

Grade 10

كلمات الصف العاشر - المنهج الجديد

الفصل الدراسي الأول - 2026-2027

New Words
New Skills
Brighter Future

Learn Today
Build Tomorrow

KNOWLEDGE

SKILLS

OPPORTUNITY

SUCCESS

Unit 1

The Science of Nutrition

علم التغذية

- ✓ Healthy Food
- ✓ Active Life
- ✓ Stronger Body
- ✓ Happier You

Healthy Choices,
Healthier Futures

اختيارات صحية ... لمستقبل أكثر صحة

Unit 2

Choices & Change

الخيارات والتغيير

Small Choices
Make a Big Difference

خيارات صغيرة ... تصنع فرقاً كبيراً

Unit 3

Exploring Heritage

استكشاف التراث

Our Heritage ... Our Identity

تراثنا ... هويتنا

Unit 4

Citizenship

المواطنة

Responsible Today ...
Stronger Tomorrow

مسؤولون اليوم ... لمستقبل أقوى

LAW

VALUES

RESPECT

RESPONSIBILITY

A BETTER SOCIETY

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Same Vision
Stronger Generation

Food Log Reflection

	nutritious (adj)	مُغذي
	pledge (n)	تعهد
	portion (n)	حصة
	resist (v)	يُقاوم
	swap (v)	يُستبدل

The Evolution of the Kuwaiti Diet

	attitude (n)	موقف
	bestow (v)	يمنح
	consume (v)	يستهلك
	inactive (adj)	غير نشيط
	involvement (n)	مشاركة
	notable (adj)	ملحوظ
	nutrition (n)	تغذية
	routinely (adv)	بشكل روتيني
	stimulate (v)	يحفز
	urge (v)	يحث

The Heritage Lunchbox

	aroma (n)	رائحة
	filling (adj)	مُشبع
	preservatives (n)	مواد حافظة
	prioritise (v)	يعطي أولوية
	soak (v)	يُنقع

International School Meal Systems

	affordable (adj)	ميسور التكلفة
	indeed (adv)	بالفعل
	nutritional (adj)	غذائي
	organisation (n)	منظمة
	subsidise (v)	يدعم مادياً

Smart Canteen Swaps

	smart (adj)	ذكي
	canteen (n)	مُقصف
	swap (v)	يُستبدل

Personalised Nutrition

	biological (adj)	بيولوجي
	chemically (adv)	كيميائياً
	effective (adj)	فعال
	fatigue (n)	إرهاق
	inflammation (n)	التهاب
	malnutrition (n)	سوء التغذية
	personalised (adj)	مُخصص
	process (v)	يعالج
	regulate (v)	ينظم
	still (adv)	ما زال / لا يزال

The Mediterranean Secret

	decade (n)	عقد (10 سنوات)
	legume (n)	بقوليات
	overlook (v)	يتجاهل
	stroll (v)	يَتَترج
	sustainable (adj)	مستدام

Food Marketing

	assign (v)	يُخصص
	break down (ph.v)	يُوضّح / يُحلّل
	hurdle (n)	عقبة
	tempting (adj)	مُغري
	wholesome (adj)	صحي ومُغذّر

Grammar 1: Present Simple and Adverbs of Frequency

- I **always** eat healthy food.
- He **usually** drinks water.
- We **often** exercise.
- She **sometimes** eats fast food.
- They **rarely** eat sweets.
- I **never** skip breakfast.

Adverbs of Frequency

always (100%)
usually (80%)
often (60%)
sometimes (40%)
rarely (20%)
never (0%)

Grammar 2: Present Simple Continuous & the Order of Adjectives

- He **is eating** lunch **now**.
- We **are studying** nutrition.
- She **is not watching** TV.
- Are** they exercising?

