

Vocabulary- Healthy living and Lifestyle- Foundation 1/4

français	English	Part of speech	IPA
accident	accident	<i>n (m)</i>	[aksidã]
actif	active, energetic (m)	<i>adj</i>	[aktif]
activité	activity	<i>n (f)</i>	[aktivite]
alcool	alcohol	<i>n (m)</i>	[alkɔl]
améliorer	to improve	<i>v</i>	[ameljɔre]
arrêter (de + infinitive)	to stop (+ verb)	<i>v</i>	[arete]
boire	to drink	<i>v</i>	[bwar]
boisson	drink, beverage	<i>n (f)</i>	[bwasɔ̃]
bouche	mouth	<i>n (f)</i>	[buʃ]
bras	arm	<i>n (m)</i>	[brɑ]
café	café, coffee	<i>n (m)</i>	[kafe]
carte	menu, map, card	<i>n (f)</i>	[kart]
cause	cause	<i>n (f)</i>	[koz]
changer	to change	<i>v</i>	[ʃãze] , [səʃãze]
se changer	to get changed	<i>v</i>	[səʃãze]
cheveux	hair	<i>n (mpl)</i>	[ʃəvø]
chez	to, at (the place of)	<i>prep</i>	[ʃe]
cigarette	cigarette	<i>n (f)</i>	[sigaret]
cœur	heart	<i>n (m)</i>	[kœr]
corps	body	<i>n (m)</i>	[kɔr]
(se) coucher	to lie down, to sleep, to go to bed	<i>v</i>	[kuʃe]
courir	to run	<i>v</i>	[kuriʁ]
coûter	to cost	<i>v</i>	[kute]
crise	crisis	<i>n (f)</i>	[kriʒ]
cuisine	cooking, kitchen	<i>n (f)</i>	[kɥizin]
danger	danger	<i>n (m)</i>	[dãze]
dangereux, dangereuse	dangerous	<i>adj</i>	[dãʒRø], [dãʒRøz]
danser	to dance	<i>v</i>	[dãse]
déjeuner	lunch	<i>n (m)</i>	[deʒœne]
difficile	difficult	<i>adj</i>	[difisil]
dîner	dinner	<i>n (m)</i>	[dine]
dormir	to sleep	<i>v</i>	[dɔrmir]
dos	back	<i>n (m)</i>	[do]
drogue	drug	<i>n (f)</i>	[dʁɔg]
eau	water	<i>n (f)</i>	[o]
effort	effort	<i>n (m)</i>	[efɔr]
énergie	energy	<i>n (f)</i>	[enɛʒi]
entrée	entrance, starter	<i>n (f)</i>	[ãtre]

Vocabulary- Healthy living and Lifestyle - Foundation 2/4

français	English	Part of speech	IPA
équilibré.e	balanced	adj	[ekilibre]
essayer (de + infinitive)	to try (+ vb), to attempt (+vb)	v	[eseje]
éviter (de + infinitive)	to avoid (+ verb)	v	[evite]
exercice	exercise	n (m)	[egzɛrsis]
expert	expert	n (m)	[ɛkspɛʀ]
faible	weak	adj	[fɛbl]
faim	hunger	n (f)	[fɛ̃]
fast-food	fast food	n (m)	[fastfud]
fatigué.e	tired	adj	[fatige]
forme	form, shape	n (f)	[fɔʀm]
fort.e	strong, loud	adj	[fɔʀ], [fɔʀt]
frais, fraîche	fresh	adj	[frɛ], [frɛʃ]
frites	chips	n (fpl)	[frit]
fromage	cheese	n (m)	[frɔmaʒ]
fruit	fruit	n (m)	[fruʃ]
fumer	to smoke	v	[fyme]
gâteau	cake	n (m)	[gato]
glace	ice cream, ice	n (f)	[glas]
goût	taste, flavour	n (m)	[gu]
grave	serious, grave	adj	[grav]
habitude	habit	n (f)	[abityd]
hôpital	hospital	n (m)	[ɔpital]
inquiétant.e	worrying, disturbing	adj	[ɛ̃kjetã], [ɛ̃kjetãt]
inquiétude	worry, anxiety	n (f)	[ɛ̃kietyd]
jambe	leg	n (f)	[ʒãb]
jeune	young	adj	[ʒœn]
jeunesse	youth	n (f)	[ʒønes]
jouer (à/de + noun)	to play (+ noun)	v	[ʒwe]
kilomètre	kilometre	n (m)	[kilometr]
lait	milk	n (m)	[lɛ]
lecture	reading	n (f)	[lɛktyʀ]
légume	vegetable	n (m)	[legym]
lever	to lift, to raise	v	[ləve]
se lever	to get up	v	[sələve]
lire	to read	v	[liʀ]
lit	bed	n (m)	[li]
livre	book, pound	n (m) (f)	[livʀ]
main	hand	n (f)	[mɛ̃]

