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I. Vocabulary (4 Marks)

A. Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)

(consume / fatigue / nutrition / urge / inactive)

1. Doctors ..... people to drink more water and eat fresh fruit.
2. Good ..... helps our bodies grow strong and healthy.
3. Children who sit in front of screens all day long become ..... .
4. We should not ..... too much sugar and salt every day.

II. Grammar (3 Marks)

B. From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)

5. My brother (drink) milk every morning. **(Correct the verb)**

a. My brother drink milk every morning.
b. My brother drinks milk every morning.
c. My brother was drinking milk every morning.

6. Look! The boys (play) football in the school yard now. **(Correct the verb)**

a. Look! The boys are playing football in the school yard now.
b. Look! The boys plays football in the school yard now.
c. Look! The boys is playing football in the school yard now.

7. She is eating a (red / round / small) apple. **(Reorder the adjectives)**

a. She is eating a red round small apple.
b. She is eating a round red small apple.
c. She is eating a small round red apple.

III. Writing (8 Marks)

Plan and write a paragraph of (6 sentences) about **the benefits of the healthy food options in the school canteen .**

Outline (1 Mark)

Introductory sentence:

.....

Supporting ideas:

.....

.....

Concluding sentence:

.....

Write your topic here (7 Marks)

.....

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Rubrics:

Outlining	Exposition of ideas & coherence	Paragraphing & number of sentences	Spelling, grammar & punctuation	Total Marks
1	5	1	1	8

Rifa'a Model School

(15 Marks)

مدرسة الرفعة النموذجية
(نموذج تدريب للقصير)

10th grade **Quiz 2 / 2026 - 2027**

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I. Vocabulary (4 Marks)

A. Fill in the gaps with the suitable words from the list below: (4 × 1 = 4 Marks)

(malnutrition / routinely / attitude / regulate / effective)

1. Sleeping well helps to ..... our mood and energy.
2. My grandfather ..... walks to the mosque every day.
3. Walking for thirty minutes a day is an ..... way to stay fit.
4. Ahmed has a positive ..... towards eating vegetables.

II. Grammar (3 Marks)

B. From a, b and c, choose the correct answer as required: (3 × 1 = 3 Marks)

5. Fatma (never / eat) fast food. **(Correct the verb)**

a. Fatma eats never fast food.
b. Fatma never eat fast food.
c. Fatma never eats fast food.

6. We are having lunch at the moment. **(Make negative)**

a. We aren't having lunch at the moment.
b. We don't have lunch at the moment.
c. We weren't having lunch at the moment.

7. My mother bought a (wooden / beautiful / brown) table. (Reorder the adjectives)

a. My mother bought a wooden brown beautiful table.
b. My mother bought a beautiful brown wooden table.
c. My mother bought a brown beautiful wooden table.

صفوف معلمي الكويت

II. Writing (8 Marks)

Plan and write a paragraph of (6 sentences) about **the academic benefits of mindful eating for students.**

Outline (1 Mark)

Introductory sentence:

.....

Supporting ideas:

.....

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Concluding sentence:

.....

Write your topic here (7 Marks)

.....

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Rubrics:

Outlining	Exposition of ideas & coherence	Paragraphing & number of sentences	Spelling, grammar & punctuation	Total Marks
1	5	1	1	8