

French

Being Healthy

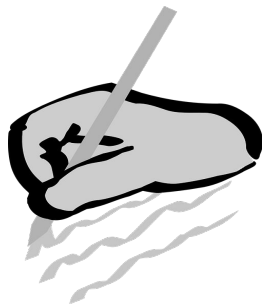
- Adverbs

Madame Williams





[é]



écrire

[-er]
[-et]





[é / er / et]

bébé



aller



et

[and]





sant é	health
é viter	to avoid
un r é gime é quilibr é	a balanced diet
mang er	to eat
fum er	to smoke
rest er en forme	to stay in shape
jou er	to play
é quitation	horse riding



la santé	health
être en forme	to be in shape (physically)
éviter	to avoid
sainement	healthily
fumer	to smoke
être sain	to be healthy
un régime équilibré	a balanced diet
se droguer	to take drugs
grossir	to put on weight
perdre du poids	to lose weight



Adverbs - HOW an action takes place

CAUTION!

calme <u>ment</u> =	calmly
rapide <u>ment</u> =	quickly
régulière <u>ment</u> =	regularly
rare <u>ment</u> =	rarely
saine <u>ment</u> =	healthily

mieux =	better
pire =	worse
bien =	well
mal =	badly, poorly
vite =	fast



Adverbs

Normalement, je mange sainement.

Normally, I eat healthily.

Parfois, je ne mange pas sainement.

Sometimes, I do not eat healthily.

Je bois uniquement de l'eau

I only drink water.

Je bois rarement de l'eau

I rarely drink water.



5
4
3
2
1



Being Healthy

1. An adverb tell us how an action takes place.
2. Adverbs in French tend to end in = ment
3. The suffix 'ment' sounds like [mon]
4. Better = mieux
5. Worse = pire

