

PHRASES UTILES

Français



La nourriture et
la santé

NOM:

CLASSE:

PHRASES UTILES

Pouvez-vous répéter?
Je ne comprends pas
Pouvez-vous m'aider?
Je suis désolé(e)
J'ai besoin d'un stylo s'il vous plaît
J'ai oublié mon cahier
J'ai oublié
Merci
J'ai fini
Garçons contre filles
Les garçons ont gagné!
Les filles ont gagné!
Tricheurs!
Nous sommes les meilleur(e)s!
Quel est la date/le titre aujourd'hui?

Est-ce que je peux commencer?
Comment dit-onen français?

A demain!
A la fin du cahier?
Au début du cahier?
Choisissez-moi!
Je n'ai pas fini
C'est facile/C'est difficile !
J'adore le français !

Can you repeat it please
I don't understand
Can you help me?
I'm sorry
I need a pen please
I've forgotten my book
I've forgotten
Thank you
I've finished
Boys against girls
Boys won!
Girls won
Cheats
We're the best!
What's the date/the title
today?
Can I start?
How do you say.....in
French?
See you tomorrow
In the back of our books?
At the front of our books?
Choose me!
I haven't finished
It's easy/it's hard
I love French !

AT4: WRITING

WHICH OF THESE DESCRIPTIONS FITS YOU BEST?

- 1 I can copy single words correctly.
- AND 2 I can copy short phrases correctly.
In tests I can write some single words correctly.
- AND 3 I can write 2 or 3 short sentences, including my likes and dislikes.
In a test my spelling is usually correct but I may make some mistakes.
- AND 4 I can write short paragraphs of 3 or 4 sentences from memory, changing some of the words.
- AND 5 I can write in paragraphs, including questions and opinions.
I can write using the **present** tense and **either** the **past** **or** the **future** tense.
In a test I may still make some spelling mistakes but the meaning is usually clear.
- AND 6 I can write in longer paragraphs, using a wider range of vocabulary and also **past, present and future** tenses.
In a test I still make a few mistakes but my meaning is clear.
- AND 7 I can write accurately, creatively and at length.
I can structure my ideas and adapt previously learnt language.

In this unit you will learn the vocabulary to describe a healthy lifestyle and what you do and eat to stay healthy. You may also learn about your previous lifestyle.

LES PARTIES DU CORPS

La tête	the head
La bouche	the mouth
Le nez	the nose
Les oreilles	the ears
Les yeux	the eyes
L'œil	the eye
Les dents	the teeth
Le cou	the neck
La gorge	the throat
L'épaule	the shoulder
Le bras	the arm
Le dos	the back
La main	the hand
Le genou	the knee
Le pied	the foot
Le ventre	the stomach
La jambe	the leg

AVOIR MAL

Où est-ce que tu as mal? Where does it hurt?

J'ai mal au bras	My arm hurts
au genou	My knee hurts
à la gorge	My throat hurts
à la main	My hand hurts
à l'œil	My eye hurts
aux yeux	My eyes hurt
aux dents	My teeth hurt

Je tousse
 Je suis enrhumé(e)
 J'ai de la fièvre
 J'ai chaud
 J'ai froid
 Je tremble
 Je suis fatigué

I've got a cough
 I have a cold
 I have a fever
 I'm hot
 I'm cold
 I'm shivering
 I'm tired

PRENDRE UN RENDEZ-VOUS

Allô
 Je voudrais un rendez-vous
 avec... le médecin
 le dentiste
 l'opticien

Hello (on the telephone)
 I would like an appointment
 with... the doctor
 the dentist
 the optician

C'est urgent?
 Oui, c'est urgent
 Non, ce n'est pas urgent

Is it urgent?
 Yes it's urgent
 No, it's not urgent

Aujourd'hui
 Demain
 à...heures

Today
 Tomorrow
 at... o'clock

J'ai un rendez-vous
 de libre
 demain à neuf heures
 D'accord
 Merci

I have an appointment
 free
 tomorrow at 9
 Ok
 Thank you

AT3: READING AND RESPONDING

WHICH OF THESE DESCRIPTIONS FITS YOU BEST?

