

 **PTIMUM**

The Big Picture

Vocabulaire de l'actualité
en anglais

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exemplaires**

7^e édition

- Classes préparatoires
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Jean Max Thomson



 PTIMUM

Collection dirigée par Fabien Fichaux

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Vocabulaire de l'actualité en anglais

7^e édition

Jean Max Thomson

Agrégé d'anglais

Diplômé de Sciences-Po Paris



Du même auteur

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Pour Clarisse

SYMBOLES PHONÉTIQUES

La transcription phonétique suit les mots dont la prononciation peut être difficile pour un francophone.

Dans cette transcription, l'apostrophe indique que la syllabe qui suit porte l'accent tonique. Certains mots pluri-syllabiques comportent un accent tonique secondaire, indiqué par une apostrophe basse.

Voici l'explication des symboles phonétiques dont la lecture n'est pas évidente.

voyelles brèves

ə	an
ɪ	pig
e	pet
æ	cat
ʌ	bus, hub
ɒ	dog
ʊ	wood

voyelles longues

i:	sea
a:	car, father
ɔ:	war, law
ɜ:	bird, firm
u:	moon

diphthongues

aɪ	eye, die
ɔɪ	boy, toy
eɪ	snake, wait
əʊ	boat, low
aʊ	cow, now
ɪə	beer
ʊə	poor
ɛə	air, wear

triphthongues

aɪə	fire
aʊə	power
əʊə	slower, mower
eɪə	player

consonnes

θ	think
ð	this
h	hit, heat
j	you, yes
w	west, wow
ʒ	vision
dʒ	judge, jealous
ʃ	shoe, shy
tʃ	church
ŋ	long, king

AVANT-PROPOS

« Celui qui détient la Grande Image peut parcourir le monde. »

On emploie l'expression « *the big picture* » (ou encore « *the bigger picture, the wider picture* ») pour parler du contexte dans lequel un problème doit être situé pour être compris. Par exemple, on dira :

We were so caught up with the details, we lost sight of the big picture. On était tellement absorbé par les détails, on a perdu de vue le contexte général.

Le présent ouvrage a précisément pour ambition de donner « *the big picture* » à tous ceux qui ont besoin de comprendre l'actualité en anglais et sont amenés à en parler, et en particulier les étudiants qui doivent présenter un article de presse et en faire un commentaire, à l'oral comme à l'écrit.

En effet, connaître le vocabulaire propre à un sujet est certainement nécessaire, mais ne suffit pas si l'on veut comprendre un texte et les problématiques qu'il soulève. C'est pourquoi les mots et expressions présentés ici sont accompagnés de citations et de notes destinées à informer le lecteur sur différents aspects du thème en question. Ce sont ces informations qui lui permettront de prendre du recul par rapport à ce qu'il vient de lire et l'aideront à mettre en perspective les faits présentés et les opinions exprimées par l'auteur de l'article.

Chaque chapitre de ce livre se compose donc d'une part de termes et d'expressions accompagnés de leurs traductions et d'autre part, de courts textes illustrant le thème. Les notes doivent beaucoup à Wikipedia, mais aussi à bien d'autres sources internettiques. Les citations sont pour la plupart tirées de la presse anglophone récente, surtout britannique et américaine, et parfois de discours ou d'ouvrages sur la question.

Ces brefs textes ont pour but de permettre au lecteur :

- de voir comment est employé le vocabulaire présenté dans les listes, voire de découvrir d'autres mots sur le même sujet ;
- de s'informer et de trouver des pistes de réflexion sur le thème ;
- de s'entraîner à la lecture de textes plus longs.

Ces éléments ne prétendent évidemment pas constituer un exposé systématique du problème en question : c'est au lecteur de les compléter par ses propres lectures et réflexions.

De plus chaque unité comporte deux séries de phrases à traduire, depuis l'anglais et vers l'anglais, ce qui permettra au lecteur tout d'abord de vérifier qu'il a retenu ce qu'il a lu, mais aussi d'accroître ses moyens d'expression en anglais. Ces phrases constituent en outre un entraînement précieux aux épreuves de traduction présentes dans la plupart des examens et concours. Une attention particulière a été portée à l'emploi du vocabulaire et des tournures du discours argumentatif, ces mots et expressions dont le lecteur aura besoin dans toute analyse, dans toute polémique, quel qu'en soit le thème. La traduction intégrale de ces phrases est donnée à la fin du livre.

