



وزارة التربية
Ministry of Education
State of Kuwait | دولة الكويت

كويتنا ... مستقبلنا
Our Kuwait ...
Our Future

التعليم
يصنع
المستقبل

EDUCATION
CREATES
A BRIGHTER
TOMORROW

معاً
لبناء مستقبل
أكثر إشراقاً



Together
for a Brighter
Tomorrow

حل كتاب التدريبات الصف العاشر

الفصل الدراسي الأول 2026-2027

PRACTICE

IMPROVE

ACHIEVE

A STRONGER
KUWAIT

Grade 10 - **Workbook Answers**
1st Term 2026-2027

Grade
10A

هذا العمل خالص لوجه الله

غير مخصص للبيع أو المنفعة المادية بأي شكل من الأشكال
وغير محلل من يستخدمه في أي منفعة مادية

By: Mr. Muhammad Ahmad Fathy

Kuwait
Our Home
Our Pride

Practice
Today
A Better
Tomorrow



YouTube: muhamedfathy283



Telegram: englishkuwaitq8



TikTok: Hunterx2m7



وزارة التربية

Ministry of Education

دولة الكويت

State of Kuwait



GOOD
FOOD
HEALTHY
PEOPLE



BETTER
LIVES



A
SUSTAINABLE
TOMORROW



STRONGER
COMMUNITY

Healthy
Choices
Brighter
Futures



Module One: The Sustainable Self

Unit 1

The Science of Nutrition

علم التغذية



هذا العمل خالص لوجه الله

غير مخصص للبيع أو المنفعة المادية
بأي شكل من الأشكال
وغير محلل من يستخدمه
في أي منفعة مادية

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1 Answer the following 'Digital Detox' poll.

1. I check my phone in the first 5 minutes after waking up. **Often**
2. I feel the need to respond to notifications immediately. **Sometimes**
3. I limit screen time during the day by putting my phone away. **Usually**
4. I use my phone as a tool for knowledge and time management. **Always**



Stay
Balanced
Stay
Productive!

Compare your answers with a partner. What do you have in common?

We both use our phones for learning and time management.

2 Use the underlined clues to match each sentence with the suitable reason for using the present simple.

Sentence		Reason
1. I have a Pilates class at ten o'clock tomorrow morning.	(4)	stative verb
2. The old man goes to the mosque for every prayer.	(3)	fact
3. Temperatures in summer reach 50 degrees Celsius in Kuwait.	(2)	habit
4. He promises to hand in his homework on time.	(1)	verbs of sensing
5. This slice of cheese smells a bit strange. Maybe it's gone bad.	(5)	fixed events

Good
Grammar
Builds
Brighter
Futures!

3 Circle the correct form of the verbs and the adverbs of frequency.

In today's digital world, many teenagers depend on technology in their daily lives. Ali, a Grade 10 student, (1. **check** / **checks**) his smartphone as soon as he wakes up. He (2. **always** / **never**) checks the school's social media before leaving in the morning. Ali and his classmates (3. **use** / **uses**) online tools to help with their homework, and they (4. **often** / **never**) ask AI apps for explanations when a lesson is difficult. During school hours, he (5. **do not use** / **does not use**) his phone because it is not allowed in class. After school, Ali (6. **never** / **sometimes**) joins virtual study groups, and he (7. **completes** / **complete**) his assignments online. He and his friends (8. **do not play** / **does not play**) video games on weekdays.



4 Challenge your partner to write the full answer to the following questions within 20 seconds.

1. Does water boil at 100 degrees Celsius? **Yes, it does.**
2. Does the Sun move around the Earth? **No, it doesn't.**
3. Do lions live in groups called prides? **Yes, they do.**
4. Do all fish lay eggs? **No, they don't.**



Remember

Adverb placement is before the main verb and after the verb (be).

5 Balancing school pressure and free time is a problem for some students. Give one piece of advice for the following situations.

