



وزارة التربية
Ministry of Education
State of Kuwait | دولة الكويت

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

التعليم
يصنع
المستقبل

EDUCATION
CREATES
A BRIGHTER
TOMORROW

نبني
جيلاً أفضل

Building
a Better
Generation

حل أسئلة كتاب الطالب الصف العاشر

الفصل الدراسي الأول 2026-2027

LEARN

THINK

CONTRIBUTE

BUILD
A BETTER
KUWAIT

Grade 10 - Student's book 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

Kuwait
Kuwait
A Brighter Tomorrow

Knowledge
Serves
Society

By: Mr. Muhammad Ahmad Fathy

YouTube: muhamedfathy283

Telegram: englishkuwaitq8

TikTok: Hunterx2m7

Grade 10 - Student's book

Answers

Unit 01

The Science of Nutrition

Healthy
People
Brighter
Tomorrow
♥

Good
Food
Better
Life ♥

الصف العاشر - كتاب الطالب
إجابة الوحدة الأولى

Nourish
Learn
Achieve

By: Mr. Muhammad Ahmad Fathy

GOOD
NUTRITION
BRIGHTER
FUTURES



YouTube: muhamedfathy283

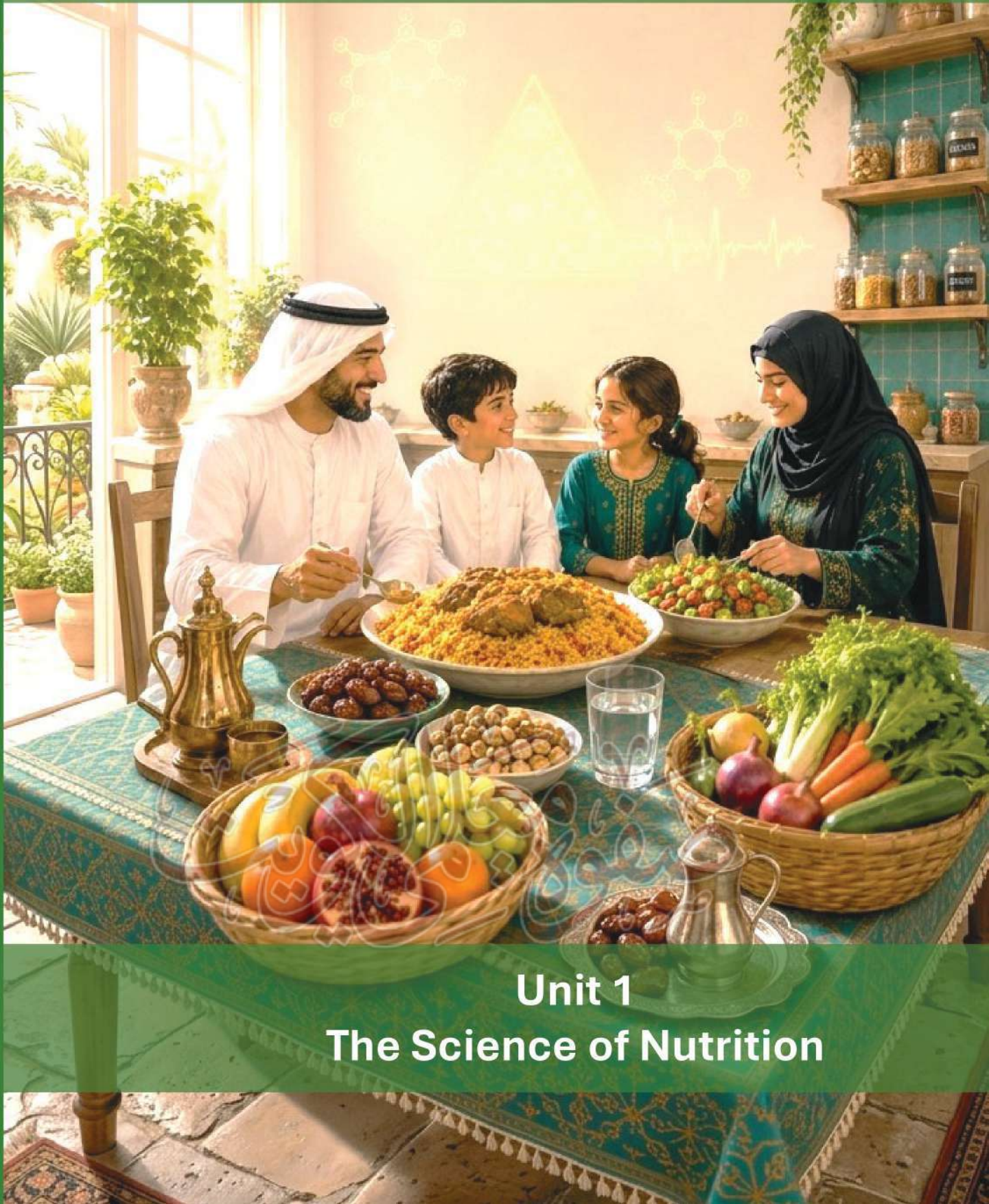


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Module One: The Sustainable Self



Unit 1 The Science of Nutrition



Lesson One: Opener Food Log Reflection



Healthy
Choices
Brighter
Tomorrows

New Vocabulary: nutritious, portion, swap, resist, pledge

1 List everything you ate and drank yesterday in the table below.

Fuel , which is nutritious , energising, and makes you feel good 	Treat , which is fun, tasty, but not necessarily nutritious 	Habitual , which is eaten out of boredom, stress, or is most convenient 
- Oatmeal with bananas (breakfast) - Grilled chicken with rice (lunch) - Salad and vegetables (dinner) - Water (6 glasses)	- Chocolate bar - Potato chips - Ice cream - Soft drink	- Cookies while studying - Coffee in the morning - Snacks while watching TV - Late-night snack (chips)