En fin de chapitre sont proposées trois questions pouvant faire l'objet d'un essai ou d'un débat. Par ailleurs, d'autres questions sont souvent proposées dans les phrases de traduction ou suggérées par les citations. Enfin, une série d'exercices permet au lecteur de brasser le vocabulaire qu'il vient de voir et de vérifier qu'il a bien mémorisé les mots nouveaux pour lui.

Mes remerciements les plus vifs vont à Hélène Périn, qui m'a suggéré de nombreuses références parmi celles citées dans les pages qui suivent, et qui a corrigé de nombreuses erreurs figurant dans une première version du texte. Je remercie également Mary Chalot, John Holstead, Laura Killian et Bruce Thomson pour les éclaircissements qu'ils m'ont généreusement apportés, dans le domaine de la traduction en particulier; Fabien Fichaux pour ses conseils avisés sur la conception de cet ouvrage; Georges et Dimitri Thomson pour leur relecture attentive de tout ou partie du manuscrit; pour sa relecture et tous mes étudiants, dont les interrogations sont à l'origine de ce projet.

Le texte de cette septième édition a été entièrement revu et actualisé. Un nouveau chapitre, le chapitre 13, « SPORT », a été ajouté.

TABLE DES MATIÈRES

LIFESTYLES	13
1. HEALTH ISSUES health hazards, health scares...	15
QUESTIONS DE SANTÉ dangers et alertes sanitaires...	15
2. THE CORONAVIRUS CRISIS epidemics, pandemics...	22
LA CRISE DU CORONAVIRUS épidémies, pandémies...	22
3. EATING DISORDERS you are what you eat	29
LES TROUBLES DE L'ALIMENTATION on est ce que l'on mange	29
4. ILLEGAL DRUGS prevention or repression?	35
LA DROGUE prévention ou répression ?	35
5. SEX, love and marriage	41
LA SEXUALITÉ, l'amour et le mariage	41
6. SAME-SEX MARRIAGE a more gay-friendly society?	48
LE MARIAGE HOMOSEXUEL une société moins homophobe ?	48
7. WOMEN the gender gap	53
LES FEMMES le fossé entre hommes et femmes	53
8. ABORTION to be born or not to be born	59
L'AVORTEMENT naître ou ne pas naître	59
9. BIOETHICS tricky issues	65
LA BIOÉTHIQUE des problèmes délicats	65
10. EUTHANASIA the right to die?	71
L'EUTHANASIE le droit de mourir ?	71
11. RELIGION In God We Trust	76
LA RELIGION En Dieu repose notre confiance	76
12. FAME how to become famous	83
LA CÉLÉBRITÉ comment devenir célèbre	83
13. SPORT and sportsmanhip	89
LE SPORT et l'esprit sportif	89
14. ENGLISH the global language?	95
L'ANGLAIS la langue planétaire ?	95

ECONOMIC AND POLITICAL ISSUES	101
15. GLOBALIZATION a boon or a bane?	103
LA MONDIALISATION aubaine ou calamité?	103
16. THE ECONOMIC CRISIS boom and bust	110
LA CRISE ÉCONOMIQUE des hauts et des bas	110
17. MONEY and finance	117
L'ARGENT et la finance	117
18. UNEMPLOYMENT, work and pay	123
CHÔMAGE, travail et salaire	123
19. RICH AND POOR the gap is widening	130
RICHES ET PAUVRES le fossé se creuse	130
20. SOLIDARITY from the cradle to the grave	137
LA SOLIDARITÉ du berceau à la tombe	137
21. IMMIGRATION hoping for a better life	144
L'IMMIGRATION l'espoir d'une vie meilleure	144
22. RACISM a colour-blind society	151
LE RACISME une société sans discrimination raciale	151
23. MULTICULTURALISM diversity vs unity	157
LE MULTICULTURALISME diversité contre unité	157
24. THE MEDIA no news is good news	163
LES MÉDIAS pas de nouvelles, bonnes nouvelles	163
25. DEMOCRACY checks and balances	169
LA DÉMOCRATIE l'équilibre des pouvoirs	169
26. INDIVIDUAL FREEDOM our hard-won liberties	175
LA LIBERTÉ INDIVIDUELLE nos libertés durement gagnées	175
27. CRIME... and punishment	181
CRIME... et châtement	181
28. GUN VIOLENCE the right to bear arms	187
LES ARMES À FEU le droit de porter des armes	187
29. CAPITAL PUNISHMENT the case against the death penalty	193
LA PEINE CAPITALE contre la peine de mort	193
30. TERRORISM the war on terror	198
LE TERRORISME la guerre contre le terrorisme	198
31. INTERNATIONAL TENSIONS a new world order?	205
LES TENSIONS INTERNATIONALES un nouvel ordre mondial ?	205

