

# FRENCH GRAMMAR & CONJUGATION PRACTICE

Prendre soin de soi, bien manger et faire du sport, c'est génial ! Ça nous donne plus d'énergie, on dort mieux, on est de meilleure humeur et ça réduit le risque de dépression et de maladies en général. Pas besoin de faire de l'exercice tous les jours, ou encore de ne manger que des brocolis. Vivre sainement toute l'année et se permettre des petits excès de temps en temps, c'est parfait pour garder une routine saine et ne pas se lasser de ces nouvelles habitudes.

*Taking care of yourself, eating well, and exercising are great! It gives us more energy, we sleep better, we are in a better mood and it reduces the risk of depression and illnesses in general. No need to exercise every day, or eat only broccoli. Living healthy all year round and indulging in little excesses every now and then is perfect for keeping a healthy routine and not getting tired of these new habits.*

## KEEP THEM TOGETHER

Prendre soin de soi, bien manger et faire du sport, c'est génial ! Ça nous donne plus d'énergie, on dort mieux, on est de meilleure humeur et ça réduit le risque de dépression et de maladies en général. Pas besoin de faire de l'exercice tous les jours, ou encore de ne manger que des brocolis. Vivre sainement toute l'année et se permettre des petits excès de temps en temps, c'est parfait pour garder une routine saine et ne pas se lasser de ces nouvelles habitudes.

In this text, verbs ending in -ing in English, are infinitive verbs in French

## First sentence

**Prendre soin de soi, bien manger et faire du sport, c'est génial !**

*Taking care of yourself, eating well, and exercising are great!*

- "Prendre soin de" To take care of
- "soi" is a pronoun used in a general way = yourself
- "bien manger" bien is an adverb and is placed before the verb
- "faire du sport" expression used to say "To exercise"
- "c'est" is the equivalent of *this is/that is*
- "génial" is an adjective but stays in the masculine singular form after c'est



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## Second sentence

Ça nous donne **plus d'énergie**, on dort mieux, on **est de meilleure humeur** et ça réduit **le risque de dépression et de maladies en général**.

*It gives us more energy, we sleep better, we are in a better mood and it reduces the risk of depression and illnesses in general.*

- **ça** is the contraction of ceci/cela – *this/that*
- "**nous donne**" is an indirect object pronoun. **Donner à qui ? Nous**  
Indirect object pronouns are placed before the verb.
- "**plus de**"- We pronounce the **S** at **plus** here because it means *more* and it's not followed by an adjective starting with a consonant  
After a reference of quantity, we don't add an article
- "**on dort mieux**" **mieux** is an adverb and is placed after the verb  
Dort is the verb **dormir** conjugated in the present tense
- "**on est de meilleure humeur**" Common expression such as "**Être de meilleure humeur, être de bonne humeur, être de mauvaise humeur, etc**"  
**Meilleure** is placed before the verb because it refers to goodness (BANGS)  
**Meilleure** takes E at the end because **humeur** is a feminine noun and it agrees with the noun.
- "**et ça réduit le risque de dépression**"  
**ça** is the contraction of ceci/cela – *this/that*  
**Réduit** is the verb **réduire** conjugated in the present tense  
"**le risque de**" *the risk of* - Just like in English, keep them together
- "**et de maladies en général**"  
We have **de** again because "**le risque de**" since we have **et** between, we repeat **de**  
"**En général**" *in general* - Just like in English, keep them together



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## Third sentence

**Pas besoin de faire de l'exercice tous les jours, ou encore de ne manger que des brocolis.**

*No need to exercise every day, or eat only broccoli.*

- "**pas besoin de**" *no need to* - Just like in English, keep them together
- "**faire de l'exercice**" **faire** is an infinitive verb because verbs after **de** are always infinitive  
"**faire de l'exercice = Faire du sport**" here we change **du** to **de l'** because **exercice** starts with a vowel
- "**tous les jours**" *every day*
- "**ou encore**" *or*
- "**ou encore de**" we repeat **de** from "**pas besoin de**"
- "**ne manger que**" - **manger** is an infinitive because of **de**, even if there is a negation between them  
**Ne ... que** = *only* (not before the infinitive verb in this case)

## Fourth sentence

**Vivre sainement toute l'année et se permettre des petits excès de temps en temps, c'est parfait pour garder une routine saine et ne pas se laisser de ces nouvelles habitudes.**

*Living healthy all year round and indulging in little excesses every now and then is perfect for keeping a healthy routine and not getting tired of these new habits.*

- "**Vivre sainement**" **Sainement** comes from the adjective **sain-saine**, we take the feminine adjective **saine** and we add **-ment = sainement**
- "**toute l'année**" *all year round*
- "**se permettre**" is a reflexive verb (infinitive form)
- "**des petits excès**" **Petits** is before the noun because it's one of the adjectives from the BANGS
- "**de temps en temps**" *every now and then - from time to time*



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- "**c'est parfait**" is an adjective but stays in the masculine singular form after **c'est**
- "**pour garder**" after **pour**, the verb stays in the infinitive form
- "**une routine saine**" **saine** is the feminine form of the adjective **sain**. It's a feminine adjective because **routine** is a feminine noun
- "**et ne pas se laisser de**"  
"**ne pas**" the negation is before the verb because it's an infinitive verb  
"**se laisser de**" is an infinitive reflexive verb followed by the preposition **de**
- "**ces nouvelles habitudes**"  
**ces** = *these/those* because it's the plural form  
**nouvelles** is before the noun because it's one of the adjectives from the **BANGS**  
**nouvelles** is the feminine form of the adjective **nouveau**, and we add an **S** since **habitudes** is a feminine plural noun  
**Habitudes** starts with a silent **H** so we add a liaison between **nouvelles** and **habitudes**

