



MFL Sunderland Primary French Podcasts

lesson

36

Welcome to the MFL Sunderland Primary French podcast. Lesson 36 – Healthy eating

In this lesson you will learn how to say some foods in French, and also find out more about French culinary language that we use in English.

A large proportion of our English vocabulary is of French origin. Some words came over with the Norman conquest in 1066, while others arrived later via literature, the arts, diplomacy and other areas of culture. We often pronounce these words in “the English way”, using our own phonetic system, and some of them have become so absorbed by English that many may not realise that they are French. When you hear these food words, you may realise that French is not such a foreign language after all!

French food words used in English

baguette	crudités
biscuit	éclair
brie	foie gras
brioche	fromage frais
café au lait	gâteau
camembert	mayonnaise
champagne	mousse
courgette	omelette
crème brûlée	pain au chocolat
crème caramel	petit four
crème fraîche	roux
crêpe	soufflé
croissant	vinaigrette
croquette	vol-au-vent

There are also expressions that we use when dining in a restaurant:

à la carte
apéritif
bon appétit
cordon bleu
gourmet
haute cuisine
nouvelle cuisine

You could challenge your class to see how many French words and phrases that we use in English they can find.

Here are the foods that you will need for this lesson:

le fromage blanc	<i>cottage cheese</i>
le poisson	<i>fish</i>
les gâteaux	<i>cakes</i>
les chocolats	<i>chocolates</i>
les sucettes	<i>lollies</i>
les bonbons	<i>sweets</i>
les tomates	<i>tomatoes</i>
les pommes	<i>apples</i>
les carottes	<i>carrots</i>

Maintenant, à toi. Ecoutez, répétez.

le fromage blanc	(pause)	le fromage blanc	(pause)
le poisson	(pause)	le poisson	(pause)
les gâteaux	(pause)	les gâteaux	(pause)
les chocolats	(pause)	les chocolats	(pause)
les sucettes	(pause)	les sucettes	(pause)
les bonbons	(pause)	les bonbons	(pause)
les tomates	(pause)	les tomates	(pause)
les pommes	(pause)	les pommes	(pause)
les carottes	(pause)	les carottes	(pause)

If you want to say “some” of one of these foods, you need what’s called the partitive article. The form of the partitive article that you use depends on the gender and number of the noun in question. In this list there are two masculine singular nouns and seven plural ones.

To say “some” with the masculine singular ones, we replace the “le” with “du” (which is a contraction of “de” and “le”) and for the plural ones we replace the “les” with “des” (which is a contraction of “de” and “les”).

Therefore we say

du poisson	<i>some fish</i>
des bonbons	<i>some sweets</i>
des tomates	<i>some tomatoes</i>

Here are some comments that you can make about the foods:

c'est bon pour la santé *it's good for your health*

c'est mauvais pour la santé *it's bad for your health*

il faut aussi manger *you should also eat*

Maintenant, à toi. Écoutez, répétez.

c'est bon pour la santé (pause) c'est bon pour la santé (pause)

c'est mauvais pour la santé (pause) c'est mauvais pour la santé (pause)

il faut aussi manger (pause) il faut aussi manger (pause)

That's the end of this podcast. If you think you need a bit more practice, go back to the beginning and work through the activities again.

A bientôt !