32. WAR AND PEACE make love, not war	212
LA GUERRE ET LA PAIX faites l'amour, pas la guerre	212
33. NUCLEAR PROLIFERATION ban the bomb!	219
LA PROLIFÉRATION NUCLÉAIRE non à la bombe !	219
NATURE AND SCIENCE	225
34. THE ENVIRONMENT eco-friendly policies	227
L'ENVIRONNEMENT des politiques vertes	227
35. NATURAL DISASTERS and natural hazards	233
LES CATASTROPHES NATURELLES et les risques naturels	233
36. POLLUTION, waste and recycling	239
LA POLLUTION, les déchets et le recyclage	239
37. CLIMATE CHANGE tackling global warming	245
LE CHANGEMENT CLIMATIQUE la lutte contre le réchauffement de la planète	245
38. ENERGY fossil fuels, biofuels...	251
L'ÉNERGIE énergies fossiles, bio-carburants...	251
39. SCIENCE, research and technology	257
LA SCIENCE, la recherche et la technologie	257
40. SPACE is there life on Mars?	264
L'ESPACE y a-t-il de la vie sur Mars ?	264
41. GENETICS benefits and pitfalls	270
LA GÉNÉTIQUE bienfaits et dangers	270
42. COMPUTER SCIENCE from literacy to digiracy	276
L'INFORMATIQUE savoir lire, écrire... utiliser un ordinateur	276
43. THE INTERNET surfing on the web	282
INTERNET surfer sur le web	282
CORRIGÉS DES PHRASES À TRADUIRE	289
INDEX DES NOTES	377

LIFESTYLES

HEALTH ISSUES

QUESTIONS DE SANTÉ

health hazards,
health scares...

dangers
et alertes sanitaires...

a disease, an illness, a sickness

une maladie

to suffer from a disease

souffrir d'une maladie

to die of, to die from a disease

mourir d'une maladie

a serious disease

une maladie grave

to be critically ill

être dans un état critique

a germ [dʒɜ:m]

un microbe, un germe

bacteria [bæk'tɪərɪə]

des bactéries

to go down with the flu

attraper la grippe

a health hazard

un danger pour la santé

a curse, a plague, a scourge [skɜ:dʒ]

un fléau

The **World Health Organization (WHO)** is a specialized agency of the United Nations that coordinates international efforts to control outbreaks of infectious disease, such as SARS, malaria, Tuberculosis (TB), swine flu (*grippe porcine*), and AIDS. It supports the development and distribution of safe and effective vaccines and drugs. For instance, after over two decades of fighting smallpox (*variole*), the disease was eradicated in 1980—the first disease in history to be eliminated by human effort. In addition, the WHO carries out various health-related campaigns—for example, to boost (*encourager*) the consumption of fruits and vegetables worldwide and to discourage tobacco use.

lung / breast / skin cancer

le cancer du poumon / du sein / de la peau

carcinogenic [kɑ:sɪnə'dʒenɪk]

cancérogène

diabetes

le diabète

hepatitis

l'hépatite

malaria [mə'lɛərɪə]

la malaria, le paludisme

a sexually transmitted disease (STD),

une maladie sexuellement transmissible

a venereal disease (VD)

(MST), une maladie vénérienne

to have a heart condition

avoir une maladie cardiaque

Alzheimer's / Parkinson's disease

la maladie d'Alzheimer / de Parkinson

a neurodegenerative disease

une maladie neurodégénérative

When people think of malnutrition, they usually picture its most acute (*aigu*) form—listless (*amorphe*) infants with bloated (*gonflé*) bellies, the little victims of famine. But there is a chronic manifestation of hunger, too, milder but more widespread. It affects those with enough calories to eat but too few micronutrients (vitamins, minerals and so on). They suffer the diseases of poor nutrition. These diseases are stunningly widespread (*répandu*). Over half of women in India and two-fifths of those in Indonesia are anaemic—deficient in iron. Lack of vitamin A causes membranes around the organs to shrivel (*se flétrir*), leaving them vulnerable. The first to go are the eyes: half a

million children become blind each year. Then, the other organs: half of those children will die within 12 months.