- 1 I can read and understand single words.
- AND 2 I can read and understand some short phrases.
- AND 3 I can pick out the main points and likes and dislikes when I read short texts and conversations.
- AND 4 I can pick out the main points and some extra details when I read longer texts, working out what some new words mean.
- AND 5 I can pick out main points, details and opinions when I read different kinds of written French that use the **present** and either the **past** or the **future** tense.
- AND 6 I can pick out main points, a lot of extra details and also points of view when I read a wider range of texts that use **past**, **present** and **future** tenses.
- AND 7 I can understand a wider range of written French, both factual and non-factual, including more complicated sentences and unfamiliar language.

- AND 3** I can have a short conversation (2 or 3 questions and answers) with someone.
I can say what I like and dislike.
- AND 4** I can have a short conversation (3 or 4 questions and answers) with someone.
I can change some of the words to make different questions and answers.
My pronunciation is usually good.
- AND 5** I can ask and answer questions in a longer conversation and I can give my opinion.
I can talk using the **present** tense and either the **past** tense or the **future** tense.
My pronunciation is usually correct.
- AND 6** I can ask and answer questions and talk about my opinions, using a wider range of vocabulary.
I can talk using **past**, **present** and **future** tenses.
My pronunciation and fluency are very good.
- AND 7** I can start conversations and I can develop my answers on a range of topics.
I speak confidently and very accurately

CHEZ LE MEDECIN

Tu as mal depuis combien de temps?

since when have you been ill?

Depuis...ce matin
hier
mercredi
trois jours
une semaine

since this morning
since yesterday
since wednesday
for three days
for a week

Je vais prendre votre température

I'm going to take your temperature

Je vais vous examiner

I'm going to examine you

Cela vous fait mal?

Does it hurt?

Oui, ça fait mal
Non, ça ne fait pas mal

Yes, it hurts
No, it doesn't hurt

Je vais vous donner...
une ordonnance
des cachets
des comprimés
du sirop
des pastilles
des médicaments

I'm going to give you
a prescription
some pills
some pills
some syrup
some pastilles
some medicine



BONNE CUISINE BONNE MINE

Qu'est-ce que tu manges
d'habitude?

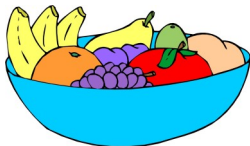
Je mange.....

des fruits
des légumes
des céréales
des chips
des pâtes
des hamburgers
des frites
des sandwiches
des œufs
des carottes
des haricots verts
des gâteaux
du pain
du fromage
du poulet
du poisson
du chocolat
du yaourt
de la viande
de la salade
de la pizza
de la confiture
de la glace

What do you usually
eat?

I eat.....

fruit
vegetables
cereals
crisps
pasta
hamburgers
chips
sandwiches
eggs
carrots
green beans
cakes
bread
cheese
chicken
fish
chocolate
yoghurt
meat
salad
pizza
jam
ice-cream



AT1: LISTENING AND RESPONDING

WHICH OF THESE DESCRIPTIONS FITS YOU BEST?

- 1 I can understand my teacher's instructions with help.
I can understand short sentences and questions.
- AND 2 I can understand classroom instructions more easily.
I can understand a small number of longer sentences and questions.
- AND 3 I can listen to a short text or conversation and pick out the main points about what is said
I can also understand people's feelings (their likes and dislikes).
- AND 4 I can listen to longer texts and conversations and I can pick out the main points and some extra details.
- AND 5 I can pick out main points, details and opinions when people are talking in the **present** tense and **either** in the **past** tense **or** the **future** tense.
- AND 6 I can pick out main points, details and points of view when people are talking in the **past**, **present** **and** **future** tenses.
- AND 7 I can understand different types of spoken conversations and descriptions, including factual and non-factual material.
I can understand complicated sentences and language I'm not familiar with.

AT2: SPEAKING

WHICH OF THESE DESCRIPTIONS FITS YOU BEST?