- **Situation 1:** "I usually panic and study one night before the exam."
Advice: Don't panic and always schedule your studying time.
- **Situation 2:** "I can't balance doing my schoolwork and having time to relax at home."
Advice: Make a weekly plan and set specific times for study and rest.
- **Situation 3:** "I like to join school activities, but I do not have time to spend with my friends at school."
Advice: Choose a few activities and manage your time so you can also meet your friends.

Plan
Learn
Grow
Succeed



1 Find, then highlight, all the words from the list in the word search grid.

G	H	C	O	N	S	U	M	E	K	E	N
S	F	B	T	B	B	E	S	T	O	W	O
J	R	O	U	T	I	N	E	L	Y	U	T
P	R	I	O	R	I	T	I	S	E	R	A
H	F	A	T	T	I	T	U	D	E	G	B
O	J	S	T	I	M	U	L	A	T	E	L
N	N	U	T	R	I	T	I	O	P	F	E

ATTITUDE
BESTOW
CONSUME
NOTABLE
NUTRITION
PRIORITISE
ROUTINELY
STIMULATE
URGE

Great Job!
Keep Learning!
😊

2 Complete each sentence with the correct word from the list below.

(nutritious / pledge / affordable / portion / swap / resist)

1. She made a **pledge** to study harder this year.
2. Can we **swap** books? I want to read yours.
3. He could not **resist** the temptation to ride a bike.
4. Eating **nutritious** meals helps you stay active and healthy.
5. The waiter served a small **portion** of meat to the bodybuilder.

Healthy Choices
Happier You! ❤️



3 Match words in column A with their definitions in column B.

A		B
1. aroma	3	(of food) making your stomach feel full
2. preservatives	4	to put something in liquid for a time so that it becomes completely wet
3. soak	2	a pleasant smell that is easy to notice
4. filling	1	a substance used to prevent food or wood from decaying

4 Challenge yourself and use as many words as you can from the exercises above to create a meaningful sentence.

Example: I prioritise my nutrition by consuming healthy, filling foods.

I always try to consume nutritious foods, and I can't resist swapping unhealthy snacks for a healthier, more affordable option.

Small Steps
Big Changes ❤️



A **run-on sentence** happens when two or three complete sentences are joined incorrectly without correct punctuation or a linker. This makes the writing unclear and hard to read.

Here are three ways to fix a run-on sentence:

Run-on Sentences	Correct with a full stop	Correct with a linker	Correct with a full stop + linker + comma
My phone battery was low I charged it.	My phone battery was low. I charged it.	My phone battery was low, so I charged it.	My phone battery was low. Therefore , I charged it.

Fix
Run-Ons
Write
Clearly!
😊

1 Which of the following sentences is a run-on sentence? Justify your answer.

a. I studied hard. I want to pass the exam.

Not a run-on. (Two correct sentences)

b. I studied hard I want to pass the exam.

Run-on sentence. (Missing punctuation or a linker)

c. I studied hard; I want to pass the exam.

Not a run-on. (Semi-colon used correctly)

d. I studied hard because I want to pass the exam.

Not a run-on. (Linker used correctly)

Good
Sentences
Build
Better
Ideas
💡

2 Fill in the blanks with the correct linker from the word bank below.

● Conclusions
● Showing Results
● Adding Ideas

FAM (Adding Ideas)

- ☒ Furthermore, ...
- ☒ Also, ...
- ☒ Moreover, ...

STC (Showing Results)

- ☒ So, ...
- ☒ Therefore, ...
- ☒ Consequently, ...

IUT (Conclusions)

- ☒ In summary, ...
- ☒ Ultimately, ...
- ☒ To conclude, ...

Link
Your Ideas
Make a
Stronger
Paragraph!
😊

3 Rewrite the sentences using the correct punctuation and capital letters for the linkers.

1. Many students depend on technology therefore they sometimes forget how to solve problems independently.

Many students depend on technology. Therefore, they sometimes forget how to solve problems independently.

2. The city has improved public transport consequently fewer people are using private cars.

The city has improved public transport. Consequently, fewer people are using private cars.

3. Clear communication helps people work together successfully ultimately it leads to stronger relationships.

Clear communication helps people work together successfully. Ultimately, it leads to stronger relationships.