March 24th 2011, *The Economist*.

a symptom	un symptôme
to affect a country	affecter, toucher un pays
to afflict 20% of the population	toucher 20 % de la population
the hardest-hit area	la zone la plus durement touchée
to eradicate	éradiquer
endemic	endémique

Doctors Without Borders sends medical personnel to some of the most destitute (*dépourvu*) and dangerous parts of the world and encourages them not only to save lives, but also to condemn the injustices they see. The group was awarded the Nobel Peace Prize in 1999. “Médecins Sans Frontières” was founded in 1971 in Paris by a band of young French doctors disillusioned with the neutrality of the Red Cross after treating the starving in Biafra at the end of the 1960s. Red Cross confidentiality prevented them from speaking out (*protester*). They organized themselves after the widespread flooding in East Pakistan (later Bangladesh). The volunteer group has more than 27,000 personnel who are treating the wounded, the sick and the starving in countries around the world, including war zones.

The New York Times, April 1, 2011

AIDS, acquired immune deficiency syndrome	le SIDA, le syndrome d'immunodéficience acquise
to develop AIDS	contracter le SIDA
an AIDS sufferer, an AIDS patient	un malade du SIDA
HIV-positive [<i>ˌeɪtʃaɪ'viː</i>]	séropositif
to screen sb for AIDS	faire passer un test de dépistage du SIDA à qn
an HIV screening centre	un centre de dépistage du SIDA
a screening test	un test de dépistage
sperm, semen [<i>'si:mən</i>]	le sperme
to have unprotected sex	avoir des rapports non protégés
a condom	un préservatif
abstinence	l'abstinence
faithfulness	la fidélité
a needle	une aiguille
anti-retroviral drugs	les anti-rétroviraux
triple therapy, combination therapy	la trithérapie

Acquired immune deficiency syndrome (**AIDS**) is a disease of the human immune system caused by the human immunodeficiency virus (**HIV**). HIV is transmitted through direct contact of a mucous membrane or the bloodstream with a bodily fluid containing HIV, such as blood, semen (*sperme*), vaginal fluid and breast milk. There were approximately 38 million people across the globe with HIV/AIDS in 2018 and an estimated 1.7 million became newly infected in the same year. Since treating HIV is difficult and expensive, preventing infection is a priority in controlling the AIDS pandemic, in particular by promoting safe sex and needle-exchange programmes.

medical treatment [ˈtri:tmənt]	un traitement médical
medical confidentiality	secret médical
a hospital-acquired infection	une infection nosocomiale
MRSA	MRSA, un staphylocoque résistant à la méthicilline
a superbug	une bactérie multi-résistante
to prescribe	prescrire
a prescription	une ordonnance
a general practitioner, a GP [dʒiːˈpi:]	un médecin généraliste
a surgeon [ˈsɜːdʒən]	un chirurgien
to have surgery, go through surgery	se faire opérer
have an operation	
to diagnose [ˈdaɪəgnəʊz]	diagnostiquer
a diagnosis	un diagnostic
to cure a patient	guérir un patient

It is generally agreed that the number of medical tourists has grown in the past few years. But the data are still fuzzy (*imprécis*). Patients Beyond Borders estimates that as many as 12m people globally now travel for care, perhaps 1m of them Americans. Industry insiders admit that growth has not matched the initial heady (*grisant*) expectations. Patient interest also turned out to be lower than predicted. Though some patients in the rich world seek out deals, most receive adequate health care at a manageable price and would prefer to stay at home. Potential savings are often insufficient to trump (*compenser*) concerns about quality and the lack of recourse if something goes wrong. In 2008 Hannaford, an American supermarket chain, offered to pay the full cost of hip and knee replacements for its employees, including travel and patients' usual share—provided they would go to Singapore. None took up the offer. *The Economist*, February 15th, 2014

a remedy, a cure	un remède
a drug, a medicine, a medication	un médicament
a generic drug	un médicament générique
a painkiller	un antalgique, analgésique
a side effect	un effet secondaire
an injection, a shot	une piqûre
to be on antibiotics [ˈæntɪbaɪˈɒtɪks]	prendre des antibiotiques, être sous antibiotiques
a pharmaceutical [ˌfɑːməˈsjuːtɪkəl]	un laboratoire pharmaceutique
laboratory	
pharmaceuticals	des produits pharmaceutiques
a vaccine [ˈvæksɪːn]	un vaccin
to recover	se rétablir, guérir
recovery	guérison, rétablissement
to relapse	rechuter

