

## قائمة مفردات الوحدة الثالثة مع الترجمة المسار العام



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المزيد من مادة  
لغة انجليزية:

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### التواصل الاجتماعي بحسب الصف العاشر



صفحة المناهج  
الإماراتية على  
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

### المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الثاني

أسئلة الامتحان النهائي القسم الورقي المسار المتقدم بدون الحل

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أسئلة الامتحان النهائي القسم الورقي المسار العام

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مراجعة نهائية وفق الهيكل الوزاري مع تدريبات المسار المتقدم

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## Chapter 3: Diet? A Piece of Cake! Vocabulary List – 9 Advanced + 10 General

Week 1:				
Word	Arabic Meaning	English Meaning	Part of Speech	Example
aisle	ممر في متجر	a passage between shelves	noun	The milk is in aisle four.
produce	خضروات وفواكه	fresh fruits and vegetables	noun	She buys fresh produce.
groceries	مواد غذائية	food items from a store	noun	He carries the groceries home.
tofu	توفو	food made from soybeans	noun	Tofu is rich in protein.
in line	في الطابور	waiting in a queue	phrase	We are standing in line.
pay in cash	يدفع نقدًا	pay using money	verb phrase	I paid in cash.
pay by credit card	يدفع بالبطاقة	pay using a credit card	verb phrase	She paid by credit card.
take credit card	يقبل البطاقة	accept credit cards	verb phrase	This shop takes credit cards.
How much?	بكم السعر؟	asks about price	question	How much is the bread?
How many?	كم العدد؟	asks about number	question	How many eggs do you need?
convenience	الراحة	ease or comfort	noun	Fast food is popular for convenience.
additives	مواد مضافة	substances added to food	noun	Some foods contain additives.
fermented	مخمّر	preserved using bacteria	adjective	Yogurt is fermented.
universal	عالمي	common everywhere	adjective	Water is a universal need.
fast-food chain	سلسلة مطاعم سريعة	group of fast-food restaurants	noun	KFC is a fast-food chain.
atmosphere	أجواء	feeling of a place	noun	The café has a nice atmosphere.
nutritious	مغذٍ	good for health	adjective	Vegetables are nutritious.
minerals	معادن	natural substances for health	noun	Milk contains minerals.
well-rounded	متكامل	balanced in all areas	adjective	She eats a well-rounded diet.
nutritional	غذائي	related to nutrition	adjective	Read the nutritional label.
requirements	متطلبات	things that are needed	noun	Children have nutritional requirements.
complex carbohydrates	كربوهيدرات معقدة	slow-digesting carbs	noun	Oats have complex carbohydrates.
refined carbohydrates	كربوهيدرات مكررة	processed carbs	noun	White bread has refined carbohydrates.
elements	عناصر	basic parts	noun	Food has many elements.

Week 2:				
Word	Arabic Meaning	English Meaning	Part of Speech	Example
balanced	متوازن	healthy and even	adjective	Eat a balanced meal.
vitamin	فيتامين	substance needed for health	noun	Vitamin D is important.
nutrition	تغذية	process of healthy eating	noun	Good nutrition matters.
exercise	تمارين	physical activity	noun	Exercise improves health.
junk	غير صحي	unhealthy	adjective	Junk food is harmful.
snack	وجبة خفيفة	small meal	noun	Fruit is a healthy snack.
diet	نظام غذائي	food you usually eat	noun	She follows a healthy diet.
compare	يقارن	find similarities or differences	verb	Compare home food and fast food.
habit	عادة	repeated action	noun	Drinking water is a good habit.
frequency	تكرار	how often	noun	Frequency of exercise matters.
portion	حصة	amount of food	noun	Eat small portions.
balanced portion	حصة متوازنة	healthy serving size	noun	This plate is a balanced portion.
sodium	صوديوم	salt content	noun	Too much sodium is unhealthy.
raise awareness	يرفع الوعي	make people aware	verb phrase	Schools raise awareness about health.
consume	يستهلك	eat or drink	verb	Consume less sugar.
sugary cereals	حبوب محلاة	sweet breakfast cereals	noun	Sugary cereals are unhealthy.
junk food	طعام غير صحي	unhealthy food	noun	Avoid junk food.
typical dishes	أطباق تقليدية	common local foods	noun	Rice is a typical dish.
main ingredients	مكونات رئيسية	key food items	noun	Flour is a main ingredient.
preparation	طريقة التحضير	process of making food	noun	Preparation takes time.
nutritional value	القيمة الغذائية	health benefits of food	noun	Vegetables have high nutritional value.
effects on health	تأثيرات على الصحة	impact on the body	noun	Sugar has bad effects on health.

Week 3:				
Word	Arabic Meaning	English Meaning	Part of Speech	Example
recipe	وصفة	cooking instructions	noun	This recipe is easy.
ingredients	مكونات	foods used in cooking	noun	Check the ingredients.
beat	يخفق	mix quickly	verb	Beat the eggs.
dip	يغمس	put briefly in liquid	verb	Dip bread in sauce.
fry	يقلي	cook in oil	verb	Fry the onions.
melt	يذيب	change to liquid	verb	Melt the butter.
serve	يقدم	give food	verb	Serve the food hot.
order	يطلب	ask for food	verb	I will order pasta.
menu	قائمة الطعام	list of dishes	noun	Read the menu.
waiter	نادل	restaurant worker	noun	The waiter is polite.
appetizer	مقبلات	small first dish	noun	Soup is an appetizer.
dessert	حلوى	sweet dish	noun	Cake is my favorite dessert.
beverage	مشروب	drink	noun	Tea is a hot beverage.
recommend	يوصي	suggest	verb	I recommend this meal.
metabolism	التمثيل الغذائي	body energy process	noun	Exercise boosts metabolism.
calories	سعرات حرارية	energy in food	noun	This meal has many calories.
regain	يستعيد	get back	verb	He regained his strength.
chemical processes	عمليات كيميائية	reactions in the body	noun	Digestion includes chemical processes.
lifestyle	نمط حياة	way of living	noun	A healthy lifestyle is important.
healthy relationship	علاقة صحية	positive connection	noun	She has a healthy relationship with food.
metabolic rate	معدل الأيض	speed of metabolism	noun	Athletes have a high metabolic rate.
unhealthy behaviors	سلوكيات غير صحية	bad habits	noun	Smoking is an unhealthy behavior.
nutritious	مغذٍ	healthy	adjective	Fruits are nutritious.
dietary	غذائي	related to diet	adjective	Dietary habits matter.
exercise program	برنامج تمارين	planned exercises	noun	He follows an exercise program.
habits	عادات	repeated actions	noun	Good habits start early.