- 1 I can say single words or short phrases in French.
- AND 2 I can answer easy questions in French.
I can ask my teacher for help in French.

	tu vas	vous allez
il/elle va		ils/elles vont

	<u>Infinitives</u>	
manger		faire
boire		jouer
arrêter de		commencer à

Examples

Je vais faire plus de sports.	I am going to do more sports.
Je vais boire plus de l'eau.	I am going to drink more water.
Je vais marcher à l'école.	I am going to walk to school.

Qu'est-ce que tu ne manges pas?
Je ne mange pas de....

riz
poisson
viande
produits laitiers

What do you not eat?

I don't eat....
rice
fish
meat
dairy products

Qu'est-ce que tu bois?
Je bois de l'eau (minérale)

du coca
du café
du thé
du chocolat chaud
du lait
du jus d'orange
de la limonade

What do you drink?
I drink (mineral) water

coke
coffee
tea
hot chocolate
milk
orange juice
lemonade

Qu'est-ce que tu ne bois pas?

Je ne bois pas de.....

bière
vin blanc
vin rouge

What don't you drink?

I don't drink.....

beer
white wine
red wine



PHRASES TEMPORELLES

pour le petit déjeuner	For breakfast
pour le déjeuner	For lunch
pour le dîner	For dinner
toujours	always
souvent	often
de temps en temps	from time to time
quelquefois	sometimes
après l'école	after school
tous les jours	everyday
normalement	normally
d'habitude	Usually
beaucoup de	lots of
trop de	too much
peu de	not much
ne....jamais	never
ne...pas beaucoup de	not a lot of
ne...que	only

OPINIONS

J'adore ça	I love it
J'aime ça	I like it
Je n'aime pas ça	I don't like it
Je déteste ça	I hate it



GRAMMAIRE THE IMPERFECT TENSE

If you want to talk about something which used to happen regularly or that went on for a length of time you use the IMPERFECT TENSE.

To form the imperfect tense,

- Start with the 'nous' form of the present tense :
 nous jouons
 nous mangeons
 nous regardons
- Take off the 'ons' :
 jou-
 mange-
 regard-
- Add the correct ending :

je _____ais	nous _____ions
tu _____ais	vous _____iez
il/elle _____ait	ils/elles _____aient

je jouais	I used to play
tu jouais	you used to play
il/elle jouait	he/she used to play
nous jouions	we used to play
vous jouiez	you used to play
ils/elles jouaient	they used to play

RESOLUTIONS

Qu'est ce que tu vas faire
à l'avenir?
Comment vas-tu changer
tes habitudes?

What are you going to
do in the future?
How are you going to
change your habits?

La semaine prochaine.....
Demain...
À partir d'aujourd'hui....
Bientôt...
Après le week-end...
À l'avenir...

Next week....
Tomorrow...
From today....
Soon...
After the weekend...
In the future...

je vais manger...
je vais boire...
je vais faire...
je vais prendre...
je vais marcher...
je vais dormir...
je vais éviter...
je vais me coucher...

I'm going to eat...
I'm going to drink...
I'm going to do...
I'm going to take...
I'm going to walk...
I'm going to sleep...
I'm going to avoid...
I'm going to go to
sleep...

Je vais commencer à...
Je vais arrêter de ...

I'm going to start...
I'm going to stop...

J'aime manger.....
Je n'aime pas manger de...
Je préfère manger...
Je déteste manger...
J'aime boire...

I like to eat.....
I don't like to eat....
I prefer eating.....
I hate eating.....
I like to drink

parce que c'est.....
mauvais pour la santé
bon pour la santé
délicieux
sucré
salé
dégoûtant
amer
riche en vitamines
gras
épicé

because it's....
bad for your health
good for your health
delicious
sweet
salty
disgusting
bitter
rich in vitamins
fatty/greasy
spicy

Je pense que
Je crois que
À mon avis

I think that
I believe that
In my opinion



VIVRE SAINEMENT

Pour une alimentation saine
il faut
manger beaucoup de
boire plus/moins de

faire plus de
éviter

les matières grasses.
les protéines.
les fruits.
les légumes.
les vitamines
les boissons gazeuses.
de l'eau.
l'alcool.
les cigarettes.
le caféine.
le fast-food.