Vocabulary- Healthy living and Lifestyle - Foundation 3/4

français	English	Part of speech	IPA
malade	ill	<i>adj</i>	[malad]
maladie	illness	<i>n (f)</i>	[maladi]
manger	to eat	<i>v</i>	[mãʒe]
marcher	to walk, to work	<i>v</i>	[marʃe]
mauvais.e	bad, wrong	<i>adj</i>	[mɔvɛ], [mɔvɛz]
médecin	doctor	<i>n (m, f)</i>	[medsɛ̃]
médical.e	medical	<i>adj</i>	[medikal]
médicament	medicine, drug	<i>n (m)</i>	[medikamã]
menace	threat	<i>n (f)</i>	[mɛnas]
mort	death	<i>n (f)</i>	[mɔʀ]
mort.e	dead	<i>adj</i>	[mɔʀ], [mɔʀt]
mourir	to die	<i>v</i>	[muriʀ]
natation	swimming	<i>n (f)</i>	[natasjɔ̃]
nourriture	food	<i>n (f)</i>	[nuʀityʀ]
oreille	ear	<i>n (f)</i>	[ɔʀɛj]
pain	bread	<i>n (m)</i>	[pɛ̃]
perdre	to lose	<i>v</i>	[pɛʀdʀ]
se perdre	to get lost	<i>v</i>	[sɛpɛʀdʀ]
peser	to weigh	<i>v</i>	[pɛʒe]
petit-déjeuner	breakfast	<i>n (m)</i>	[pɛtidɛʒœne]
pied	foot	<i>n (m)</i>	[pje]
poisson	fish	<i>n (m)</i>	[pwasɔ̃]
préparer	to prepare	<i>v</i>	[pʀepare]
se préparer	to get ready	<i>v</i>	[sɛpʀepare]
produit	product	<i>n (m)</i>	[pʀɔdyi]
promenade	walk	<i>n (f)</i>	[pʀɔmɛnad]
recette	recipe	<i>n (f)</i>	[ʀɛsɛt]
rechercher	to look for, to collect	<i>v</i>	[ʀɛʃɛʀʃe]
recommander	to recommend	<i>v</i>	[ʀɛkɔmãde]
rendez-vous	appointment	<i>n (m)</i>	[ʀãdevu]
repas	meal	<i>n (m)</i>	[ʀɛpa]
restaurant	restaurant	<i>n (m)</i>	[ʀɛstɔʀã]
rester	to stay, to remain	<i>v</i>	[ʀɛste]
sain.e	healthy	<i>adj</i>	[sɛ̃], [sɛn]
santé	health	<i>n (f)</i>	[sãte]
science	science	<i>n (f)</i>	[sjãs]
se relaxer	to relax	<i>v</i>	[sɛʀɛlakse]
soif	thirst	<i>n (f)</i>	[swaf]

