

# French Year 9 Autumn Term - Healthy Living

**Objective:** To discuss healthy living

**Threshold Concepts:**

- In French, like in English, the near future tense is used to express what is going to happen.
- In French there is no present progressive tense, so it is formed using the present tense of the verb "aller", together with an infinitive (ending in -er, -ir, -re).
- In French the word "depuis" (translated as "for") is used to refer to how long something has been happening. In English this is used with the present perfect progressive tense (have been ...ing); in French it is used with the present tense.
- In French there is no one word for "will". Forming the simple future tense involves conjugating the chosen infinitive verb with an ending specific to the subject pronoun. There are a several common infinitives which have an irregular stem to which the simple future tense ending must be added.

## Sport and Fitness - Essential Language

Pour être un bon sportif,... - In order to be a good sports person,...  
 Il faut - You must  
 avoir un bon programme d'entraînement - have a good training programme  
 bien manger - eat well  
 bien dormir - sleep well  
 être motivé - be motivated  
 aimer la compétition - like competition  
 jouer dans une équipe - play in a team  
 faire du sport tous les jours - do sport everyday  
 Pour arriver en forme - In order to get fit

## Negatives

To form the negative, the two parts must go around the verb. The "ne" part goes before the verb and "pas" goes after the verb.



**Je ne mange pas - I don't eat**

**Je ne bois pas - I don't drink**

When the verb starts with a vowel, "ne" is shortened to n'. **Je n'aime pas - I don't like**



## Opinion On Sport - Essential Vocabulary

J'aime - I like   
 Je n'aime pas - I don't like   
 jouer dans une équipe - play in a team  
 Ça booste le moral - that boosts morale  
 C'est fatigant - it's tiring  
 C'est ennuyeux - it's boring  
 Le sport diminue le stress - Sport reduces stress  
 Le sport est bon pour le moral - Sport is good for morale  
 Le fitness est important dans la vie - Fitness is important in life  
 Ça me fatigue - It makes me tired  
 Il faut apprendre à suivre les règles - You must learn to follow the rules

À mon avis,... - In my opinion...  
 Moi, je trouve ça très ennuyeux de (+inf) - I find it very boring to...  
 Je pense que... - I think that...  
 Je suis d'accord avec... - I agree with...  
 Je ne suis pas d'accord avec... - I do not agree with.

## Near Future Tense

To form the near future tense, you take the correct form of "aller"(to go) followed by the infinitive.

**Je vais** - I go / am going  
**Tu vas** - You go / are going  
**Il / elle va** - he / she goes / is going  
**On va** - we go / are going  
**Nous allons** - we go / are going  
**Vous allez** - you go / are going  
**Ils / elles vont** - they go / are going



Je vais manger - I am going to eat  
 Il va faire - He is going to do  
 On va jouer - We are going to play

## Simple Future Tense - Regular Verbs

To form the simple future tense, you take the future stem and then add the correct verb endings.

**Je mangerai** - I will eat  
**Tu mangeras** - You will eat  
**Il/elle/on mangera** - He/she/we will eat  
**Nous mangerons** - We will eat  
**Vous mangerez** - You will eat  
**Ils/ells mangeront** - They will eat



For -re verbs, drop the "e" from the infinitive to make the stem.

**Je boirai** - I will drink



## Healthy Eating- Essential Vocabulary

les boissons gazeuses - fizzy drinks  
 les chips - crisps  
 l'eau - water  
 les légumes - vegetables  
 les légumes secs - pulses  
 la nourriture salée - salty food  
 les œufs - eggs  
 le pain - bread  
 le poisson - fish  
 les pommes de terre - potatoes  
 les produits laitiers - dairy products  
 le repas - meal  
 le sel - salt  
 les sucreries - sweets/confectionery  
 la viande - meat  
 manger équilibré - to have a balanced diet  
 je mange sain - I eat healthily  
 je ne mange pas sain - I don't eat healthily  
 je mange des... - I eat...  
 je ne mange pas de... - I don't eat...  
 je ne mange jamais de... - I never eat...

