



Phonics & Pronunciation we will see:

Recommended phonics focus: QU Ç GNE EN AN

- **QU** sound in **électroniques**
- **EN** sound in **promenade**
- **AN** sound in **manger, santé, viande & mélangez**
- **Silent letters.** The 's' is not pronounced in **heures**, and the 't' is not pronounced in **amusant, barbant or fatigant**. These two letters are often silent when they are the final consonants in words.



We will learn how phonics, pronunciation and grammar are important when reading, speaking and writing French.

How many words for "some" in French have you learnt in this unit (based on the foods and drinks)?

4

What are they?

de la du de l' des

Why are there four different ways?

Masculine words **DU**

Feminine words **DE LA**

Before a vowel **DE L'**

Plural words **DES**

How many words for "the" in French?

4

What are they?

la le l' les

Why are there four different ways?

Masculine words - **LE**

Feminine words - **LA**

Before a vowel - **L'**

Plural words - **LES**

How to say the negative form:

"I DO NOT eat..." or "I DO NOT drink..."

In the positive form the "I eat..." and "I drink..." sentences follow the standard French sentence structure we have already seen.

We have the personal pronoun "Je" (I), the verb "mange" (eat) followed by the words used to express quantity "de la", "du", "des" or "de l'" (all words for 'some' - depending on whether the noun is masculine, feminine, singular or plural) and then the noun "viande blanche" (white meat) or "poisson" (fish) etc.

In the negative form the sentence changes...

We still start with the personal pronoun "Je" (I) but now the negative form 'sandwiches' the verb. So "ne" and "pas" appear directly before and directly after the verb "mange" (eat).

The words for 'some' "de la", "du", "des" or "de l'" also change and are replaced with the word for 'of' in French which is just "de" (or "d'" if the noun starts with a vowel).

The sentence finishes with the noun "viande blanche" (white meat) or "poisson" (fish) etc. like before.

| Key vocabulary | Definition |
|-------------------------------------|---|
| Manger et bouger | Eat and move |
| Je mange | I eat |
| Je bois | I drink |
| Pour ma santé... | To stay in shape I... |
| Pour ma santé je mange .. | To stay in good health I eat... |
| Pour ma santé je bois .. | To stay in good health I drink... |
| Pour ma santé je ne mange pas de .. | To stay in good health I don't eat... |
| Pour ma santé je ne bois pas de .. | To stay in good health I don't drink... |
| Bon pour la santé | Good for (your) health |
| Mauvais pour la santé | Bad for (your) health |



Manger et bouger

| | | | | | | |
|----------------------|----------------|--------------|--------------------|-----------------|----------------------|-------------|
| de la viande blanche | du lait écrémé | du poisson | des céréales | du pain complet | du fromage allégé | de l'eau |
| des noisettes | des légumes | des fruits | de la viande rouge | du lait entier | du pain blanc | |
| du chocolat | des frites | des biscuits | des chips | du beurre | des boissons sucrées | des bonbons |
| Épluchez! | Coupez! | Ajoutez! | Mélangez! | Râpez! | Faites cuire! | |

Manger et bouger

| | | | |
|------------------------|------------------------|---------------------------------|---------------------------------------|
| je fais de la natation | je fais des promenades | je joue au foot | je fais du tennis |
| je fais du judo | je fais du cyclisme | je ne regarde pas la télévision | je ne joue pas aux jeux électroniques |



1 What do you eat to stay in shape?

Pour ma santé je mange...

| | | | |
|--------------|-----------------|-------------------|----------------------|
| des fruits | du poisson | du fromage allégé | des noisettes |
| des céréales | du pain complet | des légumes | de la viande blanche |

2 What do you not eat to stay shape?

Pour ma santé je ne mange pas de...

| | | | |
|----------|---------|----------|--------------|
| frites | bonbons | chocolat | pain blanc |
| biscuits | beurre | chips | viande rouge |

We will learn which foods and exercises we need to keep healthy.

| | | |
|----------------------|---|----------------------|
| De la viande blanche | = | some white meat |
| Du poisson | = | some fish |
| 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 céréales | = | some cereal |
| Des légumes | = | some vegetables |
| Des fruits | = | some fruit |
| Des noisettes | = | some nuts |

3

et

and...

mais

but...

4 What do you drink to stay in shape?

Pour ma santé je bois...

| | |
|----------|----------------|
| de l'eau | du lait écrémé |
|----------|----------------|

5 What do you not drink to stay in shape?

Pour ma santé je ne bois pas de...

| | |
|------------------|-------------|
| boissons sucrées | lait entier |
|------------------|-------------|

6 What activities do you do to stay in shape?

Pour ma santé...

| | | | |
|------------------------|---------------------------------|---------------------------------------|------------------------|
| je fais du judo | je fais du cyclisme | je ne joue pas aux jeux électroniques | je fais de la natation |
| je fais des promenades | je ne regarde pas la télévision | je fais du tennis | |

| | | |
|--------------|---|-------|
| Épluchez | = | peel |
| Coupez | = | cut |
| Ajoutez | = | add |
| Mélangez | = | mix |
| Râpez | = | grate |
| Faites cuire | = | cook |

We will learn to read a healthy recipe.