Punctuation
+
Linkers
=
Clear Writing
😊

4 Each of the following sentences contains two or three ideas written incorrectly as one run-on sentence. Rewrite each sentence, using correct punctuation, capital letters, and linkers from the word bank.

1. Reading books improves vocabulary it helps students write better.

Reading books improves vocabulary, and it helps students write better.

2. Exercise improves physical health it reduces stress it supports both the body and the mind.

Exercise improves physical health. It reduces stress, and it supports both the body and the mind.

3. Teamwork teaches us to listen it helps us share ideas it builds good communication skills.

Teamwork teaches us to listen. It helps us share ideas, and it builds good communication skills.

Small
Changes
Make a
Big
Difference
😊



1 Underline the mistake (verb to be). Then correct it in the space provided.

1. She are sewing a blanket for the baby.
2. I is baking a sourdough loaf in the oven.
3. They am playing padel in the court now.
4. He are watching the live football game on TV.

She is sewing a blanket for the baby.
I am baking a sourdough loaf in the oven.
They are playing padel in the court now.
He is watching the live football game on TV.

Good Grammar
Brighter Writers!
😊

2 Correct the verbs in brackets using the present continuous.

1. My friend is waiting (wait) for me outside now.
2. We are not studying (not study) today because it's a holiday.
3. I am reading (read) a novel by my favourite writer at the moment.
4. Look! The gardener is watering (water) the flowers and plants behind the fence.
5. Be careful! The builders are working (work) at the construction site with heavy machines.

Practice Today
Improve Tomorrow!
😊

3 Look at the picture and ask 3 different questions using the present continuous tense.

1. What is she cooking?
2. What is on the table?
3. Where is she cooking?



4 Complete the following sentences using the negative present continuous.

1. I am wearing sports clothes, but... I am not wearing sports clothes, but I am wearing a school uniform.
2. The man is holding a camera, but... The man is not holding a camera, but he is holding a mobile phone.
3. Our teacher is holding a red pen, but... Our teacher is not holding a red pen, but she is holding a blue one.
4. The brothers are sitting around the table, but... The brothers are not sitting around the table, but they are standing.

Think. Connect.
Grow.
If it feels difficult,
that means you are learning.

5 Order the adjectives in brackets.

1. He is driving a (German/new/fast) car. a fast, new, German car
2. They live in a (white/modern/big) house. a big, modern, white house
3. I don't have a (leather/black/square) bag. a square, black, leather bag
4. Why do you need a (brown/wooden/round) table? a round, wooden, brown table
5. Do you have a (support/rectangular/comfortable) pillow? a comfortable, rectangular, support pillow

Small Steps
Make a Big
Difference!
😊

6 Describe the picture using three different adjectives.

1. It is a beautiful, colourful, and peaceful scene.
2. The flowers are bright, fresh, and colourful.
3. It is a lovely, modern, and relaxing place.



Descriptive Words
Brighter Pictures!
😊



Welcome to the Language Lab where players complete five language challenges to earn points.

Codebreaker (10 ♦ Points)

- 1 Use the glossary to look up and write the correct part of speech and definition for the following words.

	Word	Part of Speech	Definition
1	affordable	adjective	cheap enough that people can afford to pay for it
2	indeed	adverb	used to emphasize that something is true
3	inflammation	noun	a condition where part of the body becomes red, swollen and sore
4	tempting	adjective	very attractive and making you want to have or do something
5	still	adverb	continuing to exist; not moving or changing

Great Job!
Keep Going!
😊

Vocabulary
Today
A Brighter
Tomorrow!
😊

Lexicon Lockdown (15 ♦ Points)

- 2 Fill in the gaps with the suitable words from the list.

(stroll / overlook / decade / biological / legumes / sustainable)

Over the past decade, people have become more interested in living a/an sustainable lifestyle. Many have started to eat more legumes, like beans and lentils because they are both healthy and eco-friendly. Experts warn that people should not overlook the small choices that make a big difference. In their free time, some people stroll around to stay active and enjoy nature.



Small
Choices
Big
Impact
♥

Word Lab (20 ♦ Points)

- 3 Study and complete the table below with the suitable words.