2 Work with a partner. Interview each other using these questions.

- What is one healthy food you enjoy?
I enjoy grilled chicken and fresh fruits.
- What is one unhealthy food you find hard to give up?
I find it hard to give up chocolate.
- What is one thing you consider part of your daily food routine?
I always have breakfast every day.
- When do you find it most difficult to eat healthy?
It's most difficult at night when I'm studying.
- Do you drink enough water, and how do you remind yourself?
Yes, I drink enough water. I use a water bottle and set a phone reminder.

Remember:
Be curious,
not judgmental.



Good
Food
=
Good Mood

3 Start with a "Small Shift" towards being healthy.

In groups, suggest small, realistic swaps (not diets) for some habitual items.

For example:

- Portion control:** Put some chips in a bowl instead of eating from the bag.
- The Swap:** Swap chips with an apple or nuts while studying.
- The Barrier:** Resist buying chips in bulk, so they aren't available at home.



Healthy
Choices



Not the
Best Choice

Create a Nutrition Pledge

4 Write down one small shift to commit to for the next week. It must be either:

- Subtraction:** Stop or reduce a less healthy habit.
- Addition:** Add something healthy.

For example: "My pledge is to consume fewer sugary drinks."



My Pledge:

I am aiming to drink more water and eat fewer chips next week.



Remember: Avoid the all-or-nothing trap by using "I am aiming to..." instead of "I must stop..."



I can describe my daily eating habits by analysing a food log.



I can suggest simple healthy changes by creating a personal small shift pledge.

Small
Steps
Big Change



Lesson Two: Reading

The Evolution of the Kuwaiti Diet



New Vocabulary: bestow, nutrition, urge, routinely, inactive, attitude, stimulate, consume, notable, involvement

Pre-Reading

1 With a partner, answer the following:

1. Describe the Kuwaiti diet in the past.

The Kuwaiti diet in the past was simple, healthy and based on fresh fish, dates, rice and a few vegetables.

2. What do modern Kuwaiti meals contain?

Modern Kuwaiti meals often contain a variety of foods, including fast food, meat, rice, bread, snacks, sweets and drinks, and they can be high in fat, sugar and salt.

Answers

Past:
Simple & Natural

Now:
More Choices

Read the following blog, then do the tasks that follow:

The Evolution of the Kuwaiti Diet

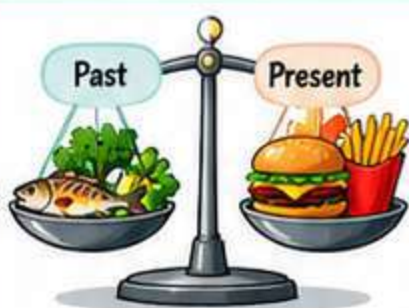
For centuries, the Kuwaiti diet reflected the lifestyle of pearl divers and fishermen. Meals were simple, healthy, and based on what the sea and desert could **bestow**. Fresh fish, dates, rice, and a few vegetables formed the foundation of daily **nutrition**. These foods gave people the energy needed for long hours of diving and sailing. Life was physically hard, and the diet matched this active lifestyle. As a result, health problems related to food were rare, and obesity was almost unknown.



However, with the discovery of oil and Kuwait's rapid development, eating habits began to change. Supermarkets, restaurants, and fast-food chains introduced new options that were convenient but often high in fat, sugar, and salt. At the same time, daily life became less physically active. Cars replaced walking, and technology **urged** people to spend more time indoors. Research shows that many Kuwaiti teenagers, especially girls, engage in little physical activity. They do not **routinely** get enough exercise, and their lifestyles are **inactive**. Consequently, this shift has contributed to rising rates of obesity, as well as health problems such as diabetes.



To overcome these challenges, schools have become important places to **stimulate** healthier lifestyles. The programme developed in Kuwait by the Kuwait Flour Mills and Bakeries Company aims to teach students in selected schools about **nutrition** in engaging ways. Studies show that students who participated in the programme improved their healthy eating habits. They developed more positive **attitudes** and modified some of their behaviours. They ate more fruits and vegetables and **consumed** less fast food. This **notable** programme has made a significant difference in shaping healthier habits, especially with the help of the school's **involvement**.



In conclusion, the Kuwaiti diet has evolved from the natural, balanced meals of the pearl-diving period to the modern challenges of fast food and inactive lifestyles. Research highlights the urgent need for action, especially among teenagers, to encourage physical activity and healthier eating habits. By combining traditional wisdom with modern educational programmes, Kuwait has the opportunity to guide its young people towards a healthier future.

Healthy Choices Brighter Tomorrows





Lesson Two: Reading

The Evolution of the Kuwaiti Diet



Good Food
Healthy People
Stronger Kuwait!

While-Reading

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

1. The main idea of the passage is:

- a) Modernisation and the oil industry have led to significant changes in eating habits and lifestyle.
- b) The traditional Kuwaiti diet suited the physical demands of pearl diving and fishing.
- c) The Kuwaiti diet has changed from simple, healthy meals to modern fast food.
- d) Nutrition educational programmes encourage healthier eating habits among students.