Order of Adjectives

opinion → size → age → shape
→ colour → origin → material
→ purpose

a beautiful small old round
blue Kuwaiti wooden table



Small Changes Make a Big Difference

Opener
Sustainable Living

injure (v) **يصيب**

landfill (n) **مكب النفايات**

reusable (adj) **قابل لإعادة الاستخدام**

second-hand (adj) **مستعمل**

wind turbine (n) **توربين الرياح**

Reading
The Shagaya Renewable Energy Park

alternative (n) **بديل**

awareness (n) **وعي**

convert (v) **يجوّل**

decisive (adj) **حاسم**

ecosystem (n) **النظام البيئي**

emission (n) **انبعاثات**

entirely (adv) **تماماً**

expertise (n) **خبرة**

flowing (adj) **متدفق**

run out (ph.v) **ينفذ من**

Grammar 1

Present Perfect Simple

Form:

- have / has + past participle

Used for:

- ✓ past actions with a present result
- ✓ experiences
- ✓ actions that continue to now

I **have visited** the park.
She **has** already **finished** her project.

Listening

Smart Homes, Smart Choices

combination (n) **مزيج**

concept (n) **مفهوم**

unnecessary (adj) **غير ضروري**

unplug (v) **يفصل القابس**

vacant (adj) **شاغر**

Speaking

Powering a Greener GCC

ambitious (adj) **طموح**

ideal (adj) **مثالي**

power (v) **يوفر الطاقة**

power grid (n) **شبكة الكهرباء**

tailor (v) **يصمم حسب الاحتياج**

Writing

Power With Purpose

Write to make a difference!

Think Before You Throw!

add up (ph.v) **يُجمع**

antique (n) **أثرية**

directly (adv) **مباشرة**

dispose of (ph.v) **يتخلص من**

enormous (adj) **ضخم**

eventually (adv) **في النهاية**

make over (ph.v) **يجدد / يحول**

regard (v) **يعتبر**

tablet (n) **جهاز لوحي**

upcycling (n) **إعادة التدوير / إعاة الإبداعي**

Grammar 2

1st If Conditional and Modal Verbs

1st If Conditional

- If + present simple, will + base verb

✓ If we recycle, we **will** have a cleaner city.

Modal Verbs

can – could – may – might
should – must – have to
We **should** save energy.

Rethinking Waste Worldwide

bury (v) **يدفن**

composting (n) **التسميد العضوي**

decompose (v) **يتحلل**

densely (adv) **يكثافة**

incineration (n) **الحرق**

Throw-away Culture

brand-new (adj) **جديد تماماً**

manufacture (v) **يُصنع**

outlive (v) **يعيش أطول من**

seldom (adv) **نادراً**

strict (adj) **صارم**

Habits for a Better World

✓ **Small Habits... Big Impact!**

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Hunterx2m7CLEAN
PLANET
STRONGER
TOMORROWSmall
Changes
Build a
Brighter
FutureTHINK
CHANGE
ACT

Grade 10

1st Term
2026-2027

Unit Three: Exploring Heritage

المنهج الجديد

Stamps That Tell Our Story

-  artefact (n) قطعة أثرية
-  evidence (n) دليل
-  illustrate (v) يوضح / يصوّر
-  pass down (ph.v) ينقل عبر الأجيال
-  stand for (ph.v) يرمز إلى

Cultural Ambassadors

-  automatic (adj) تلقائي
-  creativity (n) إبداع
-  creator (n) مبدع
-  detailed (adj) مفصل
-  devote to (ph.v) يكرّس لـ
-  director (n) مخرج
-  leading (adj) رائد / قيادي
-  precisely (adv) بدقة
-  sadly (adv) للأسف
-  translation (n) ترجمة

Grammar 1

Non-Defining Relative Pronouns and Clauses

Used to add extra information (not essential).

- who (people)
- which (things)
- where (places)
- when (time)

Kuwait, **which** has a rich history, is a unique country.

Stories Beyond The Walls

-  expand (v) يُوسّع
-  narrow (adj) ضيق
-  passage (n) ممر
-  surround (v) يحيط بـ
-  watchtower (n) برج مراقبة

Big Dreamers

-  award (n) جائزة
-  conference (n) مؤتمر
-  document (v) يوثق
-  insightful (adj) ثاقب في الرؤية
-  mechanical (adj) ميكانيكي

Writing

Honour, Inspire, Remember



Can Technology Save Heritage?