Vocabulary- Healthy living and Lifestyle - Foundation 4/4

français	English	Part of speech	IPA
soin	care	<i>n (m)</i>	[swɛ̃]
souci	worry, concern	<i>n (m)</i>	[susi]
sport	sport	<i>n (m)</i>	[spɔʁ]
sportif, sportive	athletic, sporty	<i>adj</i>	[spɔʁtif], [spɔʁtiv]
tête	head	<i>n (f)</i>	[tɛt]
thé	tea	<i>n (m)</i>	[te]
tomber	to fall	<i>v</i>	[tɔ̃be]
tôt	early	<i>adv</i>	[to]
tuer	to kill	<i>v</i>	[tɥe]
urgence	emergency	<i>n (f)</i>	[yʁʒãs]
vapoter	to vape	<i>v</i>	[vapɔte]
végan.e	vegan	<i>adj</i>	[vegan]
végétarien.ne	vegetarian	<i>adj</i>	[vezetarjɛ̃], [vezetarjɛn]
viande	meat	<i>n (f)</i>	[vjãd]
vie	life	<i>n (f)</i>	[vi]
vin	wine	<i>n (m)</i>	[vɛ̃]
visage	face	<i>n (m)</i>	[vizaʒ]
visiter	to visit	<i>v</i>	[vizite]
yeux	eyes	<i>n (mpl)</i>	[jø]

Additional Vocabulary- Healthy living and Lifestyle - Higher 1/2

français	English	Part of speech	IPA
attaque	attack	<i>n (f)</i>	[atak]
attente	wait	<i>n (f)</i>	[atāt]
bataille	battle	<i>n (f)</i>	[bataj]
bénéficier (de + noun)	to get, to benefit (from + noun)	<i>v</i>	[benefisje]
blesser	to hurt, to injure	<i>v</i>	[blese]
casser; se casser	to break, to break a body part	<i>v</i>	[kase], [səkase]
causer	to cause	<i>v</i>	[koze]
commander (à ... de + inf.)	to order, to tell someone + verb	<i>v</i>	[kɔmāde]
conscient.e	conscious, aware	<i>adj</i>	[kɔsjā], [kɔsjāt]
conseil	advice, counsel, council	<i>n (m)</i>	[kɔsej]
conseiller (à ... de + inf.)	to advise, to recommend (to someone + verb)	<i>v</i>	[kɔseje]
contenir	to contain, to include	<i>v</i>	[kɔtəniʁ]
contenu	contents	<i>n (m)</i>	[kɔtəny]
débat	debate	<i>n (m)</i>	[deba]
dépendre (de)	to depend (on)	<i>v</i>	[depādr]
efficace	efficient, effective	<i>adj</i>	[efikas]
empêcher (... de + inf.)	to prevent (someone from + vb)	<i>v</i>	[āpeje]
esprit	mind, spirit	<i>n (m)</i>	[ɛspri]
est	east	<i>n (m)</i>	[ɛst]
explication	explanation	<i>n (f)</i>	[ɛksplikasjɔ]
garder	to keep, to look after	<i>v</i>	[garde]
gérer	to manage, to handle	<i>v</i>	[zere]
hôpitaux	hospitals	<i>n (mpl)</i>	[ɔpito]
incident	incident	<i>n (m)</i>	[ɛsidā]
lutter	to fight, to struggle	<i>v</i>	[lyte]
mener	to lead	<i>v</i>	[māne]
moi-même	myself	<i>pron</i>	[mwaməm]
nager	to swim	<i>v</i>	[naze]
nourrir	to feed	<i>v</i>	[nuʁiʁ]
œil	eye	<i>n (m)</i>	[œj]
peau	skin	<i>n (f)</i>	[po]
perte	loss	<i>n (f)</i>	[pɛrt]
plat	dish	<i>n (m)</i>	[pla]
poulet	chicken	<i>n (m)</i>	[pule]
prévenir	to let know, to warn	<i>v</i>	[pʁevniʁ]
refuser (de + infinitive)	to refuse (+ verb)	<i>v</i>	[rəfyze]
régime	diet	<i>n (m)</i>	[ʁeʒim]
risque	risk	<i>n (m)</i>	[risk]

Additional Vocabulary- Healthy living and Lifestyle - Higher 2/2

français	English	Part of speech	IPA
risquer (de + infinitive)	to risk (+ verb)	v	[riske]
sang	blood	n (m)	[sã]
sauver	to rescue, to save	v	[sove]
se sauver	to escape, to get away	v	[səsove]
sentir	to smell	v	[sãtir]
se sentir	to feel	v	[səsãtir]
souffrir	to suffer	v	[sufrir]
soutien	support	n (m)	[sutjẽ]
tabac	tobacco	n (m)	[taba]
traitement	treatment	n (m)	[tretmã]
vivant.e	alive, living	adj	[vivã], [vivãt]