2. The word 'their' in the 3rd paragraph refers to:

- a) positive attitudes
- b) studies
- c) **students**
- d) eating habits

3. The writing style of the passage is:

- a) **expository**
- b) descriptive
- c) persuasive
- d) argumentative

3 Answer the following questions.

1. What foods did pearl divers eat in the past?

They ate fresh fish, dates, rice and a few vegetables.

2. Which health problems are highlighted as modern challenges?

Obesity and diabetes.

3. Why do you think technology encourages more time indoors?

Because technology offers many indoor activities, such as social media, games and streaming.

4. What can we infer about the importance of schools in Kuwait today?

We can infer that schools play an important role in promoting healthier eating habits and encouraging students to be more active.

4 Add a prefix (im-, in-, or un-) to form the opposite of each word. Then write sentences using the words and their opposites.

- | | | | | | |
|-------------|-------------------|---------------|---------------------|----------------|----------------------|
| 1. healthy | <u>unhealthy</u> | 2. convenient | <u>inconvenient</u> | 3. significant | <u>insignificant</u> |
| 4. balanced | <u>unbalanced</u> | 5. known | <u>unknown</u> | 6. active | <u>inactive</u> |

Example: A balanced diet is considered healthy, while fast food is considered unhealthy.

- 1. *Healthy food gives you energy, but unhealthy food can cause health problems.*
- 2. *Online classes are convenient, but sometimes they are also inconvenient.*
- 3. *Exercise has a significant effect on health, while a poor diet can have an insignificant effect.*
- 4. *A balanced lifestyle is important, while an unbalanced lifestyle can lead to obesity.*
- 5. *Kuwait is a well-known country, but some traditional foods are still unknown to many people.*
- 6. *Regular exercise keeps you active, while too much screen time can make you inactive.*

5 With a partner, discuss the following questions. (Suggested answers)

1. Why do you think traditional food is less popular among young people in Kuwait?

Because fast food is more convenient, cheaper and heavily advertised.

2. What can teenagers do to overcome the problem of living a sedentary lifestyle?

They can exercise regularly, join sports clubs and limit screen time.

3. How can schools and families work together to improve students' eating habits?

They can provide healthy food options, give nutrition education and set a good example at home.

Post-Reading

6 As Youth Health Ambassadors, create a 'Fuel Up the Fun!' poster to be displayed in a school gallery.

- 🍷 Include an attractive catchphrase.
- 🍷 Check your spelling and grammar using AI tools.
- 🍷 Present your poster to your classmates.

Your Poster Idea:

"Eat Smart
Move More
Live Better!"

✓ I can analyse the causes and effects of dietary changes in Kuwait.

✓ I can design and present a persuasive visual campaign to influence peer behaviour.

Answers

Read
Think
Choose
Succeed!



Small
Changes
Make a
Big Difference



Healthy
Students
Brighter
Futures!



Be Active
Be Healthy
Be Happy



Healthy
Choices
Happier
Lives!



FUEL UP THE FUN!

Presentation

1 Read the following paragraph, then follow the instructions below:

To stay focused, the brain requires a steady supply of nutrients, yet many students fail to eat healthily. What do you need to build a foundation for academic success and well-being? A balanced diet and regular exercise are the perfect solution. It is not easy, but necessary. After all, who doesn't want to perform at their best?

- Underline all the present simple verbs included in the paragraph.
- Fill in the table below with the forms mentioned.

Present Simple = Routine or facts

Affirmative	Question
Fast-food restaurants offer high-fat meals. This restaurant offers healthy meals.	What food do Kuwaitis usually eat for lunch? How often does your mother cook homemade meals?
Subject + base verb (+s/es for he/ she/it)	Wh-word + Do / Does + Subject + Base Verb + ?
e.g. I eat / He eats / They play.	e.g. What do you eat? / Where does he live?

Practice

2 Ask a partner the following questions. Record their answers using the present simple.

- What do you **usually** eat for breakfast? I usually eat eggs and bread for breakfast.
- Where do you **sometimes** buy your snacks? Why? I sometimes buy snacks from the supermarket because it is convenient.
- How **often** do you exercise after school? I exercise after school three times a week.

3 Talk about your partner's habits.

Example: My partner doesn't eat fruit for breakfast. / He spends long hours using his phone.

My partner usually eats eggs for breakfast. He sometimes buys snacks from the supermarket, and he exercises after school three times a week.

4 Rewrite the sentences below using the adverbs of frequency in brackets.

- Rashed stays at home at the weekends. (**never**)
Rashed never stays at home at the weekends.
- My water bottle is full to ensure I stay hydrated. (**always**)
My water bottle is always full to ensure I stay hydrated.
- Puzzle games are part of our family gathering activities. (**often**)
Puzzle games are often part of our family gathering activities.
- Lulwa buys ready-made meals after school. (**sometimes**)
Lulwa sometimes buys ready-made meals after school.



Adverbs of Frequency



Sample Answer:

I usually eat a healthy breakfast, and I often drink water during the day. I sometimes eat fast food, but I try to exercise regularly. I believe healthy diets are not too strict. We just need balance and small changes to stay healthy and perform better at school.

Small Changes! Big Results!

Production

5 Read the following false statement:

"Healthy diets are too strict and unrealistic for teens."

- Write short notes reflecting on your own daily routine.
- Use the present simple and at least one adverb of frequency.
- Share your reflection and give recommendations.

☒ I can describe daily routines and habits by writing short notes using the present simple and adverbs of frequency.

☒ I can form affirmative sentences and questions using the present simple.

