

LANGUE VIVANTE ETRANGERE

ANGLAIS



Vocabulaire



Nutrition and obesity

Nutrition et obésité

Food and nutrients

Oils = corps gras

Milk and dairy products = lait et produits laitiers

Vegetables = légumes

Sugary foods = produits sucrés

Meat, fish and eggs = viande, poisson et oeufs

Starchy food = féculents

Proteins = protéines

Carbo-hydrates = glucides

Lipids = lipides

Vitamins and minerals

Calcium = calcium

Copper = cuivre

Fluoride = fluor

Iodine = iode

Magnesium = magnésium

Manganese = manganèse



Phosphorus = phosphore

Potassium = potassium

Selenium = selenium

Sodium = sodium

Sulphur = soufre

Zinc = zinc



Eating/food habits and diets

Eat healthy food = manger sainement

**Eat unhealthy food = avoir une mauvaise
alimentation**

Eat a varied diet = manger varié

**Have a balanced/unbalanced diet = manger
équilibré/ne pas manger équilibré**

Eat junkfood = mal se nourrir

Junkfood = malbouffe

Eat too salty = manger trop salé

Eat too much = manger de trop

Eat too much fat = manger trop gras

Eat at regular times = manger à heures fixes

Nibble, nibbling = grignoter, grignotage

Skip a meal = sauter un repas

Be on a diet = être au régime

Go on a diet = faire un régime

**Lose weight, slim down = perdre du poids,
maigrir**

Put on weight = prendre du poids, grossir

Types of diets

Fat-free/low fat = sans graisse/pauvre en graisse

High fibre = riche en fibres

Low calorie = hypocalorique

High calorie = hypercalorique

Low protein = hypoprotidique

High protein = hyperprotidique

Salt free = sans sel



Pathologies and disorders linked to food

Diabetes = diabète

Diabetic coma = coma diabétique

Insulin = insuline

Insulin-dependent diabetes mellitus (IDDM) =

Diabète insulino-dépendant (DID)

Non insulin-dependent diabetes mellitus (NIDDM) = diabète non insulino-dépendant (DNID)

Cholesterol = cholestérol

Bad cholesterol = mauvais cholestérol

Good cholesterol = bon cholestérol

Triglyceride = triglycérides

Cholesterol rate = taux de cholestérol

Obesity = obésité

Skinny = squelettique

Thin = maigre

Slim = mince

Plump = bien en chair

Overweight = en surpoids

Obese = obèse

Android obesity (Apple obesity) = obésité abdominale

Morbid obesity = obésité morbide



Appetite = appétit

BMI (Body Mass Index)

= IMC (Indice de masse corporelle)

Excessive caloric intake = apport excessif de calories

Sweetened drinks = boissons sucrées

Sedentary lifestyle = mode de vie sédentaire

Lack of physical activity = manque d'activité physique

Endocrine disruptors = perturbateurs endocriniens

Genetic risk factors = facteurs génétiques

Cancers

-Breast = du sein, ovarian = des ovaires, esophagea = de l'œsophage, colorectal = du colon, liver = du foie, pancreatic = du pancréas, gallbladder = de la vésicule, stomch = de l'estomac, prostate, kidney = des reins



Cardiovascular diseases (CVD) = maladies cardio-vasculaires (MCV)

Infertility = stérilité

Osteoarthritis = arthrose

Bariatric surgery = chirurgie bariatrique

Stomach bypass = bypass gastrique

Lap band/stomach band/gastric band = anneau gastrique

Low fat products = produits allégés

Dietetician = diététicien

Eating habits = habitudes alimentaires

Caloric needs = besoins caloriques

Added sugar = sucre ajouté

Additives = additifs

Eating disorder = troubles alimentaires

Food label = étiquette

Processed food = aliments transformés

