

# LA NOURRITURE ET LES REPAS

## LE MANGER

FRANCAIS	ANGLAIS	FRANCAIS	ANGLAIS
- Apaiser sa soif	- To quench one's thirst	- Mâcher	- To chew
- Apprêter/Assaisonner	- To dress	- Manger	- To eat
- Assiette	- Plate	- Manger à se rendre malade	- To eat oneself sick
- Avaler	- To swallow	- Mettre la table	- To lay the table
- Avoir de l'appétit	- To have an appetite	- Miche de pain	- Loaf
- Avoir faim	- To be hungry	- Miette	- Crumb
- Avoir soif	- To be thirsty	- Mourir de faim	- To be starving
- Avoir un penchant pour qqch	- To have a taste for sth.	- Nappe	- Table cloth
- Boire	- To drink	- Pain	- Bread
- Bonbons/Suceries	- Candy/Sweets	- Pain frais	- Fresh/New bread
- Casse-croûte	- Snack	- Pain grillé	- Toasted bread
- Chère/Cuisine/Nourriture	- Fare	- Pain rassis	- Stale bread
- Comestible	- Eatable/Edible	- Petit pain	- Roll
- Copieux	- Substantial	- Plat	- Dish
- Couteau	- Knife	- Plateau	- Tray
- Cuillère	- Spoon	- Porcelaine	- China
- Cuire/Faire cuire	- To cook	- Relevé/Salé	- Savoury
- Délicat/Difficile	- Fastidious/Hard to please	- Sain/Malsain	- Wholesome/Unwholesome
- Desserte/Table serveuse	- Trolley	- Saladier	- Salad bowl
- Engloutir ses aliments	- To gulp down food	- Sans recherche/Simple	- Plain
- Excès	- Surfeit	- Se mettre à table	- To sit down to table
- Fade/Insipide	- Tasteless	- Service de table	- Dinner set
- Faïence	- Crockery	- Serviette	- Napkin/Serviette
- Faim	- Hunger	- Servir à la louche	- To ladle out
- Faire venir l'eau à la bouche	- To make one's mouth water	- Set de table	- Mat
- Famine	- Famine/Starvation	- Soupe	- Soup
- Fourchette	- Fork	- Soupière	- Soup tureen
- Frugal	- Frugal	- Sucrer	- To suck
- Gournand	- Greedy	- Toast/Toasts	- A piece of toast/Toast
- Léchier une glace	- To lick an ice-cream	- Trop manger	- To over eat
- Les couverts	- Cutlery	- Vaisselle	- Crockery
- Louche	- Ladle		

## LE BOIRE

FRANCAIS	ANGLAIS	FRANCAIS	ANGLAIS
- Amer	- Bitter	- Faire passer (Plat)	- To hand round
- Bière	- Beer	- Gin	- Gin
- Bière blonde	- Ale/Bitter/Lager	- Infuser	- To brew/To stand
- Bière brune	- Stout	- Jus de fruit	- Fruit-juice
- Boisson/Breuvage	- Beverage	- Lait	- Milk
- Boissons alcoolisées	- Alcoholic drinks	- Morceau de sucre	- Lump of sugar
- Boissons fortes/Spiritueux	- Liquor/Spirits	- Mousseux/Pétillant	- Sparkling
- Boissons non alcoolisées	- Soft drinks	- Non gazeux	- Still
- Bordeaux rouge	- Claret	- Petite cuillère	- Teaspoon

