

Useful vocabulary – Healthy living and lifestyle

Describing healthy lifestyles

French	English
bien dormir	to sleep well
manger équilibré	to eat a balanced diet
boire plus d'eau	to drink more water
faire de l'exercice	to exercise
courir	to run
marcher plus	to walk more
exprimer ses émotions	to express one's opinions

Unhealthy choices

French	English
fumer	smoking
boire trop d'alcool	drinking too much alcohol
prendre de la drogue	taking drugs
vapoter	vaping
se coucher trop tard	going to bed too late
être toujours devant un écran	always being in front of a screen
manger beaucoup de fast-food	eating a lot of fast food