

Eat, Live and Move

Mon objectif : Exprimer le but d'un projet des conseils.



Look at the photo and guess where Valerie Adams comes from. What helps you find the right answer ?

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Now, read this short text about Valerie Adams and answer the questions.

Valerie Adams was born on 6 October, 1984, in Rotorua. She first began competing aged 14, after taking part in a school competition and being seen by Kirsten Hellier, later her coach. Her Tongan mother died from cancer when Valerie was 16. Her father was an Englishman who settled in New Zealand.

- 1) How old was she when she participated in competitions for the first time ?
➤
- 2) Was Kirsten her coach or her mother ?
➤
- 3) Was her father born in New Zealand ?
➤
- 4) Where was her mother born ?
➤

Discovering English : L'expression de la volonté.

1.a. Dans les phrases ci-dessous, souligne le verbe conjugué en rouge et les autres verbes en vert.

Valerie Adams wants to have a big impact.

She wants to help people.

b. Lis et complète.

Pour dire ce qu'une personne veut faire, on utilise le verbe il est suivi de et d'un verbe à

2.a. Dans les phrases ci-dessous, souligne le verbe conjugué en rouge et les autres verbes en vert.

b. Entoure en rouge la personne qui veut quelque chose et en vert les personnes qui sont censées accomplir l'action.

She wants people to get active.

She wants them to change their eating habits.

c. Lis et complète ou entoure la bonne réponse.

Lorsque l'on veut que quelqu'un fasse quelque chose, on ajoute la personne concernée entreet On peut remplacer cette personne par un pronom **sujet / complément**.

Rappel des pronoms :me, you, him,her, it, us, them

3. Complète le tableau récapitulatif.

Pour exprimer ce que l'on veut faire	Sujet ++ verbe à
Pour exprimer ce que l'on veut que quelqu'un fasse	Sujet + + la (les) personne(s) concernée(s)/ pronom + verbe à

Exemple : Traduis en anglais les phrases suivantes

Je veux sortir sein et sauf du covid-19.

→

Président Macron veut que chacun reste chez soi.

→

4. The Melody of English : La prononciation des voyelles ea.

b. Lis les mots suivants et coche pour chacun d'eux la case correspondant au son ea.

	/e/	/a:/	/i:/	/ɜ:/	/ɛə /	/ei/	/iə /
1.eat							
2.health							
3.year							
4.great							
5.research							
6.heart							
7.pear							

c. Lis et complète ou entoure les bonnes réponses.

La combinaison des voyelles **ea** se prononce de manières différentes :

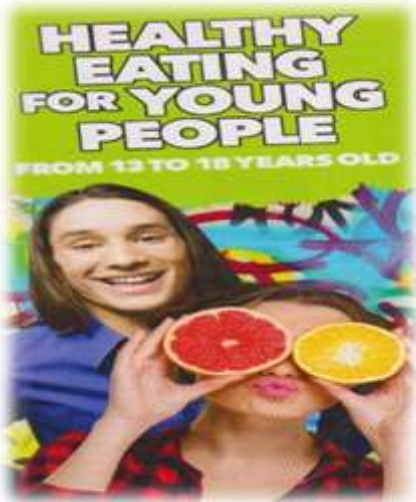
/e/, /a:/ ; /i:/, /ɜ:/, / ɛə /, /ei/, / iə /

2. Entraîne-toi à prononcer les phrases suivantes. Enregistre-toi si possible.

A healthy breakfast is great for your heart.

Eat three meals a day including breads and lean meats.

A lot of sea-lovers come to New Zealand all-year round to enjoy its beautiful beaches.



1. Read and do the following activities.
- a. Look at the title and identify the topic of the document :

- b. According to the picture, what should young people eat ?

2.a. Look at the title and say what the document on the left is about :

EAT MANY DIFFERENT FOODS

Eat a variety of foods from these four food groups every day:

- vegetables and fruit
- breads and cereals
- milk and milk products
- lean meats, chicken, seafood, eggs, legumes*, nuts and seeds.

** Legumes include cooked dried beans, peas and lentils.*

MAKE HEALTHY FOOD CHOICES

Look after yourself. Your health is important, and it's affected by what you eat.

- Help with preparing the family meals.
- As often as you can, eat meals with your family and whānau.
- Encourage your family and whānau and friends to make healthy food choices.
- Eat three meals every day plus two or three healthy snacks during the day.
- You also need to drink plenty of water.
- Always take time to eat a healthy breakfast.

- b. Read and highlight : -What young people should do in green ; /-What they shouldn't do in pink.
- c. Why should people eat food from the four groups of foods ?
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BE ACTIVE WITH YOUR FRIENDS AND WHĀNAU



Regular activity keeps you healthy, and it's a great way to have fun with your friends and whānau. Do at least 60 minutes of moderate to vigorous activity every day. Research has shown that sitting a lot is not good for you – your body is made to move.

MODERATE

I'm breathing faster, and my heart is beating a bit more.