- Bourgogne	- Burgundy	- Porto	- Port
- Bouteille	- Bouteille	- Pot à lait	- Milk-jug/Milk-pitcher
- Café au lait	- White coffee	- Ravigoter/réconforter	- To refresh
- Café noir	- Black coffee	- Remplir	- To fill
- Cafetière	- Coffee-pot	- Sherry/Xérès	- Sherry
- Carafe/Pichet	- Water jug	- Soucoupe	- Saucer
- Champagne	- Champagne	- Sucre en poudre	- Granulated sugar
- Cidre	- Cider	- Sucrier	- Sugar basin/Sugar bowl
- Cocktail	- Highball	- Tasse à thé	- Teacup
- Couvre-théière	- Teacosy	- Tasse de thé	- Cup of tea
- Crème	- Cream	- Théière	- Tea-pot
- Cuillerée	- Teaspoonful	- Tire-bouchon	- Cork-screw
- Déguster/Goûter	- To sample	- Une liqueur	- A liquor
- Doux/Sucré	- Sweet	- Verre	- Glass
- Eau gazeuse	- Soda	- Verser	- To pour
- Eau-de-vie	- Brandy	- Vide	- Empty
- Emêché/Gai	- Tipsy	- Vin	- Wine
- Etre abstinant	- To be a teetotaler	- Vin millésimé	- Vintage wine
- Faire passer (Aliment)	- To wash down	- Whisky	- Whisky/Whiskey

## LES REPAS

FRANÇAIS	ANGLAIS	FRANÇAIS	ANGLAIS
- Assaisonner/Relever	- To season	- Jambon	- Ham
- Bien cuit	- Well-done	- Légumes	- Vegetables (Pl.)/Vegs (Pl.)
- Bifteck/Tranche de viande	- Steak	- Légumes verts	- Greens
- Biscuit	- Biscuit	- Maigre	- Lean
- Biscuit non sucré	- Cracker	- Miel	- Honey
- Boire à la santé de qqn.	- To drink to so.'s health	- Moutarde	- Mustard
- Boîte de conserve	- Can/Tin	- Œufs à la coque	- Boiled
- Bouillie d'avoine	- Porridge	- Œufs au bacon	- Bacon and eggs
- Cacao	- Cocoa	- Œufs au plat	- Fried eggs
- Chips	- Crips	- Œufs brouillés	- Scrambled eggs
- Chou	- Cabbage	- Œufs durs	- Hard-boiled eggs
- Chou-fleur	- Cauliflower	- Œufs pochés	- Poached eggs
- Confiture	- Jam	- Pâte (Pâtisserie)	- Dough/Pastry
- Confiture d'orange	- Marmalade	- Pâte à crêpe	- Batter
- Conserves au vinaigre	- Pickles	- Pâté/Tourte	- Pie
- Côtelette	- Chop/Cutlet	- Pâtisserie	- Pastry
- Crème/Flan	- Custard	- Payer un repas à qqn.	- To treat so.
- Crêpe	- Pancake	- Petit-déjeuner	- Breakfast
- Cru	- Raw	- Petits pois	- Peas
- Cuit à point	- Medium	- Pièce de viande/Rôti	- Joint
- Débarasser la table	- To clear off the table	- Plat/Service	- Course
- Découper	- To carve	- Plats à emporter	- Take-away/Take-out food
- Déjeuner	- Lunch/Luncheon	- Plats préparés	- Convenience food
- Déjeuner de sandwiches	- To lunch on sandwiches	- Poivre	- Pepper
- Dessert	- Dessert	- Pomme de terre	- Potato
- Dîner	- Dinner	- Porter un toast	- To propose a toast
- Dîner de cérémonie	- Dinner party	- Produits surgelés	- Frozen foodstuffs
- Dur	- Tough	- Pudding (Entremet sucré)	- Pudding
- En boîte/En conserve	- Canned/Preserved/Tinned	- Régime	- Diet
- En purée	- Mashed	- Riz	- Rice
- Entremets	- Sweets	- Rôtir	- To roast
- Faire bouillir	- To boil	- Saignant	- Rare/Underdone
- Faire cuire à l'étuvé	- To stew	- Sauce (Condiment)	- Sauce
- Faire cuire au four	- To bake	- Sauce au jus	- Gravy
- Faire griller	- To grill	- Saucisse	- Sausage
- Faire maigre/Jeuner	- To fast	- Sel	- Salt
- Festin/Régail	- Treat	- Servir à table	- To wait at table
- Flocons de céréales/De maïs	- Cereals/Cornflakes	- Soupe	- Supper
- Frit	- Fried	- Tarte	- Pie/Tart

