



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# French: Year 6 Summer 1

## Healthy Lifestyles

### Manger et Bouger



Du poisson	Some fish	
De la viande blanche	Some white meat	
Du fromage allégé	Some low fat cheese	
Du lait écrémé	Some skimmed milk	
Du pain complet	Some wholemeal bread	
De l'eau	Some water	
Des noix	Some nuts	
une recette saine	a healthy recipe	

### By the end of this unit, we will be able to:



Say and write what we eat and drink to stay healthy.

Say and write what we do not eat and drink to stay healthy.

Say and write the activities we do and do not do to stay in shape including a choice of physical activities.

Follow a simple, healthy recipe in French.

### Imperative

Épluchez – peel  
Coupez – cut  
Ajoutez – add  
Mélangez – mix  
Râpez- grate  
Faîtes cuire - cook

### Key phrases



Pour ma santé je bois...	To stay in good health I drink..	
Pour ma santé je mange...	To stay in good health I eat...	
Je joue au foot	I play football	
Je fais des promenades	I go for a walk	
Je fais du cyclisme	I go cycling	
Je fais du judo	I do judo	
Je fais du tennis	I play tennis	
Je ne regarde pas la télévision	I don't watch television	
Je ne joue pas aux jeux électroniques	I don't play electronic games	
bon pour la santé	good for (your) health	
mauvais pour la santé	bad for (your) health	

### Verbs

Manger – to eat

Bouger – to move

Boire – to drink