-  alive (adj) حي / نابض بالحياة
-  ceremony (n) مراسم
-  continuous (adj) مستمر
-  educate (v) يعلم
-  identify (v) يحدّد
-  overseas (adv) في الخارج
-  patiently (adv) بصبر
-  publish (v) ينشر
-  root (n) يشاهد / يطلع على

Grammar 2

Past Simple and Past Continuous

Past Simple

- finished actions in the past.
- I **visited** the museum yesterday.

Past Continuous

- actions in progress in the past.
- I **was visiting** the museum at 5 p.m.

Continuous Culture: Sadu Weaving

-  bridge (n) جسر
-  classic (adj) كلاسيكي
-  decorative (adj) زخرفي
-  dye (v) يصبغ
-  identity (n) هوية

Hidden Gems

-  amazingly (adv) بشكل مذهل
-  customise (v) يخصّص / يطور
-  hidden (adj) مخفي
-  tuck away (ph.v) يخبئ بعيدا
-  walker (n) متجوّل / سائح

Writing

Preserving Heritage



Heritage Lives in People, Places and Stories.

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Hunterx2m7EXPLORE
RESPECT
PRESERVE
OUR HERITAGESame Roots...
Brighter Future

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Unit Four: Citizenship

المنهج الجديد

What Makes a Good Citizen?

-  citizenship (n) المواطنة
-  continuously (adv) بشكل مستمر
-  site (n) موقع
-  tie (v) يربط
-  well-known (adj) معروف جيداً

Timeless Growth

-  capacity (n) القدرة
-  collection (n) مجموعة
-  culturally (adj) ثقافياً
-  hub (n) مركز
-  mark (v) يميز / يترك أثراً
-  nation (n) أمة
-  new-found (adj) مكتشف حديثاً
-  rapidly (adj) بسرعة
-  sustain (v) يستدام
-  transformation (n) تحول

Grammar 1 Reported Speech



Changes in Reported Speech:

- tenses
- pronouns
- time and place words
- question forms
- modals

An Address to the Nation

-  defence (n) الدفاع
-  downplay (v) يقلل من الأهمية
-  leader (n) قائد
-  safeguard (v) يحمي
-  stable (adj) مستقر

The Golden Rule

-  altruism (n) الإيثار
-  ancestor (n) سلف
-  comply (v) يلتزم
-  loyal (adj) مخلص
-  volunteer (v) يتطوع

Writing The Digital Diwan



Law, Values, and Universal Citizenship

-  contract (n) عقد
-  equality (n) المساواة
-  formal (adj) رسمي
-  freedom (n) الحرية
-  impose (v) يفرض
-  informal (adj) غير رسمي
-  interestingly (adv) بشكل مثير للاهتمام
-  respect (v) يحترم
-  sentence (v) يحكم
-  universal (adj) شامل / عالمي

Grammar 2 Future & Countable and Uncountable Nouns

Future Forms:

- will + base verb
- be going to + base verb
- present continuous (for future)

Countable Nouns:

- a book – two books

Uncountable Nouns:

- water – information



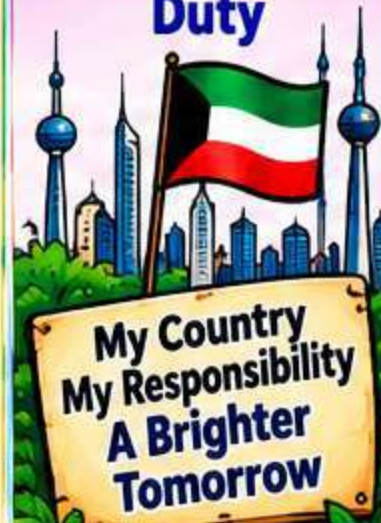
Living Monuments

-  monument (n) معلم تذكاري
-  rare (adj) نادر
-  showcase (v) يبرز / يعرض
-  skyline (n) الأفق العمراني
-  symbolise (v) يرمز إلى

The Invisible Safeguard

-  character (n) شخصية
-  lasting (adj) دائم
-  mature (adj) ناضج
-  regulation (n) لائحة / تنظيم
-  record (n) سجل

Writing National Duty



Knowledge
Today ...
A Stronger
Kuwait
Tomorrow

Good
Citizens
Stronger
Nations

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CITIZENS
CREATE
BRIGHTER
TOMORROW