- Frites	- Chips/French fries	- Tendre	- Tender
- Fromage	- Cheese	- Tomate	- Tomato
- Fruit	- Fruit	- Tranche de pain grillée	- Piece of toast
- Gâteau	- Cake	- Trop cuit	- Overdone
- Gelée	- Jelly	- Viande	- Meat
- Gras	- Fat	- Viande d'agneau	- Lamb
- Haricot	- Bean	- Viande de bœuf	- Beef
- Haricot beurre	- Yellow French bean	- Viande de mouton	- Mutton
- Haricot rouge	- Kidney bean	- Viande de porc	- Pork
- Haricot vert	- French bean	- Viande de veau	- Veal
- Huile	- Oil	- Vinaigre	- Vinegar

Notes personnelles :

## LA NOURRITURE ET LES REPAS

### LE MANGER

Man **eats** when **hungry** and **drinks** when **thirsty**, or to **quench his thirst**. Unfortunately, too many countries are still plagued by **hunger**, or even by **famine** or **starvation**. After a good day's work, one is bound **to have an appetite** when the time comes **to sit down the table**. To a **starving** man, **sweet** or **savoury** food will seem equally appetizing and will **make his mouth water**.

Some children tend to be **greedy**. They will **gulp down** their food : **swallow** it without **chewing** it. Not surprisingly, they sometimes **eat themselves sick**. Other **suck** lots of **sweets** and **candy** or **lick ice-creams** all day long. Gourmets **have a taste for** refined food ; they are **fastidious** about the **fare**, the **cooking** and **dressing** of the food they are served.

People who can make do with a **frugal** meal or **snack** run no risk of a **surfeit**. Canteen or hospital food, even when the meals are **substantial**, usually seems **plain** or **tasteless**. Food should always be **wholesome**, **unwholesome** food should never appear on the table.

Before each meal **the table** must be **laid**. First the **table cloth** or individual **mats** are put directly on the table. The **dinner set** (the **plates** and the **dishes**) is made of fine **china** or of plainer **crockery**.

The **cutlery** (**forks**, **spoons** and **knives**) is brought on a **tray** or on a **trolley**. Only rarely is soup **ladled out** of a **soup-tureen** by means of a **ladle** now in Great-Britain. Salad is served in a **salad bowl**. There is a **napkin** or a **serviette** for each person.

In Great-Britain, there is a **plate** to your left to prevent the bread **crumbs** from falling on the table cloth. **Slices** of **bread** can be cut from a **new loaf** (unless it is already sliced) or you can get **fresh rolls**. **Stale bread** can be **toasted**, and it is still **edible**. One eats **toast** at breakfast ; two or three **pieces** only.

### LE BOIRE

The English have numerous **refreshing cups of tea** or **coffee** (**white** or **black**) throughout the day. Coffee is **poured** from the **coffee-pot** and **milk** is poured from the **milk-jug** or the **pitcher**. Coffee naturally tastes **bitter**. **Sugar** must be added (one or two **lumps**, or spoonful of **granulated sugar** out of the **sugar-basin**) to make it **sweet**.

Tea is the natural **beverage** of the British. When the mistress of the house serves tea, she warms the **teapot** with hot water, then drops it into one **teaspoonful** of tea (by using a **teaspoon**) for each person, and one for the pot, pours in boiling water and leaves tea **to stand** or **to brew** for three to five minutes. When the tea is ready, she pours milk or **cream** into each **tea-cup**, placed on a **saucer**, then the tea and she finally adds sugar. She then **hands round** the cups and covers the teapot with a **cosy**. When the cups are **empty**, they **are filled** again from the pot.

