



Y9 French Unit 3

My lifestyle and wellbeing

Unit objectives : I can talk about my eating habits, how I stay healthy and what people can do to be healthy.

Vocabulary

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Verb **BOIRE***

[to drink, drinking]

je bois

I drink

tu bois

you drink

il / elle boit

he / she drinks

Nous buvons

we drink

Ils / elles boivent

they drink

Je bois un café pour le petit déjeuner.
I drink a coffee for breakfast

Verb **PRENDRE***

[to take, taking]

je prends

I take

tu prends

you take

il / elle prend

he / she takes

Nous prenons

we take

Ils / elles prennent

they take

Elle prend un jus d'orange.
She has an orange juice.

Modal verbs

Modal verbs must be followed by an **infinitive verb** or a **noun**. These modal verbs are used to make requests or give advice.

je voudrais

I would like

on doit

people must / have to

il faut

it's necessary

On doit manger des légumes pour être en bonne santé.
People must eat vegetables to be healthy.

Wow phrases

Pour être en forme, **j'ai besoin de** me reposer.
(In order) to be healthy, I need to rest.

Pour être honnête, je **ne** mange **jamais** sain.
To be honest, I never eat healthily.

J'essaye de manger sainement.
I try to eat healthily.

Forming the **passé composé** (past tense)

The perfect tense (le passé composé) is used to describe completed actions in the past. In English, this is something we 'did' or 'have done'.

In French, we need the present tense of **avoir** and the past participle.

A past participle expresses the completed action. E.g watched (regardé).

To form the past participle with regular ER verbs, you replace the ER ending with 'é'. E.g
J'ai mangé I ate / have eaten

Tu as mangé You ate / have eaten

Il / elle a mangé He / she ate / has eaten

Beware of irregular past participles!

E.g fait (did), bu (drank), pris (taken)

Click [here](#) for a more in depth look at the perfect tense.



Applying negations

These negative structures sandwich the verb:

ne...jamais

never

ne...plus

no longer

ne...rien

nothing

ne...que

only

Je **ne** mange **jamais** de pain.
I never eat bread.

Je **ne** mange **plus** de viande.
I no longer eat meat.

Je **ne** mange **rien** le matin.
I eat nothing in the morning.

Je **ne** bois **que** de l'eau.
I only drink water.

Comparing structures

Comparing in French is similar to English. You need to place the comparing words on each side of the adjective.

plus...que

more...than

moins...que

less...than

aussi...que

as...as

Le chocolat est **plus** sucré **que** le fromage.
Chocolate is more sugary than cheese.

Le riz est **moins** calorique **que** les pâtes.
Rice has less calories than pasta.

Le poisson est **aussi** sain **que** les légumes.
Fish is as healthy as vegetables.