The Constant Gardener is a 2005 film based on the eponymous novel by John Le Carré which tells the story of a British diplomat working in Kenya who falls in love with a young activist investigating the activities of drug companies in Africa. After she is murdered, he finds out that new drugs with harmful (*nocif*) side effects are being tested on children

living in the slums (*taudis*) of Nairobi. The film thus exposes the evil doings of greedy (*avide*) pharmaceutical companies.

a food scare	une alerte à l'intoxication alimentaire
a health scare	un péril sanitaire, une alerte aux risques sanitaires
an epizootic disease	épizootie
food-and-mouth disease	la fièvre aphteuse
bovine spongiform encephalopathy, BSE	l'encéphalopathie bovine spongiforme, l'ESB
mad-cow disease	la maladie de la vache folle
Creutzfeldt-Jacob Disease (CJD)	la maladie de Creutzfeldt Jacob (MCJ)
a prion [ˈpraɪəʊn] disease	une maladie à prions
dioxin [daɪ'ɒksɪn]	la dioxine
the dioxin chicken scandal	le scandale du poulet à la dioxine
traceability	la traçabilité

There are loads of reasons why it's smart to exercise, and most of us are familiar with the menu of options and how each can shape and benefit your body. But we are discovering that there are numerous ways in which exercise makes you smart too. Many of its effects have been going unnoticed, but if you were to peer inside the heads of people who like to keep active, you'd see that different exercises strengthen, sculpt and shape the brain in myriad ways. That the brains of exercisers look different to those of their more sedentary counterparts is, in itself, not new. We have been hearing for years that exercise is medicine for the mind, especially aerobic exercise. Physical fitness has been shown to help with the cognitive decline associated with dementia, Parkinson's disease and depression, and we know this is at least in part because getting your blood pumping brings more oxygen, growth factors, hormones and nutrients (*nutriments*) to your brain, leading it—like your muscles, lungs and heart—to grow stronger and more efficient.

Teal Burrell, *New Scientist*, August 19, 2015

health care	les soins médicaux OU les services de santé
public health	la santé publique
public health officials	les responsables de la santé publique
the health authorities	les autorités sanitaires
the health care system, the health system	le système de santé
health services	les services de santé
health expenses	les dépenses de santé

The **National Health Service** or **NHS** (roughly the British equivalent of the French *Sécurité Sociale*) is the publicly-funded healthcare system in England—there are other similar systems in the other three countries of the UK, e.g. **NHS Scotland**. It was founded in 1948. It provides the majority of healthcare in England. Private health care (used by about 8% of the population) has continued parallel to the NHS, paid for mainly by private insurance. The NHS is funded largely through taxes (including a proportion from

National Insurance payments). The UK government department responsible for the NHS is the Department of Health, headed (*diriger*) by the Secretary of State for Health.

IDIOMS & PROVERBS

Prevention is better than cure	Il vaut mieux prévenir que guérir
to be as fit as a fiddle	se porter comme un charme
to be under the weather, to be off-colour	ne pas être dans son assiette
to have a frog in your throat	avoir un chat dans la gorge
to be alive and kicking	être bien vivant
to be at death's door	être à l'article de la mort
to kick the bucket, to pop your clogs	casser sa pipe, passer l'arme à gauche
Early to bed, early to rise make a man healthy, wealthy and wise	l'avenir appartient à ceux qui se lèvent tôt

Traduire en français

1. Prevention is better than cure.
2. Medicare is a US social insurance program providing coverage to people who are over 65 while Medicaid does the same for low-income families.
3. The appearance of a rash indicates the onset of this disease.
4. At the age of 14, Paul was diagnosed with a mental illness, which was later identified as schizophrenia.
5. The rise in breast cancer cases is being driven by lifestyle changes that alter the levels of female hormones including later childbirth and shorter breast feeding.
6. Across sub-Saharan Africa, the extreme shortage of health workers remains a critical barrier to fighting AIDS.
7. Britons outlive Americans, despite the US having a higher national income and the highest spending on healthcare.
8. My aunt Joan seemed to be fit as a fiddle, so everyone was surprised when she kicked the bucket at 62.
9. Certain levels of radiation exposure are known to increase the risk of cancer, but scientists disagree about the effects of very low doses.
10. If you were to peer inside the heads of people who like to keep active, you'd see that it strengthens, sculpts and shapes the brain in myriad ways.