Noun	Verb	Adjective	Adverb
effect	affect	effective	effectively
personalisation	personalise	personalised	personally
organisation	organise	organised	organisationally
assignment	assign	assigned	No Adverb

Words
Build
Skills
Skills
Build
Futures!
😊

Decode, Describe, Deliver (55 ♦ Points)

- 4 Describe the picture. Write as many meaningful sentences as possible using the words provided below.

(chemically / hurdles / process / substance / break down)



- The scientist is conducting an experiment in the laboratory.
- He is mixing a chemical substance to see how it reacts.
- He is trying to break down the substance into simpler parts.
- The process can be difficult because there are many hurdles to overcome.

Explore
Learn
Improve
Succeed
😊

Mission Accomplished!

You have successfully completed the Language Lab challenges!





Learn
Create
Summarise
Succeed!

Do It with AI: A Sandstorm

Unit 1 Summary-making

✓ Steps for writing a summary:

- Identify the key ideas.
- Keep the meaning of the original text, using synonyms where possible.
- Use linkers and their correct punctuation to avoid run-on sentences.
- Remove unnecessary ideas, examples and opinions.

Good
Summaries
Show
Big Ideas!



1 Read the following text.

Chatbot

Hello! I'm your AI chatbot. How can I assist you today?

A sandstorm is a strong wind that carries sand and dust through the air. It usually happens in dry places, especially deserts. During a sandstorm, the sky becomes yellow or brown. People may find it hard to see clearly. Drivers should slow down and keep a safe distance from other cars. Students should stay indoors and close the windows. Sand can enter the eyes, nose, and mouth. Some people may have breathing problems during this weather. Wearing a mask and glasses can help protect the face. A sandstorm can cover roads, cars, buildings, and trees with dust. It may last for a short time or several hours. People need to be careful during a sandstorm.

2 Write a clear AI prompt in the (Ask Anything) bar above, asking the chatbot to summarise the passage.

Summarise the following passage about sandstorms in 4-5 clear sentences. Include the main ideas and important safety advice, and use different words from the original text.

3 Read the AI-generated summary. Improve it by adding punctuation, linkers, and missing important details from the original text.

AI-Generated Summary (with mistakes)

A sandstorm is strong wind it carries sand and dust. It happens in dry places. The sky becomes yellow or brown people cannot see clearly. Drivers should slow down students should stay indoors. Sand can enter the eyes nose and mouth. Some people may have breathing problems wearing a mask can help. A sandstorm can cover roads cars and buildings. People need to be careful.



Needs
Improvement!

Improved Summary (Model Answer)

A sandstorm is a strong wind that carries sand and dust through the air, and it usually happens in dry areas, especially deserts. During a sandstorm, the sky turns yellow or brown, and it can be difficult to see clearly. Drivers should slow down and keep a safe distance from other cars, and students should stay indoors and close the windows. Sand can enter the eyes, nose, and mouth, and some people may have breathing problems, so wearing a mask and glasses can help protect the face. A sandstorm can cover roads, cars, buildings, and trees with dust, and it may last for a short time or several hours. Therefore, people need to be careful during a sandstorm.



Great
Improvement!

4 Rewrite the summary in your own words in four to five clear sentences.

A sandstorm is a powerful wind that blows sand and dust, usually in deserts. It makes the sky look yellow or brown and can reduce visibility. People should stay indoors, close the windows, and drivers need to slow down. Wearing a mask and glasses helps protect the eyes and lungs. Sandstorms can cover roads and buildings, so everyone must be careful.

Self-assessment Checklist

- ☒ I included the main idea.
- ☒ I removed unnecessary details.
- ☒ I used correct punctuation.
- ☒ I added suitable linkers.
- ☒ I did not change the meaning.

Well Done!
You Used
AI Wisely!



Mr. Muhammad A. Fathy

Learn Today ... Build a Better Tomorrow



YouTube:
muhamedfathy283



Telegram:
englishkuwaitq8



TikTok:
Hunterx2m7

معاً نحو
مستقبل أفضل

 Writing Prompt

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**.

