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. | الجرعة / القدر المسموح | > the Recommended Dietary Allowance . |

تدريب على المفردات الجديدة ؟

جميع الحلول في نهاية الوحدة

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

(combat – crammed – absorb – neutralize – digestive)

1. Plants ----- carbon dioxide and give us oxygen.
2. After I vomited twice yesterday I knew that I have a problem with my ----- system.
3. The government is spending millions of dollars in its attempt to ----- addicting drugs.
4. What a ----- train! 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 of significantly 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 نزيد 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 (Good bacteria) important to the body? أهمية المشروبات الخمائرية (البكتريا المفيدة) 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 exercises. ممارسة الرياضة.
- ✍ 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 healthy. الطعام المنزلي صحي.
- ✍ They contain less fat. يحتوي على دهون أقل.
- ✍ They keep us fit. تجعلنا في حالة بدنية جيدة.
- ✍ They are fresh. أنها طازجة.

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

- ✍ Milk حليب
- ✍ Grains حبوب
- ✍ Mea لحوم
- ✍ Fruits الفاكهة

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.

11. How do you think dark chocolate can help diabetics? أهمية الشيكولاته الداكنة لمرضى السكري

- ✍ It metabolises sugar. تعمل على تمثيل السكريات بالجسم.
- ✍ It lowers blood pressure . تخفض ضغط الدم.

تدريب على القاعدة السابقة ؟

• Correct the mistakes in each of the following صحح الأخطاء

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 صحح الأفعال

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 ?

- رتب الصفات 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

حلول تدريبات الوحدة الأولى (Unit 1)

| طول المفردات | طول القواعد |
|---|--|
| <ul style="list-style-type: none"> • Fill in the spaces with the suitable | <ul style="list-style-type: none"> • Correct the mistakes in each of the following |
| 1 - absorb | 1 - found / X |
| 2 - digestive | 2 - tried / our |
| 3 - combat | 3 - played / this |
| 4 - crammed | 4 - used / in |
| 5 - digestive | 5 - my / gave |
| 6 - stimulant | 6 - was reading / called |
| 7 - saturated fat | 7 - waited / an |
| 8 - combat | 8 - fall / was running |
| 9 - dietician | 9 - was watching / cry |
| 10 - calcium | |
| 11 - cholesterol | |
| 12 - unsaturated fat | |
| 13 - vitamin | <ul style="list-style-type: none"> • Correct the grammatical mistakes |
| 14 - fibre | 10 - were / went out |
| 15 - protein | 11 - was watching / rang |
| 16 - absorb | 12 - got / was coming |
| 17 - malnutrition | 13 - was fishing / saw |
| 18 - boost | 14 - saw / was driving |
| 19 - comprises | |
| 20 - fatigue | <ul style="list-style-type: none"> • Complete the sentences with the right order |
| 21 - obesity | 15 - small - round - gray |
| 22 - dehydration | 16 - beautiful - blue - wooden |
| 23 - irresponsibly | 17 - delicious - huge - green |
| 24 - appeal to | 18 - brave - old - arabian |
| 25 - irresponsibly | 19 - interesting - big - old |
| 26 - absorbed | 20 - good - japanese - golden |
| 27 - deficiency | 21 - big - black - german |
| 28 - salad bar | |
| <ul style="list-style-type: none"> • Choose the most appropriate answer | |
| 29 - antioxidants | |
| 30 - arthritis | |
| 31 - nutrition | |
| 32 - dietician | |
| 33 - caffeine | |
| 34 - iron | |
| 35 - speciality | |
| 36 - wholesome | |
| 37 - eateries | |
| 38 - atmospheric | |
| 39 - vegetarian | |