



GRADE 10



(2023 - 2024)

MODULE 1

VOCABULARY ITEMS

UNIT 1

UNIT 2

UNIT 3

مفردات الوحدات 1 و 2 و 3 المطلوبة في
الإختبار القصير للغة الإنجليزية مجمعة في
ملف واحد لتسهيل المراجعة

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MODULE 1: Culture *** UNIT 1: We are what we eat

L	Expression		Meaning	Translation
1 & 2	absorb	v	to take in or soak up (energy, or a liquid or other substance) by chemical or physical action	يتمصن (الغذاء)
	antioxidant	n	a substance in some foods that cleans the body and protects it from diseases	مُضاد للتأكسد
	arthritis	n	a disease that causes painful inflammation and stiffness of the joints	إلتهاب المفاصل
	caffeine	n	a stimulant found in tea and coffee that can cause health problems	مادة الكافيين
	calcium	n	a metallic element that forms and strengthens bones and teeth	كلسيوم
	cholesterol	n	a chemical substance found in your blood, causing heart diseases	الكولسترول
	combat	v	to take action to reduce, destroy or prevent	يقاوم
	dietician	n	a professional who advises on healthy eating	أخصائي التغذية
	digestive	adj.	of or relating to the process of digesting food	هضمي
	fibre	n	important nutrient found in wholegrain products like brown rice	الألياف الغذائية
	iron	n	a mineral found in food	عنصر الحديد
	metabolise	v	to change food in your body into energy	يحول الغذاء الى طاقة
	neutralise	v	to make a substance chemically neutral	يُبطّل مفعول مادة ما
	nutrition	n	the process of providing the food necessary for good health and growth	تغذية
	probiotic	adj.	containing 'good' bacteria to improve health	غني بالبكتيريا النافعة
	protein	n	a natural substance that exists in foods such as meat, eggs and beans and which the body needs in order to grow healthily	البروتين
	saturated fat	n	a type of fat from meat and milk products that is thought to be less healthy than other kinds of fat from vegetables or fish	دهون مشبعة
stimulant	n	a substance that increases nervous activity in the body	محفز	
unsaturated fat	n	describing the unhealthy fats found in food	دهون غير مشبعة	
vitamin	n	a chemical substance in food that is necessary for good health	الفيتامين	
4 & 5	deficiency	n	a lack of the nutrients that our bodies need	نقص في المغذيات
	grilled	adj.	cooked over the fire in a grill	مشوي
	metabolism	adj.	the chemical processes by which food is changed into energy in your body	الأيض
	organic	adj.	produced without the use of chemicals	عضوي بدون إضافة مواد كيميائية
	pomegranate	n	a round fruit that has a red skin and juicy red seeds	ثمرة الرمان
	RDA	abb.	recommended daily allowance	الكمية المنصوح بتناولها يوميا
	sodium	n	a chemical found in salt	الصوديوم
supplement	n	a substance taken to add vitamins, etc. to a person's diet	مُكمل غذائي	
7 & 8	appeal to	v	attract to one's interest	يروق ل... يُعجب
	atmospheric	adj.	(of a mood) pleasurable and interesting or exciting	ممتع منعش
	crammed	adj.	full of healthy properties	ممتلئ مزدحم
	eatery	n	a restaurant or other place where people can be served food	مطعم
	fanatic	adj.	someone who likes a particular thing or activity very much	محب (للطعام)
	irresponsibly	adv.	in an irresponsible manner	بإستهتار
	malnutrition	n	the lack of proper nutrition	سوء التغذية
	salad bar	n	a place in a restaurant with different vegetables that you can choose to make your own	ركن السلطات
	speciality	n	a type of food that a person or restaurant is famous for making well	إختصاص
	vegetarian	adj.	of or relating to the exclusion of meat or other animal products from the diet	نباتي
wholesome	adj.	conducive to or suggestive of good health and physical well-being	صحي (طعام)	

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MODULE 1: Culture *** UNIT 2: Respecting Cultures