Traduire en anglais

1. Plus vous fumez longtemps, plus cela aura d'effets néfastes pour votre santé.
2. Pour lutter contre le SIDA, il faut persuader les femmes enceintes de se faire tester et de prendre les médicaments qui les empêchent de transmettre la maladie à leurs nouveau-nés.
3. Il arrive que des médicaments soient mis sur le marché avant que l'on en ait évalué sérieusement les effets secondaires pour la santé.
4. Je n'étais pas dans mon assiette et le lendemain il était clair que j'avais attrapé la grippe.
5. Des milliers d'Américains se font opérer au Costa Rica, où les soins sont bien plus abordables qu'aux États-Unis.
6. En 2009, The Lancet, une revue médicale britannique réputée, a accusé le Pape Benoît XVI de déformer les données scientifiques sur les préservatifs.
7. Les enfants qui naissent séropositifs ont plus de risques de mourir avant l'âge adulte.
8. Si les résultats de ses analyses ne s'améliorent pas, il faudra qu'on l'opère.
9. Médecins Sans Frontières, qui a été fondé par des médecins français, a reçu le Prix Nobel de la paix en 1999.
10. Un demi-million d'enfants qui manquent de vitamine A deviennent aveugles chaque année et la moitié d'entre eux meurent en l'espace de 12 mois.

Questions

- Why is it difficult to stop the spread of HIV/AIDS?
What is the link between health and economic prosperity?
What is the future of medical tourism?

01. Trouver les dérivés des mots racines à gauche.

<i>prescrire</i>	to prescribe	<i>une ordonnance</i>
<i>se rétablir</i>	to recover	<i>rétablissement</i>
<i>confier</i>	to confide	medical	<i>le secret médical</i>
<i>tuer</i>	to kill	a	<i>un antalgique</i>
<i>le cancer</i>	cancer	<i>cancérogène</i>

02. Trouver un synonyme pour les mots suivants.

1. a medicine • 2. an AIDS patient • 3. a scourge • 4. an injection of morphine • 5. semen

03. Compléter les abréviations suivantes.

1. s..... t..... d.....
2. N..... H..... S.....
3. h..... i..... v.....
4. G..... P.....
5. b..... s..... e.....

04. Compléter avec les mots adéquats.

1. My uncle's had a heart for years, so his sudden death didn't surprise me.
2. In developing countries, many don't even have access to clean water or basic health
3. Poor air quality, contaminated drinking water are serious health
4. Acquired immune syndrome (AIDS) is called that because it reduces the capacity of those affected to resist infections.
5. There was a food involving contaminated salad oil a few years ago in Spain.

05. Compléter les phrases avec la préposition ou particule adéquate.

1. The boy suffered a serious mental illness and had to be hospitalized.
2. In the nineteenth century, many people in France or Britain died tuberculosis.
3. My wife went with the flu last week, and I've been a bit off colour myself.
4. If Tom's condition doesn't improve, he may have to go surgery.
5. I've been antibiotics for five days now.

06. La traduction des mots suivants ne pose qu'un problème d'orthographe.

1. des bactéries • 2. un diagnostic • 3. le diabète • 4. la traçabilité • 5. éradiquer

THE CORONAVIRUS CRISIS

epidemics,
pandemics...