Good Ideas Lead to Great Writing!



I. Introduction

Mindful eating means paying attention to what we eat and how we eat. It is more than just filling our stomachs; it helps us stay healthy and perform better at school.



Hook the reader and introduce the topic.

II. Body Paragraph 1: Physical Benefits

Topic Sentence: Mindful eating has many physical benefits.

Supporting Detail 1: It gives the body the right nutrients, which provide energy and help the immune system stay strong.

Supporting Detail 2: It also helps maintain a healthy weight and reduces the risk of diseases such as diabetes and heart problems.



Explain how it helps the body.

III. Body Paragraph 2: Academic Benefits

Topic Sentence: Mindful eating also improves academic performance.

Supporting Detail 1: Eating healthy food helps the brain work better, which leads to improved concentration and memory.

Supporting Detail 2: When students avoid eating too quickly or while using devices, they can focus more, feel less tired, and do better in class and on exams.



Explain how it helps learning and school performance.

IV. Conclusion

In conclusion, mindful eating is a simple habit that can make a big difference in both our health and our school success. By choosing nutritious foods and eating without distractions, students can have more energy, better focus, and a brighter future.



Summarise the main points and give a final thought.

Small Steps Big Results!



Mindful Eating

I. Introduction

Mindful eating means paying attention to what we eat and how we eat. It is more than just filling our stomachs; it helps us stay healthy and perform better at school.

II. Body Paragraph 1: Physical Benefits

Mindful eating has many physical benefits. It gives the body the right nutrients, which provide energy and help the immune system stay strong. It also helps maintain a healthy weight and reduces the risk of diseases such as diabetes and heart problems.

III. Body Paragraph 2: Academic Benefits

Mindful eating also improves academic performance. Eating healthy food helps the brain work better, which leads to improved concentration and memory. When students avoid eating too quickly or while using devices, they can focus more, feel less tired, and do better in class and on exams.

IV. Conclusion

In conclusion, mindful eating is a simple habit that can make a big difference in both our health and our school success. By choosing nutritious foods and eating without distractions, students can have more energy, better focus, and a brighter future.

Post-Writing

Peer Check:

1. **Clarity:** Is it clear what 'mindful eating' is?
2. **Organisation:** Does it follow the structure (Introduction, Body, Conclusion)?
3. **Vocabulary:** Did they use at least two words related to health or academic performance?

Well
Written!
Keep
Going!
😊



1 Choose the correct answer from a, b, c or d.

- The engineer his new laptop for the latest model.
a) bestowed **b) swapped** c) urged d) subsidised
- The patient suffered from after months of a poor diet.
a) malnutrition b) decade c) organisation d) stroll
- The two substances are identical physically, but they react in a different way.
a) indeed b) still c) routinely **d) chemically**
- This local business sells stylish, good-quality clothes at prices.
a) filling b) personalised **c) affordable** d) wholesome
- After the heavy rain, the garden had the sweet of jasmine flowers.
a) aroma b) fatigue c) attitude d) pledge

Great
Vocabulary
Choices!



Read
Think
Choose
Succeed!



Quick tips for answering vocabulary MCQs

- ✓ Read the whole sentence first. Do not jump to the choices.
- ✓ Look for clue words: that is, or, but, for example, because.
- ✓ Read all answer choices, even if one looks right at first.
- ✓ Eliminate answers that do not fit the sentence meaning or grammar.
- ✓ Substitute each remaining choice into the sentence to see which sounds correct and natural.



Strategy
Leads to
Success!



2 Fill in the gaps with the suitable word from the list.

(notable / tempting / portion / assign / hurdle / soak)

- To get the best results, **soak** the beans in water overnight before cooking.
- Fear from loneliness is often a serious **hurdle** for many elderly people.
- His graduation speech had a/an **notable** effect on the audience as they burst into tears.
- The government will **assign** a team of experts to improve transportation services.
- It is **tempting** to stay in your cosy warm bed during cold mornings in winter.

New
Words
Stronger
Sentences
Brighter
You!



Well Done!

You have completed the Vocabulary Checkpoint!