For a healthy diet
it's necessary
to eat lots of ...
to drink more/
less of...

to do more of.....
to avoid.....

fats (in food).
proteins
fruits.
vegetables.
vitamins.
fizzy drinks.
water.
alcohol.
cigarettes.
caffeine.
fast food.



AVANT.....

Auparavant...
Avant...
Il y a trois ans...
Il y a cinq ans...
Quand j'étais plus jeune...

j'étais paresseux.
j'étais paresseuse.
je fumais.
je jouais...
je faisais...
je mangeais...
j'allais...
je m'entraînais.
je regardais...
je buvais...
je passais du temps
devant la télé.

Previously...
Before...
Three years ago....
Five years ago...
When I was younger...

I was lazy. (masculin)
I was lazy. (feminine)
I used to smoke.
I used to play...
I used to do...
I used to eat...
I used to go...
I used to train.
I used to watch...
I used to drink...
I used to spend time
in front of the tv



OPINION

Ça détend.
C'est reposant.
C'est bon pour la respiration
C'est bon pour l'esprit
C'est bon pour la santé.
C'est mauvais pour la santé.

It's relaxing.
It's relaxing
It's good for your breathing
It's good for your well-being
It's good for your health
It's bad for your health

J'aime marcher..
J'adore faire...
Je n'aime pas prendre..
Je déteste me coucher...

I like to walk
I love to do...
I don't like to take..
I hate going to bed...

Je suis en bonne forme.
Je ne suis pas en bonne forme.
Je suis en bonne santé.
Je ne suis pas en bonne santé.

I'm fit/in good shape.
I'm not fit/in good shape
I am healthy.
I am not healthy

Je pense que....
Je crois que...
À mon avis....

I think that....
I believe that.....
In my opinion....



GARDER LA FORME

Que fais-tu pour garder la forme?
Tu gardes la forme?

What do you do to keep in shape?
Do you keep fit?

Pour garder la forme
je fais.....

de l'aérobic.
de la danse.
de la musculation.
de la natation.
du cyclisme.
du jogging.
du yoga.
du tai-chi .

To keep fit
I do.....

aerobics.
dancing.
weight training.
swimming.
cycling.
jogging.
yoga.
t'ai chi.

Je mange sainement.
Je ne mange pas sainement.
Je prends des
vitamines.
Je ne prends pas de
vitamines.
Je marche partout.
Je ne marche jamais.

I eat healthily.
I don't eat healthily.
I take vitamins.
I don't take vitamins.
I walk everywhere.
I never walk.

THE IMMEDIATE FUTURE

To talk about what you are going to do, you need to use the immediate future tense. You form this using the present tense of the verb 'aller' and an infinitive.

Present of 'aller'

je vais

nous allons

Je fais de l'exercice.
 Je ne fais jamais
 d'exercice.
 Je fais du sport.
 Je ne fais jamais de sport.
 Je me couche tôt.
 Je me couche tard.
 Je prends le bus.
 Je ne prends jamais le bus.
 Je fume.
 Je ne fume pas.
 Je dors cinq/ sept
 heures par nuit.

I do exercise.
 I never do any exercise.
 I do sports.
 I never do any sports.
 I go to sleep early.
 I go to sleep late.
 I catch the bus.
 I never take the bus.
 I smoke.
 I don't smoke.
 I sleep five/seven hours
 a night.



COMBIEN DE FOIS

Tu fais du sport combien
 de fois par semaine?
 Tu en fais combien de fois
 par semaine?

How many times a week
 do you do sport?
 How many times a week
 do you do it?

Je fais du sport.....
 J'en fais.....
 deux fois par jour.
 quatre fois par semaine.
 tous les jours.
 souvent.
 régulièrement.
 de temps en temps.
 d'habitude.
 rarement.

I do sports.....
 I do it.....
 twice a day.
 four times a week.
 everyday.
 often.
 regularly.
 from time to time.
 usually.
 rarely.