L’Alimentation Saine (1)

Go to www.euroclub-schools.org. Enter the Quiz Zone and click on the French flag. Choose the French quiz called Healthy Eating.

Trouve et écris les mots en français:

1. to drink water __________________  2. to eat sweets __________________

3. to have a good breakfast ____________________________________________

4. to eat five fruits and vegetables per day _____________________________

5. to eat oranges __________________  6. to eat cereal __________________

7. to eat burgers and hot dogs _______________________________________

8. to drink Coca-cola and to eat fries _________________________________

Go to Question 1. Manger des bonbons.

By clicking on the answers, find the French words for:

1. You are right! _________________________________________________

2. You have made the right choice! __________________________________

3. Sorry! _______________________________________________________

4. There is too much sugar! _______________________________________

5. Unfortunately, he has eaten too many sweets. _________________________

6. Look at his poor teeth! __________________________________________

7. It is bad for health. ____________________________________________

8. To eat too much sugar is not good for teeth.
Go to Question 2. Manger des oranges.
By clicking on the answers, find the French words for:

1. Click here to find out why it is the correct choice.

2. It’s wonderful!

3. She has eaten an orange.

4. She goes quickly!

5. Oranges contain vitamin C.

6. This vitamin makes us more energetic.

7. No! You are not right!

By clicking on the answers, find the French words for:

1. You chose the correct answer!

2. In general, fast-foods are too fatty and salty.

3. One puts on weight. / You put on weight.

4. It is necessary to avoid eating food that is too fatty and too salty.

5. some good advice

6. They contain saturated fat and dangerous additives.

7. Click here to find out more.
L’Alimentation Saine (2)

Go to www.euroclub-schools.org.. Enter the Quiz Zone and click on the French flag.
Choose the French quiz called Healthy Eating.

Trouve et écris les mots en français.

Go to Question 4. Boire de l’eau.
By clicking on the answers, find the French words for:

1. Congratulations! _____________________________________________

2. You are absolutely right! ______________________________________

3. This time you did not choose the right answer. ______________________
   ______________________________________________________________

4. One needs / You need to drink around two litres of water each day. _______
   ______________________________________________________________

5. Water guarantees good functioning of the body. ______________________
   ______________________________________________________________

6. They are healthy! ______________________________________________

7. Move on to the next question. _____________________________________

8. They drink at least eight glasses of water per day! _____________________
   ______________________________________________________________

9. Water is essential for life! _______________________________________

Go to Question 5. Boire du Coca-cola et manger des frites.
By clicking on the answers, find the French words for:

1. You are perfectly right! _________________________________________

2. No! It’s wrong! ________________________________________________

3. Fizzy, sugary drinks are bad for teeth. _____________________________
   ______________________________________________________________
Question 5 (Continued)  **Boire du Coca-cola et manger des frites.**

4. Fatty foods are bad for the body. __________________________________________________________

5. It is necessary to avoid sugary and fatty foods. _____________________________________________

6. Good advice for a healthy life. _________________________________________________________

Go to **Question 6. Manger des céréales.**

*By clicking on the answers, find the French words for:*

1. Sometimes yes. Sometimes no. ____________________________________________________________

2. natural, wholegrain cereal ______________________________________________________________

3. sugary cereal _________________________________________________________________________

Go to **Question 7. Prendre un bon petit déjeuner.**

*By clicking on the answers, find the French words for:*

1. It’s going really well! __________________________________________________________________

2. What a pity! __________________________________________________________________________

3. Breakfast is the most important meal of the day! ____________________________________________

4. Did you know that? _____________________________________________________________________

5. Why? ________________________________________________________________________________

6. It provides our body with 25% of the energy required each day. _____________________________

7. Let’s continue! ______________________________________________________________________
Go to Question 8. **Manger cinq fruits et légumes par jour.**
By clicking on the answers, find the French words for:

1. It's going very well! ______________________________________________

2. It’s going badly! But don’t worry!. ________________________________

3. It is very important to eat fruits and vegetables. ___________________

4. They are rich in fibre, minerals and vitamins. ______________________

5. Fruits and vegetables are good for us. _____________________________

6. end of the game ________________________________________________