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.

Opinion On Sport - Essential

Vocabulary

J'aime - I like

- 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 sportsperson.... Il faut - You must avoir un bon programme d'entraînement - have a good training programme bien manger - eat well bien dormir - sleep well

Je n'aime pas – I don't like 🤝 jouer dans une équipe - play in a team Ca booste le moral - that boosts morale être motivé - be motivated C'est fatigant - it's tiring aimer la competition - like C'est ennuyeux - it's boring competition jouer dans une équipe - play Le sport diminue le stress - Sport in a team reduces stress faire du sport tous les jours Le sport est bon pour le moral -- do sport everyday Sport is good for morale Pour arriver en forme - In Le fitness est important dans la order to get fit vie - Fitness is important in life Ça me fatique - It makes me tired **Negatives** To form the negative, the Il faut apprendre à suivre les règles - You must learn to follow two parts must go around the verb. The "ne" part the rules goes before the verb and

| Je <u>ne</u> mange <u>pas</u> – I don't À mon avis,... - In my opinion... eat Moi, je trouve ca très ennuyeux de | Je ne bois pas - I don't (+inf) - I find it very boring to ... drink Je pense que... - I think that... When the verb starts with a Je suis d'accord avec... - I agree vowel, "ne" is shortened to 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

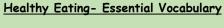
Je vais manger - I am going to eat Il va faire - He is going to do On va jouer - We are going to play

Simple Future Tense - Regular Verbs

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

Je mangerai - I will eat Tu manger**as** – 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



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

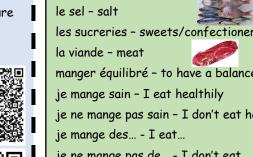
les sucreries - sweets/confectionery

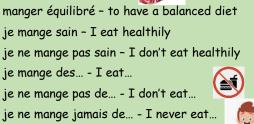
manger équilibré - to have a balanced diet

je ne mange pas sain - I don't eat healthily

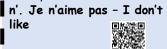
je ne mange pas de... - I don't eat...







Quavers.



"pas" goes after the verb.