L	Expression		Meaning	Translation
1 & 2	aspiration	n	a hope or ambition of achieving something	امل - طموح
	creed	n	a faith	دين عقيدة
	delegate	n	a person sent or authorised to represent others, in particular an elected representative sent to a conference	مندوب
	diversity	n	the state of being diverse; variety	التنوع
	initiative	n	the ability to assess and initiate things independently	مبادرة
	interfaith	n	of, relating to, or between different religions or members of different religions	بين الأديان
	mentor	n	an experienced and trusted advisor	ناصح مرشد
	seminar	n	a conference or other meeting for discussion or training	منتدى مؤتمر
	tolerance	n	the ability or willingness to tolerate something, in particular the existence of opinions or behaviour that one does not necessarily agree with	تسامح
4 & 5	calligraphy	n	decorative handwriting or handwritten lettering	فن الخط
	consistently	adv.	continuing to happen or developing in the same way	بثبات
	diverse	adj.	showing a great deal of variety	متنوع
	inspirational	adj.	providing or showing creative or spiritual inspiration	ملهم
	master	v	to acquire complete knowledge or skill in an accomplishment, technique or art	ينقن
	richly	adv.	in an elaborate, generous or plentiful way	بوفرة
7 & 8	account	n	a report or description of an event or experience	تقرير
	conduct	v	to organise and carry out	ينظم يتصرف
	cover	v	to travel a particular distance	يقطع مسافة يسافر
	figure	n	person of a particular kind, often important	شخص مهم
	ground-breaking	adj.	innovative; involving new discoveries	مبتكر مستجد مبدع
	high-ranking	adj.	great, or greater than normal, in quantity, size or intensity	ذو مقام رفيع
	pilgrimage	n	a journey to a holy place for religious purposes	حج زيارة مكان مقدس
	relevant	adj.	closely connected or appropriate to the matter at hand	ذو علاقة بموضوع ما
	review	n	a critical evaluation of a book	مقال نقدي لعمل ما

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MODULE 1: Culture *** UNIT 3: Inspiring Architecture

L	Expression		Meaning	Translation
1 & 2	concrete	n	a substance used for building that is made by mixing sand, very small stones, cement and water	الإسمنت المسلح
	design	n	the way that something has been planned and made	تصميم
	drill	v	to make a hole in something	يثقب
	evoke	v	to produce a strong feeling in someone	يثير يؤثر في ...
	expressionist	n	(of a style of building / art) seeking to express emotions	تعبيري
	forecourt	n	an open area in front of a large building	ساحة
	foundation	n	the solid layer of cement, bricks, stones, etc. that is put under a building to support it	أساس البناء
	framework	n	the main supporting parts of a building	هيكل البناء
	geometric	adj.	of or relating to geometry, or according to its methods	هندسي
	renowned	adj.	known and admired by a lot of people, especially for a special achievement or quality	معروف شهير
	slightly	adv.	a little bit	بشكل ضئيل
	studio	n	a small room used for performances	ستوديو تصوير
venue	n	the place where something happens, especially an organised event such as a concert, conference or sports event	قاعة ميدان	
3	boutique	n	a small store selling fashionable items	محل لبيع الملابس
	brand	n	a product made and sold by a particular store	نوع صناعة
	edutainment	n	a form of entertainment that is also educational	ترفيه تعليمي
	gourmand	n	a person who enjoys eating, especially good food	أكول شرة
	mainstream	n	related to the most popular or dominant trend	التوجه السائد
	state-of-the-art	adj.	modern and cutting-edge	حديث من آخر طراز
4 & 5	chic	adj.	elegantly and stylishly fashionable	أنيق و مواكب للموضة
	governmental	adj.	of a government	حكومي
	modernistic	adj.	of or associated with modernism, a style that is more modern than traditional	حداثي ذو توجه حداثي
	public	adj.	open to all people	عمومي
	residential	adj.	designed for people to live in	سكني
	spacious	adj.	having plenty of space	واسع فسيح
	state	adj.	related to the civil government of a country	حكومي
	sturdy	adj.	strongly and solidly built	متين و متماسك
substantial	adj.	of considerable importance, size or value	ضخم متين بارز	
7 & 8	advocate	v	to publicly recommend or support	يؤيد يساند
	apprehensive	adj.	anxious or fearful that something bad will happen	متخوف متشائم
	benefit	v	receive an advantage; profit; gain	يستفيد من ...
	council	n	an advisory, deliberative or legislative body of people formally constituted and meeting regularly	مجلس لجنة
	detrimental	adj.	damaging	ضار هدام
	influx	n	an arrival or entry of large numbers of people or things	تدفق
	objective	n	aim or goal	غاية هدف
	profitable	adj.	producing a financial gain	مربح
voice	v	to express (something) in words	يُعبّر عن	