For children, water or **fruit-juice** is the best thing to **wash down** a meal. It is poured out of a **jug**, or straight from the bottle or carton, into the glass. More and more British people now drink **wine**. Connoisseurs insist on **vintage wines** being served. Among the best-liked **still wines** : **port**, **sherry**, **burgundy**, **claret**... **Champagne** and other **sparkling** or **fizzy** wines are served in special glasses. Quality wines are served in **bottles** ; a **cork-screw** is needed to pull out the **cork**, before you **sample** the delicious stuff... but beware of being **tipsy** !

The more widely consumed **alcoholic drink** are **cider** and especially **beer** : from light **lager** to stronger **bitter** and **ale** to dark **stout**. **Brandy**, **gin**, **whisky**... are also popular **spirits**. When mixed with **soda**, Americans call such things a **highball**. In France, a small glass of **liqueur** is

often served at the end of a good meal. **Teetotalers** will have nothing to do with alcohol and only accept **soft drinks**.

## **LES REPAS**

A traditional English **breakfast** is a full **meal** : it generally starts with a bowl of **cereals** or **cornflakes** served with cold milk and sugar. In winter, some prefer a bowl of **porridge**, served hot with milk or cream. The main dish is generally **bacon and eggs** ; a **boiled egg**, some **sau-sages** or some fish may be served as an alternative. The meal ends with **buttered toast** spread with **jam** or **marmalade** or occasionally **honey**. More and more people now favour continental breakfasts.

The midday meal, which comparatively few people take at home, is called **lunch** or **luncheon**. It is generally a light one-course or a two-course **meal** that is a dish of **meat** (**steak**, a **pork** or a **lamb chop**, a **veal** or a **mutton cutlet** or cold **ham**) with **vegetables** and possibly a sweet.

When meat is **roasted**, the slices are cut off the **joint** or **carved**. There are other ways of cooking meat : it may be **boiled**, **grilled** or **stewed**. Many working people however have **to lunch on sandwiches**. **Frozen foodstuffs**, **convenience food** or **ready-cooked dishes** and **takeaway food** are very convenient to the busy housewife.

Meat is most often bought **raw**. It may be **tender** or **tough**, **fat** or **lean**. Meat is rarely served **underdone** or **rare** in Great-Britain. Careful cooks serve it **medium** or **well-done**, never **overdone**. To **season** it, you can choose **gravy**, **pickles** or a wide variety of bottled **sauc-es**. **Salt**, **pepper** and **mustard** are freely used as seasoning.

Meat is always served with **vegetables**, generally boiled **potatoes**, together with **tomatoes** or **cauliflower** and **greens** (**cabbage**, **peas**...). Potatoes may also be served **mashed** or **fried** ; they are then called **chips** or **French fries**. **Crisps** are great favourite with children. Fish and chips is a very popular dish : it is served with **vinegar**. **Oil** is rarely used in Great-Britain for dressing salad.

**Dessert** includes **sweets** (for example **rice pudding**, **custard**, **jelly**...) and cheese. Fruit is rarely eaten raw ; it is wrapped in **pastry** or **dough** and **baked** into a **pie**. **Preserved** or **tinned** fruit is bought in **tins** or **cans**. **Jam** is made of **fruit** boiled with sugar.

Tea is a regular meal in most British houses. At tea-time, British people eat slices of bread and butter, jam, all kinds of **cakes** and **pastries**, such as **tarts**, **pies**... Some of these cakes may be home-made, as **pancakes** made of **batter**. **Dinner** is the main meal of the day for all those who have a continuous working day. There may be a late **supper**, consisting either of sandwiches and **cocoa** or simply bread, **biscuits** or **crackers** and cheese.

A formal **dinner party** is rarely to be found outside the wealthy classes as there must be servants **to wait at the table** and **clear away** the dinner things. At the end of such a dinner, **toasts** are **proposed** and the guests **drink to their host's health**. People who are great eaters, who **treat themselves to** rich meals, may have some digestive trouble. The doctor will prescribe a **diet**. They may have to **fast** for a day or two. **Treats** may end badly. Yet one should not forget the maxim : « *Eat, drink and be merry for tomorrow we die* » !