Kuwait - Stronger Together



New Vocabulary: prioritise, soak, filling, aroma, preservatives

Pre-Listening

1 Answer the following questions.

1. What classic Kuwaiti breakfast item do you like the most? *I like balaleet the most.*
2. How do cafés contribute to the change in our daily diet? *They offer modern, convenient foods like pastries, sandwiches and coffee, which makes people choose them instead of traditional meals.*
3. What do you **prioritise** when you plan your breakfast? *I prioritise healthy, nutritious foods that give me energy for the day.*



Our Food ♥
Our Heritage
Our Pride

While-Listening

Listen to the conversation (1.1) between two mothers, Sara and Noor, about their kids' lunchboxes.

2 Match the traditional ingredient or dish with the modifications mentioned by Noor.

Traditional Standard		Healthier Modification
1. Refined white bread	2	To be soaked in water to reduce salt
2. Store-bought biscuits	1	Whole-wheat Regag bread
3. Halloumi cheese	3	Filling date Energy Bites with nuts/oats

Small
Changes
Big
Impact! 😊

3 Listen to the conversation again. Are these statements true or false? Justify your answers.

1. Noor uses store-bought mayonnaise in her children's wraps because they prefer the taste. (F)
She avoids store-bought mayonnaise and prefers healthier alternatives.
2. The "Date Energy Bites" include cardamom to maintain their traditional **aroma**. (T)
Yes, cardamom is used to keep the traditional aroma.
3. The mothers suggest avoiding **preservatives**, opting for healthier foods as alternatives. (T)
Yes, they recommend avoiding preservatives and choosing healthier options.

4 Answer the following questions.

1. What are the two mothers' real concerns?
They are concerned about their children's health and finding healthy yet tasty lunchbox options.
2. How would you describe the atmosphere of the conversation?
The atmosphere is friendly, supportive and positive, as they share ideas and advice.
3. Would you consider these ideas for your own lunchboxes? Justify your answer.
Yes, because they are healthy, practical and still include traditional Kuwaiti flavours.
4. How could parents encourage the connection between cultural heritage and mindful living?
Parents can include traditional dishes in healthier ways and explain the value of our heritage.



Healthy
Lunchboxes
Happier
Students ♥

Post-Listening

5 In pairs/groups, design a 'Heritage-Healthy Lunchbox' or a 'Quick Breakfast Idea.' Follow these instructions:

1. Choose one traditional Kuwaiti ingredient (e.g., chickpeas, eggs, yoghurt).
2. Pair it with a modern healthy element (e.g., whole-wheat bread, fresh berries, chia seeds).
3. Name your dish and explain why it respects Kuwaiti heritage while being healthy for school.
4. Present the dish idea to the class.

Healthy
Roots
Brighter
Futures ♥

☒ I can identify main ideas in a conversation about healthy lunchboxes by answering listening questions.

☒ I can create a lunchbox plan or a meal by combining traditional Kuwaiti ingredients with modern, healthy ones.



New Vocabulary: subsidise, affordable, organisation, indeed, nutritional

Presentation

1 Discuss the following questions with a partner.

- Based on your own experience, do students usually eat breakfast before coming to school?
In my experience, some students eat breakfast, but many skip it because they are in a hurry.
- Is it easy for all parents to prepare a healthy breakfast? Justify your answer.
No, it can be difficult for some parents because of work, time and cost, but with good planning, it is possible to prepare simple and healthy options.

Healthy
Students
Brighter
Futures 😊

Practice

2 Read the following extracts and then fill in the table below.



Japan (School Lunch Programmes -Kyushoku)

In Japan, school lunches are not just about food; they are educational. Schools implement a system where students cook and serve the food themselves to teach responsibility. The government **subsidises** these meals, so they remain **affordable** for all families.



USA (Personal Choices)

In many places, parents must pack lunches. This requires complex daily **organisation** by families to prepare daily, but it **indeed** allows for personal choices.



Finland (Free School Meals)

Finland has provided free, hot, **nutritious** meals to all students since 1948. They believe that providing food improves learning outcomes and ensures all children are treated equitably, regardless of family income.

Country	Japan	USA	Finland
Meal System	Government-subsidised school lunches (Kyushoku)	Packed lunches by parents (personal choices)	Free, hot, nutritious meals for all students
Advantages (your point of view)	- Teaches responsibility - Affordable for all families - Promotes healthy eating	- Allows personal choices - Parents can control ingredients - Can suit different dietary needs	- Free for all students - Nutritious and balanced - Promotes equal opportunities
Disadvantages (your point of view)	- May be expensive for the government - Limited menu options	- Not all parents have time - Some lunches may be unhealthy - Can be more costly for families	- High cost for the government - Less personal choice for students

3 Answer the following question in your notebook to prepare for a short talk on the topic of School Meal Systems.

Should schools provide free meals to all students, or should they bring their own?

Extra ideas that might help:

- Consider the school's efforts in promoting healthy eating, and how this leads to student success.
- Discuss the **nutritional** value of both school meals and packed lunches.

Useful Language

Introducing oneself:
Good morning, my name is....

Stating advantages and disadvantages:

This choice isn't...
The best... / the worst...
It's important to ...

Expressing opinion:

I think it's incredible...
In my opinion...
I believe that...

Good Food
Greater Opportunities

Production

4 Follow the instructions below to introduce your position, whether it is 'Pro-School Meals' or 'Pro-Packed Lunches'.

- Use the 'Useful Language' box to help you form your sentences.
- Take turns presenting your ideas, justifying your choice.