3 Choose the correct answer from a, b, c or d.

- They go to the beach on the weekends during summer. They didn't skip any.
a) always b) never c) often d) rarely
- The team a workshop that focuses on improving communication skills now.
a) attends b) is attending c) had attended d) attended
- do you usually spend your free time?
a) What b) Who c) Where d) How long
- My brothers walk to work every morning, they drive their own cars.
a) weren't b) don't c) won't d) didn't
- Public gardens usually regular maintenance to stay clean and safe for visitors.
a) are needing b) needed c) need d) will need

4 Choose the correct answer from a, b or c.

- My grandmother bought a/an (**old/ ceramic/ small**) vase. (Reorder the adjectives)
a) My grandmother bought an old ceramic small vase.
b) My grandmother bought a ceramic old small vase.
c) My grandmother bought an old small ceramic vase.
- The family members watch television during dinner. (Make negative)
a) The family members do not watch television during dinner.
b) The family members did not watch television during dinner.
c) The family members have not watched television during dinner.
- Environmentalists are trying to reduce the amount of plastic we use every day. (Ask a question)
a) What do environmentalists try to do?
b) What are environmentalists trying to do?
c) What will environmentalists try to do?
- The public library usually (**provide**) valuable resources for students. (Correct the verb)
a) The public library usually is providing valuable resources for students.
b) The public library usually provides valuable resources for students.
c) The public library usually provided valuable resources for students.
- Look! The artist (**draw**) a very detailed painting. (Correct the verb)
a) Look! The artist draws a very detailed painting.
b) Look! The artist drew a very detailed painting.
c) Look! The artist is drawing a very detailed painting.

Great
Grammar
Choices!

Practice
Today
Build a
Brighter
Tomorrow!



Good
Grammar
Leads to
Great
Communication!

Small
Steps
Big
Progress!

You
Can Do
It!

Well Done! You have completed the Grammar Checkpoint!

1 With a partner, carefully study the STAR table below.

S	Spot	Read the sentences slowly, then spot the little words (he, she, it, this, they).
T	Tell	Tell who/what it points to (He = Tom, She = the mother, it = a door, etc.).
A	Ask	Ask if it makes sense with the noun.
R	Review	Review the previous sentence if unsure.

Little Words
Make a
Big
Difference!

2 Read the passage carefully, then answer the tasks that follow.

A small neighbourhood has a free little library on a busy corner. This tiny box holds books for everyone. People from the street can take a book or leave one; it is simple and friendly. The box sits under a tree, and it has a sign with rules that are easy to follow. Neighbours bring novels, picture books, and magazines, and they place them on the small shelves inside. Children love this library because they can choose a story to read at home. Parents often check the box when they walk by, and many of them donate books that their families have finished. On weekends, volunteers tidy the area and fix any broken parts, so the box stays safe and neat. Some people add small notes inside to recommend titles; others write short reviews on paper and pin them to the door. If a book is missing, the volunteers ask nearby shops to keep an eye out for it. The free little library connects people who live nearby and helps everyone share books at no cost. It shows how a small idea can make a big difference in a community.



Read
Understand
Find
Succeed!

3 Choose the correct answer from a, b, c or d.

1. What does the underlined word 'it' in the 2nd line refer to?

a) the street

b) the box

c) a book

d) the street

2. The underlined word 'they' in the 4th line refers to:

a) neighbours

b) novels

c) picture books

d) magazines

3. What does the underlined word 'their' in the 6th line refer to?

a) parents

b) children

c) shelves

d) magazines

4. What does the underlined word 'them' in the 8th line refer to?

a) broken parts

b) titles

c) people

d) short reviews

5. The underlined word 'who' in the 9th line refers to:

a) families

b) people

c) volunteers

d) parents

Good
Readers
Find
Connections!

Practice
Today
Stronger
Tomorrow!



Mr. Muhammad A. Fathy

Learn Today ... Build a Better Tomorrow



YouTube:
muhamedfathy283



Telegram:
englishkuwaitq8



TikTok:
Hunterx2m7

معاً نحو
مستقبل أفضل