



Health



Class Objective

To learn about Health vocabulary



Concept A : Health and hygiene

●	La santé	health
●	en bonne santé	In good health
●	la forme	fitness
●	en forme	fit
●	la santé mentale	Mental health
●	L'hygiène personnelle	Personal hygiene
●	faire sa toilette	To Groom oneself



Concept A : Health and hygiene

le savon	soap
le gant de toilette	washcloth
le papier hygiénique	Toilet paper
la serviette	towel
la serviette hygiénique	Sanitary napkin
la propreté	cleanliness
la sueur	sweat



Concept A : Health and hygiene

proper	clean
les règles/la menstruation	menstruation
le bain	bath
prendre une douche	Take a shower

Les habitudes sanitaires :

1. Brosser les dents deux fois par jour
2. Se laver tous les jours
3. Laver les mains après être rentré à la maison, avant de manger et après avoir utilisé la toilette.
4. Nettoyer la maison régulièrement



Concept B : Qu'est-ce que vous faites pour être en forme ou pour être en bonne santé ?

1. Prenez le petit déjeuner:

Le petit déjeuner est le repas le plus important de la journée. Des études montrent que les adultes qui prennent un petit-déjeuner sain réussissent mieux au travail.

(Have breakfast:

Breakfast is the most important meal of the day. Studies show that adults who eat a healthy breakfast do better at work.)

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