☒ I can give a short talk by stating the advantages and disadvantages of school meal systems.

☒ I can express my opinion about school meals by giving simple reasons and examples.

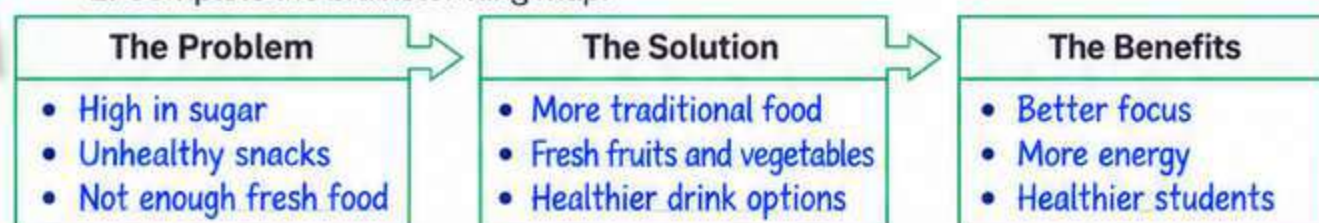
Small Choices
Big Changes



Pre-Writing

1 Answer the following questions:

- If you could replace three items in your school canteen right now, what would they be?
I would replace fried chips, sugary drinks and processed snacks.
- Complete the brainstorming map.



Let's Write

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

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِنَّهُ كُنتُمْ عَلَيْهِ تَقَبُّدُونَ ﴿١٧٢﴾

Healthy Choices Brighter Futures

2 Plan and write a paragraph of no fewer than 8 sentences (approximately 90 words) explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence: A healthy school canteen is important for students' physical and mental well-being.
(State the main idea)

Supporting Idea 1: Healthy food options give students more energy, help them concentrate in class, and reduce the risk of health problems.
(Explain the benefits of the healthy food options)

Supporting Idea 2: The canteen could include more traditional Kuwaiti dishes, fresh fruit cups, whole-wheat sandwiches, and low-sugar drinks instead of fried and processed snacks.
(Suggest traditional/modern healthy options)

A Concluding Sentence: Therefore, by making smart canteen swaps, we can create a healthier school environment and brighter futures for all students.
(Restate the introductory sentence)

My Paragraph (Example)

A healthy school canteen is important for students' physical and mental well-being. Healthy food options give students more energy, help them concentrate in class, and reduce the risk of health problems. The canteen could include more traditional Kuwaiti dishes, such as balaleet or vegetable rice, as well as fresh fruit cups, whole-wheat sandwiches, and low-sugar drinks instead of fried and processed snacks. Furthermore, the school could organise "Healthy Food Weeks" to introduce new options and encourage students to try them. Therefore, by making smart canteen swaps, we can create a healthier school environment and brighter futures for all students.



Your writing should include:

- New vocabulary from the previous lessons.
- Linkers to connect your ideas and make them clear.

Linkers

- To add ideas: furthermore, moreover
- To show result/purpose: consequently, therefore
- To conclude: ultimately, in summary

Peer Assessment

Swap your first drafts with a partner and evaluate their writing using the following checklist.

- ☒ Did your partner connect their ideas using linkers?
- ☒ Did your partner use at least four vocabulary words correctly?
- ☒ Is the draft logical and expository?
- ☒ Are there any confusing sentences?

Useful Language

Expanding on ideas:

Another important point is...
A further example is...
An additional idea is...
It is also important to note...
Another way to look at this is...
This can be explained by...

Healthy Students Stronger Kuwait

Edit and write your final draft.

Exit Ticket Provide your classmate with a glow ★ and a grow 🌱.

Example: I liked your use of linkers. / I wish you would add more details.

☐ I can write a short paragraph about a "Healthy Canteen" by organising ideas into an introduction, two supporting ideas, and a conclusion.

New Vocabulary: malnutrition, effective, personalised, biological, chemically, process, fatigue, inflammation, regulate, still

Pre-Reading

1 Think, Pair, and Share.

1. *No, because people have different needs, body types and lifestyles.*
2. *Drink 8 glasses of water daily.*
3. *No, it does not apply to everyone equally. Factors like age, activity level, health conditions and culture can affect what is healthy for each person.*

Read the following article, then answer the questions.

Have you seen the standard food pyramid? Or heard the “eat five portions of fruits and vegetables a day” rule?  For a long time, dietary advice has been the same for everyone. These general guidelines were created to prevent **malnutrition** and promote basic health. However, science is now showing us that these broad rules may not be as **effective** as we once thought. Nutrition is becoming more **personalised**, moving away from a «one size fits all» approach toward strategies designed to suit our unique **biological** needs.

Personalised nutrition is based on the fact that every person is chemically unique. Factors like our genetics, our gut microbiome, which is the trillions of good bacteria in our digestive systems, and our daily habits affect how our bodies **process** food. For example, two people eating the same meal may have very different blood sugar responses. Using data from DNA and blood tests, scientists are helping people identify which foods give them energy and which might cause **fatigue** or **inflammation**.

This scientific shift is also revealing a strong connection between what we eat and our mental health. This field, called nutritional psychiatry, shows that our food choices are linked to how

our brains function and how we feel. When we eat food that does not match our body's needs, it can cause inflammation. Research suggests that chronic inflammation may change the chemicals that **regulate** our mood and emotions. Therefore, a diet that works for one person might make another feel tired, anxious, or unable to focus.

