

I should already be able to:

- 1 Say please and thank you.
- 2 Use simple connectives like et and mais to join ideas.
- 3 Give some of our personal details from memory (name, age and where we live).
- 4 Say what we want or would like in French (Je prends).
- 5 List some food and drink items from 'Au Café'.

By the end of this unit I will be able to:

- 1 Say and write what we eat and drink to stay healthy
- 2 Say and write what we do not eat and drink to stay healthy.
- 3 Say and write the activities we do and do not do to stay in shape including a choice of physical activities
- 4 Follow a simple, healthy recipe in French

Key Vocabulary and Phrases

1	Manger Je mange	To eat I eat
2	Boire Je bois	To drink I drink
3	Pour ma santé...	To stay in shape I...
4	Une recette saine	A healthy recipe
5	Bon pour la santé	Good for your health
6-	Mauvais pour la santé	Bad for your health
7 – New food and drinks	Du poisson De la viande Des noix Des bonbons Des boissons sucrées	Some fish Some meat Some nuts Some sweets Some fizzy drinks
8 – cooking actions	Épluchez Coupez Ajoutez Mélangez Râpez Faîtes cuire	Peel Cut Add Mix Grate Cook

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

Phonics and Pronunciation

1	QU	sound in électroniques
2	AN	sound in manger, santé, viande & mélangez
3	Silent letters	's' is not pronounced in heures, and 't' is not pronounced in amusant. These two letters are often silent when they are the final consonants in words.