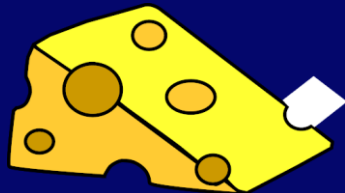


## Key Facts

- French breakfast is usually light. A typical breakfast may be a café au lait (milky coffee), hot chocolate or tea served with toast, a piece of baguette with jam and/or butter or a croissant.
- Before eating a meal, it is polite to say Bon Appétit, meaning 'good appetite'.
- The word croissant means crescent because the pastry is a crescent shape.
- The most popular French bread is la baguette (little stick). It is about 6cm in diameter and up to a metre long. Many people will visit the Boulangerie 2 or 3 times a day to buy fresh bread.
- French people mostly take food very seriously. Typically, they eat three times a day with no snacking between meals. There are very few ready meals to purchase as people prefer to make their own dishes from scratch.
- A typical French lunch or dinner centres around some form of meat, vegetables are usually as a side dish and do not take as high priority as English meals. However, salad is very common and people often have a large plate of salad as a starter when eating out,
- Desserts are a particular speciality of the French. Patisserie shop windows are full of exquisite looking treats such as delicious cakes, pastries and biscuits. These tend to be expensive and mostly purchased for special occasions.
- There are more than 350 kinds of cheese made in France. Cheese is an important part of people's daily diet, either in recipes or eaten on its own after a meal and before dessert.

## Challenges

- In this unit you learned about French breakfast – le petit déjeuner. Can you find the French names of other meals and what food is typically eaten at these meals?
- Design a menu for a French restaurant, including: starters, main meals and desserts (entrée, plat principal, dessert). Use an English/French dictionary or online translator to translate the names of food items.
- Make a French/English picture dictionary for food items. Use the food items studied but also additional items.
- Keep a food diary of everything you eat and drink in a day...in French. Use an English/French dictionary or online translator to translate any words you don't know the French names for.



## Key Vocabulary

Spelling	Definition
les boissons chaude	hot drinks
les boissons fraîches	cold drinks
le petit déjeuner	breakfast
J'aime (manger)	I love to eat
une bouteille	a bottle
une tasse	a cup
un verre	a glass
J'ai soif	I am thirsty
les boissons	the drinks
le thé	tea
le café	coffee
l'eau	the water
la nourriture	the food
les sandwich	the sandwiches
le pain	the bread
les viandes	meats
les légumes	the vegetables
ouvert	open
fermé	closed