- Walking the dog
- Biking on the flat
- Ballet, modern dance
- Kapa haka
- Skateboarding

VIGOROUS

I'm puffing, and my heart is beating faster.

- Running games
- Mountain biking
- Uphill tramping
- Fast lap swimming
- Waka ama

Whanau= est un mot maori pour « famille élargie ».

1. What is the topic of the text above ? Fill in the grid below.

Topic	
How often should we do it ?	
How long ?	
3 precise examples
What shouldn't we do ?	

2. Are the following statements right or wrong and why ?

- a. Eating with other people is not good for your health :
-
- b. We should help with preparing the family meals :
- c. We shouldn't eat any snacks during the day :
-
- d. Drinking a lot of water is not good for your health :
-
- e. Having breakfast is not necessary :
- f. We should eat milk or milk product every day :
- g. Pick out :- two examples of moderate activity :
- - two examples of vigorous activity :

Read about two Maorii kids.

- a. In each text, highlight good healthy habits in green and bad habits in pink
- b. Then, say who has the healthier lifestyle.



Mere lives on a small farm and goes to the intermediate school in the nearby town. She loves playing her guitar. She also enjoys playing hockey and riding horse, Star. Most days, Mere gets up early so that she can ride Star before breakfast. For breakfast, she has muesli with milk. She usually eats a banana or an apple on the bus to school. Mere makes her lunch of sandwiches and fruit. One week, she buys her lunch at the canteen. For dinner, the family usually has meat with cooked vegetables or salad.

As well as her Saturday game, Mere has hockey practice twice a week after school. After practise, she get home late. She heats up her dinner in the microwave and collapses into bed at round 9:30 p.m. She misses seeing her new baby brother on those days.

On Saturdays, Mere helps arround the farm, then visits her aunt and helps with housework before she goes to hockey. On Sundays, the family tries to fit in a walk.



Ben lives in Auckland and goes to primary school down the road. Most of Ben's classmates are into soccer, but he and his best friend love gaming and often meet at each other's houses after school to play.

Ben's grandma lives with the family. She loves to bake, so the tins are always full of biscuits and cakes. She makes his lunch every morning and always puts in a treat.

If Ben gets up early, his dad drives him to four blocks to school. When he walks to school, his grandma often slips him some money so he can visit the dairy.

In the evening, Ben's grandmother or his dad cooks dinner. It's usually meat and cooked vegetables.

Ben loves sausages and lamb chops, and the family eats them quite often. They have takeaways every Friday night, and sometimes if his dad's tired, they have them on other days too. Usually Ben's mother gets home from work about 8:00 p.m., and Ben plays a video game in Bed before he goes to sleep.

c. Now, what are your habits, lifestyle (food, activities, habits) ?

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Discovering English : L'expression du conseil.

1. Observe les phrases ci-dessous. Entoure le mot qui permet d'exprimer un conseil ou une recommandation et souligne les verbes.

- a. You should do 60 minutes of physical activity every day.
- b. You shouldn't watch TV too much.

2. Lis et complète ou entoure les bonnes réponses.

Pour exprimer un conseil ou une recommandation, on utilise l'auxiliaire modal il est toujours suivi **d'un verbe conjugué / d'une base verbale**. Comme c'est un auxiliaire, à la forme négative, il **porte / ne porte pas** la négation et devient

3. Complète le tableau récapitulatif.

Pour dire que quelqu'un devrait faire quelque chose	Pour dire que quelqu'un ne devrait pas faire quelque chose
Sujet + + (+compléments)	Sujet + + (+compléments)

Melody Time : La prononciation des voyelles ea

1. Classe les mots suivants en fonction de la prononciation des voyelles ea.

Health ▪ to read ▪ heart ▪ treat ▪ break ▪ bread ▪ sea ▪ breakfast ▪ great ▪ each

/e/ : /i:/

/a:/ : /ei/

Vocabulary

Remplace les mots ou expressions soulignés par un synonyme.

- 1. Fruits and vegetables are good for your health. ->
- 2. Change your way of living. ->
- 3. You should stop eating crisps, cakes and pizza all the time. ->
- 4. Being extremely fat is getting more and more common among young people. ->

Grammar : L'expression du conseil.

Complète les recommandations suivantes avec should ou shouldn't

In order to have a healthy lifestyle, you do sport from time to time but you exercise every day. Instead of sitting a lot, you stand up and move around. Of course, you watch TV too much and you eat junk food while watching TV. Instead, you go walking or swimming with your friends.

Grammar : L'expression de la volonté

A partir des éléments suivants, fais des phrases pour dire ce que chaque personne veut ou ne veut pas.

1. The goverment / fight obesity=
2. They / New Zealanders / change their habits=
3. They / not / children / become obese =
4. Valerie Adams / people / get more active =
5. She / not / young people / eat junk food =

Writing

Un ambassadeur «sport et santé» va être nommé parmi les élèves de ta classe. Ecris un mail à ton professeur principal pour lui dire ce que tu veux que cet ambassadeur fasse au sein de ton établissement.

Subject : Sports and Health Ambassador (réponse libre)
Dear
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