Moving toward personalised nutrition is not just about avoiding disease; it is about using food to improve our mental well-being. When we view nutrition as self-care rather than a firm set of rules, we can better manage stress and think more clearly. While personalised nutrition is still a new field, the message is clear: the best diet is not one recommended for everyone, but one specially designed for your own body and mind. By listening to the unique signals our bodies send, we can look forward to a future where food is the foundation of both physical and mental strength.

Did you know ?



Cucumbers are 95% water, even more than watermelons.



Air-popped popcorn is a high-fiber, low-calorie snack, offering 15g of fiber.



Try going meat-free one day a week to boost your vegetable intake.

While-Reading

2 Answer the following questions.

1. What were the original general dietary guidelines designed to do? *To prevent malnutrition and promote basic health.*
2. Why might the same meal affect two people differently? *Because each person is chemically and biologically unique.*
3. How can food choices affect mental health? *They can change the chemicals that regulate mood and emotions.*
4. What does the article suggest is the main idea about nutrition today? *The best diet is personalised, not one size fits all.*
5. Give two examples of factors that influence how our bodies process food. *Genetics and gut microbiome (daily habits).*

Post-Reading

3 Do you agree with the article's message? Why or why not?

Yes, I agree. People have different needs, and personalised nutrition can help them be healthier and happier.



I can understand and analyse an article about personalised nutrition by answering reading comprehension questions.



I can express my opinion about nutrition by using evidence from the text.



While-Reading

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

- The best headline for the text could be:
a) The History of Food
b) **One Size Does Not Fit All**
c) How to Lose Weight
d) The Digestive System
- The word "personalised" in the 1st paragraph is an antonym of:
a) **standard**
b) original
c) different
d) modern
- Which scenario best demonstrates personalised nutrition?
a) Following dietary advice set for everyone
b) Following the standard food pyramid
c) **Tracking personal reactions towards foods**
d) Tracking one's emotional needs
- The writer's main purpose in writing this text is to:
a) persuade readers to buy DNA tests.
b) **explain why general diet advice is changing.**
c) describe the history of the food pyramid.
d) compare types of diets in terms of efficiency.



Personalised
Nutrition
Healthier
People
Happier
Lives

Different
Bodies
Different
Needs
Same Goal
Better Health

3 Answer the following questions.

- Why does the writer suggest that the 'food pyramid' may no longer be the best guide for everyone?
Because people have different biological and chemical needs, and the same foods can affect them differently.
- What are two examples of factors that make us chemically unique?
Our genetics and our gut microbiome.
- Why does the writer advise us to listen to the unique signals our bodies send?
Because this helps us choose the best foods for our own body and mind, leading to better physical and mental health.

4 Fill in the gaps with the correct form of the word in brackets.

- The athletes felt energised (energy) after eating a balanced meal.
- She prefers to use natural (nature) ingredients rather than processed ones.
- We gathered biological (biology) data from your blood test to create a meal plan.
- Be careful (care) when reading labels, as some foods contain hidden sugars.

Suffixes like
(-al, -ful, -ic) are used
to transform nouns into
adjectives.

5 Answer the following questions.

- How does the writer begin the newspaper article?
The writer begins with questions about the food pyramid and the rule of eating five portions of fruits and vegetables.
- Which paragraph links food to mental health? Highlight the clues in that paragraph.
The last paragraph links food to mental health. (Clues: "our brains function and how we feel", "regulate our mood and emotions", "manage stress and think more clearly").
- How does the writer make the article sound scientific?
By using research findings, scientific terms (e.g., genetics, microbiome, inflammation), and examples like DNA and blood tests.

Good
Food
Sharp Mind
Bright Future

Post-Reading

6 In groups, design a simple dietary plan including 'personalised tips' for an athlete, a busy office worker, or a stressed student.

Example (Stressed Student):

- Breakfast: Oats with fruits (for sustained energy)
- Lunch: Grilled chicken with brown rice and vegetables
- Snacks: Nuts, yoghurt, and cucumber sticks
- Personalised tips: Drink enough water, avoid too much caffeine, include foods rich in omega-3, and take short breaks.



Eat Well
Learn Well
Be Your Best

Healthy
Choices
Brighter
Futures

☒ I can demonstrate an understanding of the text by answering various comprehension questions.

☒ I can give simple advice about healthy eating by using ideas from the text.

Presentation

The Order of Adjectives (OSASCOMP)

Opinion → Size → Age → Shape → Colour → Origin → Material → Purpose

 Good
Grammar
Brighter
Ideas

Practice

1 Complete the sentences using the correct order of adjectives.

- Reading interesting short modern books improves mood. (modern / short / interesting)
- Avoid processed oily massive meals to protect your heart. (processed / oily / massive)
- Eating small homemade nutritious snacks helps maintain energy. (homemade / nutritious / small)
- Joining a marathon requires comfortable new running trainers. (comfortable / new / running)
- Maintaining a balanced healthy regular lifestyle supports mental health. (balanced / healthy / regular)

Presentation

2 Underline the verb in each sentence.

- I am drinking plenty of water to stay hydrated during class.
- Listen! The teacher is explaining the importance of sleep for our health.
- The students are stretching their muscles during the exam break to stay flexible.

Are these sentences describing daily habits or actions happening at this very moment?
They are describing actions happening at this very moment.

What are the two essential components used to create these verbs? Subject + be (am/is/are) + verb-ing.

 Actions
Happening Now
Use the Present
Continuous!


