

III. Vocabulary

1. I'd like to **slim**, to get **slimmer**.
mince
1. maigrir, devenir plus mince
2. I'd like to **lose weight**, to shed (*shed – shed: évacuer*) **weight**.
2. perdre du poids
3. How much **do you weigh**?
= What's your **weight**?
3. pèses-tu?
4. I'm afraid I've **put on** a few kilos.
4. prendre (poids)
5. How can you **get rid of** those kilos?
5. se débarrasser de
6. to be **fat** (*gros*), a bit **plump** (*enrobé, dodu*), to be **overweight** (*en surpoids*), to be **obese** (*obèse*)
>< to be **slim** (*mince*), **slender** (*élançé, svelte*), to be **thin** (*mince*), to be **underweight** (*en sous-poids, maigre*),
to be **skinny** (*maigre*)
7. I'd better **go on** a diet.
7. se mettre au régime
8. The problem is that those diets don't **work**;
"marcher"
they are not really **effective**.
8. fonctionner,
efficace(s)
9. Having a **balanced** diet is important.
9. équilibré
10. Many children **skip** breakfast ;
repas)
later they **fill up on** (= **they stuff themselves with**) sugary snacks.
10. sauter, passer (un repas)
se gaver de
11. In Western Europe the obesity **rate**
has risen by 19% in the last few years.
11. le taux de
12. One **in / out of** ten teenagers is overweight.
12. un sur dix
13. Should **vending** machines be abolished in schools?
13. distributeurs autom.
14. Some girls are ready to do anything to keep their **figure**.
(to have a wasp **waist**)
14. garder la ligne
15. Fashion is **to blame for** this.
= it can be **held** responsible **for** this
15. incriminer

16. They are ready to **starve themselves**.

faim (= to let themselves die of hunger)

17. Girls are more **worried / concerned** about their weight than boys.

16. se laisser mourir de

17. inquiètes à propos de

