



Unit Objective:

To discuss a healthy lifestyle in French

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.

Skills we will develop:

To be able to say and write in more detail what is necessary to maintain a healthy lifestyle. Which healthy options to eat and drink and which less healthy options not to eat and drink. Being able to also say which physical activities we do, creating longer more interesting responses in spoken and written form.

Activities we will complete:

The unit starts with ten foods that are considered healthy foods and ten foods that are considered to be less healthy. These nouns will then be quickly placed into sentences using the key verbs **je mange** (I eat) and **je bois** (I drink) expanding further by using **je ne mange pas** (I don't eat) and **je ne bois pas** (I don't drink). There will be a focus on activities that help and don't help a healthy lifestyle. There will be a number of listening, reading and spoken tasks each week which will become progressively more challenging by the end of the unit. Final activities will include activities to describe healthy and unhealthy lifestyles.

Grammar we will learn & revisit:

First person singular conjugation of high frequency verbs, use of the negative & imperative instructions. Use of manger in first person singular (**je mange**) and also boire (**je bois**) also in their negative form (**je ne mange pas & je ne bois pas**). Exploring verbs in the imperative form to give instructions.

It will help if we already know:

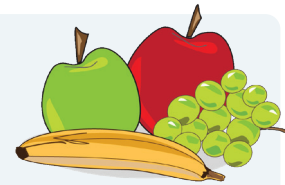
- The letter sounds (phonics & phonemes) from 'Phonics & Pronunciation' lessons 1,2 & 3.
- Language introduced from a wide range of Early Learning and Intermediate units.
- How to give our personal details from memory (name, age and where we live).
- How to tell the time as seen in 'À l'école' & 'Le week-end'.



Phonics & pronunciation we will see:

Recommended phonics focus: QU Ç GNE EN AN

- **QU** sound in **électroniques**
- **EN** sound in **entier**
- **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.



Vocabulary we will learn & revisit:

Twenty foods and beverages that are considered good/bad for your health. Six activities that you should try and do and **two** activities that you should try not to do to stay healthy. All listed on Vocabulary Sheet.