The Present Continuous = Actions happening now	Form	Subject + be (am/is/are) + verb-ing
	Affirmative	The dietitian is composing a customised meal plan for the young man. Nutrition programmes are helping students learn healthy habits.
	Negative	I am not sitting with good posture throughout the school day. Adolescents are not spending enough time practicing sports.

Practice

3 Write the correct form of the words in brackets.

- Look at Hamad's lunch! He (*not eat*) white bread anymore. is not eating
- My sister (*track*) her calories every day, using a mobile app. is tracking
- Our neighbours (*not buy*) dairy products anymore because these make them feel bloated. are not buying
- I (*not consume*) a lot of carbs these days because I am trying to build more muscle at the gym. am not consuming
- Currently, I (*consult*) a nutritionist to design a meal plan that fits my specific allergy needs. am consulting

Production

4 Write a sentence describing what is currently happening in each of these places. Remember to use the present continuous and three adjectives per sentence.

- Gym: People are lifting heavy modern weights at the busy indoor gym.
- Home: My family is preparing a healthy homemade delicious dinner in the kitchen.
- School: Students are discussing an interesting group project in the bright spacious classroom.



I can provide clear, descriptive details by ordering adjectives correctly.



I can describe ongoing actions by constructing grammatically accurate present continuous sentences.


 Learn
Practice
Improve
Everyday



New Vocabulary: sustainable, legume, stroll, decade, overlook

Pre-Listening

1 Answer the following questions.

- Which picture best describes your eating habits?
The second picture, because I usually eat with my family.
- Do you think your eating habits are sustainable? Give an example.
Yes, I try to eat fruits and vegetable regularly.



Healthy
People
Happier
Lives

While-Listening

2 Listen to the podcast about the Mediterranean lifestyle (1.2). Fill in the table with information about the three main pillars.

Diet	Socialising	Physical Activity
- Legumes (beans, lentils, chickpeas) - Olive oil instead of butter - Fresh fruits and vegetables - Whole grains and fish	- Share meals with family and friends - Enjoy conversations at the table - Take time to eat (do not rush) - Food is part of the culture	- Stroll through the town - Walk or cycle regularly - Do daily physical tasks (e.g., gardening) - Stay active in everyday life

3 Listen to the podcast again. Are these statements true or false? Justify your answers.

- For the past decade, the Mediterranean diet has appeared to be a very strict set of rules. **False** *It is a flexible lifestyle, not strict rules.*
- People in these countries use butter in most of their cooking. **False** *They mainly use olive oil.*
- People usually overlook how to eat and concentrate on what to eat. **True** *They focus on what to eat, not how to eat.*
- Habitually sharing a meal is an important part of the culture. **True** *Sharing meals is a key tradition.*
- You must live in Greece to be healthy and live an active lifestyle. **False** *You can follow it anywhere in the world.*

Post-Listening

4 In pairs, discuss the following.

- Which part of the Mediterranean lifestyle is hardest to follow in our country? Why?
Socialising, because many people are busy and do not have time to share meals with family and friends.
- Suggest a swap you could make in your daily diet to eat more like people in the Mediterranean.
Swapping a sugary snack for a piece of fruit.



Good
Food
Good
Company
Better Days

Exit Ticket

If you were to live the Mediterranean lifestyle for one perfect day, what would that look like?

- Choose one pillar (Diet, Socialising, or Physical Activity).
- Create a visual sketch of it.
- Write a sentence describing your day.

Example (Physical Activity):

I would wake up early, walk along the beach, and spend the day exploring the town, enjoying the fresh air and beautiful views.



Walk
Explore
Be Healthy
Be Happy

☒ I can discuss healthy habits using ideas from the podcast, comparing them with my own lifestyle experiences.

☒ I can create a visual representation of a Mediterranean lifestyle based on the podcast content.





New Vocabulary: hurdle, wholesome, tempting, assign, break down

Presentation

1 Answer the following questions.

1. Despite knowing the nutritional benefits, what are the main **hurdles** that prevent people from following a healthy diet?

Lack of time, high cost, easy access to fast food, and strong advertising.

2. Describe the two images.

The first image shows an appealing, juicy burger in an advertisement.

The second image shows the actual burger, which looks smaller and less attractive.

3. What are the reasons for the visual differences between the appearance of food in advertisements and the actual product?

Advertisements use professional photography, editing, and special styling to make the food look bigger, fresher, and more delicious than it really is.



In the Advertisement

Looks bigger, fresher and tastier!



The Actual Product

Looks smaller and less appealing.

Consider the following advertising psychology techniques:

Colour Psychology

Why red and yellow are used to increase appetite.



Happiness Association

Showing friends laughing or socialising instead of showing the actual ingredients.



Health Trick

Using words like 'natural', 'farm-fresh' or 'wholesome' on processed items.



Same Food Different Story!

Practice

Sell the Unhealthy Item

2 You are part of a marketing team. Your task is to sell a junk food item by making it sound tempting.

1. Choose one 'junk food' item.

Example: A sugary fizzy drink, neon-orange crisps, or a processed chocolate bar.

2. Assign roles to the members of the group: a writer, a timekeeper, a speaker.

3. Create a 60-second advertisement to sell your product to the class.

10 seconds

20 seconds

20 seconds

10 seconds

Introduction: *Hi everyone! Are you ready for a taste of happiness?*

Product presentation: *Try our new ChocoMax bar!*

Tempting qualities: *It's crunchy, smooth, and full of rich chocolate! Perfect for school, sports, or when you need a quick energy boost!*

Conclusion: *Don't just snack... make it a ChocoMax moment!*

Note: Use marketing psychology techniques discussed above.

