

VOCABULARY REVIEW CARD

EATING DISORDERS

1- VOCABULARY (About 50 words)

MOT FRANÇAIS / ENGLISH WORD	
Les aliments, les denrées alimentaires / foodstuffs	Se nourrir de qch / To feed oneself on sth
Les habitudes alimentaires / eating habits, eating patterns	Prendre du poids / to gain weight, to put on weight
Etre en surpoids / to be overweight	Grassouillet, dodu / plump
Corpulent / corpulent, stout	Le tour de taille / the waistline
La graisse superflue / flab	Une bedaine, une panse / paunch
S'empiffrer de chocolat / to binge on chocolate	Faire des excès / to go on a binge
Résister à la tentation / To resist on temptation	Céder à la tentation / To give in to temptation
Manger des cochonneries /de la nourriture malsaine / to eat junk food	Les aliments préparés / processed food
Les aliments gras / fatty foods	Les féculents / starch, starchy food
Etre accro à qch / to be addicted to sthg	La dépendance / Addiction
Addictif / addictive	Maigre / thin
Maigrelet, maigrichon / skinny, scrawny	Etre mince et musclé / to be lean and muscular
Anguleux, décharné / bony	Etre squelettique / To be skin and bone
Mince, svelte / slim, slender, svelte	Devenir anorexique / To develop anorexia
Etre diagnostiqué anorexique / To be diagnosed with anorexia	Se laisser mourir de faim / to starve oneself to death
Commencer, faire un régime / To go on, be on a diet	Un régime amincissant / a slimming diet
Alimentation saine / A healthy diet	Les aliments diététiques / health foods
La nourriture bio / Organic food	Diététicien / dietitian
Etre en bonne santé, en forme / to be fit	Surveiller, garder sa ligne / to watch, to keep one's figure
Faire de l'exercice / to exercise	La forme, la santé / Fitness
Un mordru de culture physique / a fitness freak	Aller dans une salle de gym / to go to the gym
Faire de la musculation / to work out	

2- ESSENTIAL NOTES AND EXPRESSIONS

If you want to know how correct is your weight , you have to check up your Body Mass Index. To be able to do so, you need to divide your weight by the square of your height. The right scale goes from 18.5 to 25.
In his documentary film called Super Size Me, Morgan Spurlock experienced eating thrice at McDonalds for a month. It clearly shows the impact of junk food , in fact he put on 12kg and had been diagnosed with swings, sexual dysfunction, and liver damage.
There is no explanation for eating disorders. It is supposed by some scientists that the syndrome can be explained by some of their genes and makes them more sensitive to environmental stimuli. "Genetics loads the gun, and the environment pulls the trigger"
Anorexia is considered to be a mental illness , it mainly affects teenage girls and it's particularly mortal. That's why for example during the 2007 Madrid's fashion week any model with a BMI under 18.5 would not be allowed to parade on stage.

3- TRANSLATION REMARKS (3 from French to English, 3 from English to French)

As the medical costs generated by obesity are borne by society as a whole, a tax on fatty food would make sense. Sachant que les coûts médicaux concernant l'obésité sont en totalité pris en charge par la société, il paraît normal de mettre en place une taxe sur les aliments gras.
Women are exposed to increasingly unrealistic images of how they should look as they age. Les femmes sont souvent exposées à des images de moins en moins réalistes de ce à quoi elles devraient ressembler en vieillissant.
Anyone who hasn't realized that fruit and vegetables are good, and cream cakes are bad must have been living on the moon over the recent years. Il faudrait avoir vécu sur la lune ces dernières années, pour ne pas savoir que les fruits et légumes sont bons pour la santé et que les gâteaux à la crème sont mauvais.
Il y a tout de même peu d'adolescentes qui se laissent mourir de faim pour se maintenir à leur poids idéal. Nevertheless there are few teenage girls that starve themselves to death to keep their weight at its best.
Il est indispensable que vous preniez de l'exercice physique au moins deux fois par semaine. It's necessary that you should take some physical exercises at least twice a week.
Il n'est pas nécessaire de se priver de tout pour garder la ligne. You needn't deny yourself to keep your figure.