**La Vie Saine**

   

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| **Le français** | **L’anglais** |
| 1 Je dir**ais** qu’il faut mangerau moins trois repas par jour. |  |
| 2 Je dir**ais** qu’il faut faire du sport trois fois par semaine. |  |
| 3 Il faut que je dise qu’il faut faire attention à sa santé.  |  |
| 4 Il faut que je dise qu’il ne faut pas boire trop de boissons gazeuses car c’est mauvais pour la santé.  |  |
| 5 Je dois dire que je mène une vie saine, cependant, ma petite sœur ne mène pas une vie saine.  |  |
| 6 Je dois dire qu’il faut éviter de manger les sucreries. 7 Je dois dire qu’il faut manger de la nourriture fraiche.  |  |
| 8 Je dois dire qu’il faut manger cinq portions de fruits par jour.  |  |
| 9 Je dois dire qu’il faut mangerbeaucoup de légumes.  |  |
| 10 Je dois dire qu’il faut boire trois litres d’eau par jour.  |  |
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| 11 | I would say that I don’t want to put on weight. |
| 12  | I would say that I want to lead a healthy life.  |
| 13  | I have to say that I do lots of exercise every week. |
| 14 | I have to say that I take care of my health.  |
| 15  | I have to admit that I try to control stress. |
| 16  | I have to admit that I try to sleep eight hours per night.  |
| 17 | I have to admit that I try to follow a healthy diet.  |
| 18 | I have to admit that I try to avoid fatty foods.  |
| 19 | I have to admit that I try to follow a balanced diet. |
| 20 | I have to admit that I try to control stress |
| 21 | I think that we must avoid fatty foods. |
| 22 | I think that we must avoid fizzy drinks. |
| 23 | I think that we must do lots of sport every week. |
| 24 | I think that we must I think that we must lead an active life. |
| 25 | I think that we must take care of our health.  |
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