Production

3 Each group presents its advertisement to the class. The audience is tasked with breaking it down afterwards.

Discuss the following questions.

- Is food marketing just business, or is it ethically wrong to make unhealthy food look healthier?

It can be unethical, especially when it targets children and hides the real nutritional facts.

- How does this marketing affect our mindful eating?

It can make us eat more without thinking and focus on taste rather than nutrition.

Exit Ticket

Complete the sentence.

The marketing psychology technique that affects me the most is *happiness association*, and I will overcome it by *being more aware of the advertising and focusing on real ingredients*.



I can describe how advertisements make food tempting by identifying simple marketing techniques.



I can create a short advertisement using persuasive words and expressions.

Useful Language

Expressing preferences:

The healthiest thing about...
It is my favourite...
I always come back here specifically for ...

Giving reasons:

For this reason,...
Because of...

Expressing uncertainty:

I am not sure about...
Maybe there should be...
It is difficult to say...

Marketing
Sells Food,
Awareness
Builds Health!



Healthy
Choices
Brighter
Futures





Pre-Writing

1 Answer the following questions.

- Have you ever tried to study for an exam after eating a massive, greasy meal? How did you feel?
Yes, I have. I felt sleepy and couldn't concentrate well.
- How do you usually feel after eating a balanced meal?
I usually feel energetic, focused and in a good mood.

Eat
Mindfully
Live
Better 😊

2 Read the blog post, then follow the instructions below.



New Blog Post



Before exams, I usually feel tired, anxious and stressed, so I eat junk food. Nowadays, I am trying 'mindful eating'. Mindful eating means paying attention to how food tastes and how my body feels while you eat. By enjoying every bite of a healthy snack and staying fully present, I clear my mind. Furthermore, this approach boosts my focus and keeps my energy balanced. Therefore, practising mindful eating is truly the secret of my success.



Instructions:

- Underline the verbs in the post.
- Highlight the linkers used by the writer.
- Explain the writer's purpose in writing this post.

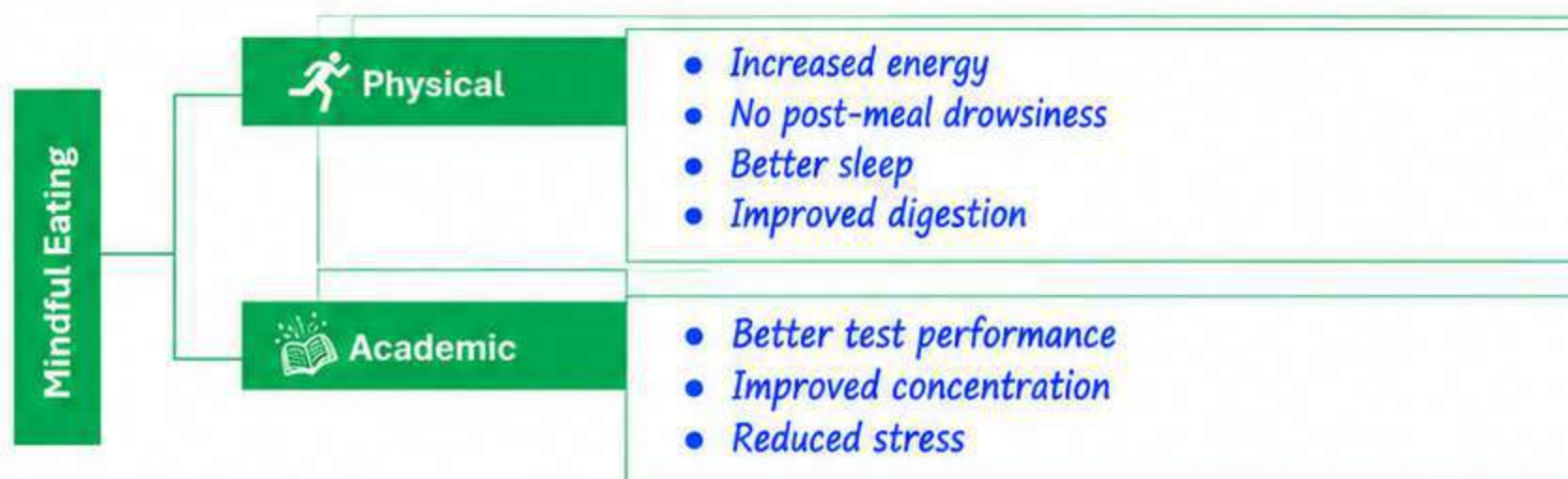
The writer's purpose is to share their personal experience and encourage others to practise mindful eating because it improves focus, energy and overall well-being.

Linkers

So → result
Nowadays → contrast/time
Furthermore → add idea
Therefore → conclusion

3 Classify the following benefits in the diagram below.

(better test performance/ increased energy/ improved concentration/
no post-meal drowsiness/ reduced stress/ better sleep/ improved digestion)



♥ Healthy
Body
Happy
Mind 😊

Transition words

- To add ideas:** furthermore, moreover
- To show contrast:** however, alternatively
- To show result/purpose:** consequently, therefore
- To conclude:** ultimately, in summary

Sentence starters

Mindful eating helps the brain by...
This is an excellent way to...
The main reason we must...
I'd like to explain why...



I can discuss the benefits of mindful eating by classifying them into two categories.



I can compose a well-structured expository essay explaining the physical and academic benefits of mindful eating.