2

LA CRISE DU CORONAVIRUS

épidémies,
pandémies...

a virus (pl: viruses) [ˈvaɪərəs, ˈvaɪərəsɪz]	un virus
to mutate [mjuːˈteɪt]	muter
contagious, catching, infectious	contagieux, infectieux
to contaminate	contaminer

The official name of this virus is SARS-COV-2. **COVID-19**, which stands for “Corona Virus 2019”, is the name of the disease it causes. It spreads through droplets when we cough, speak or sneeze. Its early spread is believed to be linked to people who went to a market where live animals are sold in Wuhan, a city of 11 million people in central China. The virus appears to spread easily, especially in confined spaces. While most of the people who are infected with corona recover after a few days or even show no symptoms at all, older people and those with underlying (*sous-jacent*) health conditions such as heart or lung disease are at risk of becoming seriously ill. The fatality rate of COVID-19 (*i.e.* the percentage of people who die of the disease) is estimated to be around 1%.

to be infected with a virus	a virus	être contaminé par un virus
a symptom	un symptôme	un symptôme
asymptomatic	asymptomatique	asymptomatique
to cough [kɒf]	tousser	tousser
to sneeze	éternuer	éternuer
to inhale airborne droplets	inhaler des gouttelettes en suspension dans l'air	inhaler des gouttelettes en suspension dans l'air
to have a runny nose	avoir le nez qui coule	avoir le nez qui coule
to have a sore throat	avoir mal à la gorge	avoir mal à la gorge
tiredness, fatigue [fəˈtiːg]	fatigue	fatigue
headache	mal de tête	mal de tête
diarrhoea, diarrhea (US) [ˌdaɪəˈriːə]	la diarrhée	la diarrhée
to have difficulty / trouble breathing	avoir du mal à respirer	avoir du mal à respirer
to be short of breath, out of breath	être essoufflé, avoir le souffle court	être essoufflé, avoir le souffle court
to have a temperature [ˈtemprɪtʃə]	avoir de la température	avoir de la température
to have a fever, to run a fever	avoir de la fièvre	avoir de la fièvre

Epidemics killed millions of people long before the current age of globalization. In the 14th century there were no airplanes and cruise ships (*bateaux de croisière*), and yet the Black Death spread from East Asia to Western Europe in little more than a decade. It killed between 75 million and 200 million people—more than a quarter of the population of Eurasia. In England, four out of ten people died. The city of Florence lost

50,000 of its 100,000 inhabitants. In March 1520, a single smallpox (*variole*) carrier—Francisco de Eguía—landed in Mexico. At the time, Central America had no trains, buses or even donkeys. Yet by December a smallpox epidemic devastated the whole of Central America, killing according to some estimates up to a third of its population. Yuval Noah Harari, *Time Magazine*, March 15, 2020

to test positive (for the virus)	être testé positif (pour le virus)
to carry a virus	être porteur d'un virus
a carrier	un porteur
to contaminate	contaminer
the immune [ɪ'mju:n] system	le système immunitaire
herd immunity	immunité de groupe
plague [pleɪg]	la peste
cholera	le choléra
smallpox	la variole
a curse, a plague, a scourge [skɜ:dʒ]	un fléau
a disaster	une catastrophe
unexpected	inattendu
unpredictable, unforeseeable	imprévisible

Many doctors and organizations, including the WHO, had warned about the possibility of such a pandemic years before. There was an outbreak of **SARS (Severe Acute Respiratory Syndrome)**, caused by a coronavirus in Asia in 2003. In 2009, the swine flu (or H1N1 pandemic) infected between 700 million to 1.4 billion people on the planet—more in absolute terms than than the Spanish flu—but caused fewer than 20,000 deaths. An outbreak of **avian flu** (or bird flu) was reported in 2013-14, also in China and again in 2016. Ebola is another virus, which ravaged West Africa between 2013 and 2016. The countries that managed these epidemics best did so by imposing widespread testing and tracking and also early restrictions on travel.

to spread	se propager
the spread of a virus	la propagation d'un virus
an epidemic [ˌepɪ'demɪk]	une épidémie
a pandemic	une pandémie
an epicentre	un épicentre
to break out	éclater, se déclarer
an outbreak	le début d'une épidémie
the scope, the extent of the epidemic	l'ampleur, l'étendue de l'épidémie
to affect a country	affecter, toucher un pays
the hardest-hit area	la zone la plus durement touchée
to stem, halt an outbreak	endiguer une épidémie
to check an epidemic	enrayer une épidémie
to eradicate	éradiquer
endemic	endémique

Contagion is a 2011 movie directed by Steven Soderbergh and starring Marion Cotillard and Matt Damon. It is about a pandemic similar to Covid-19, the attempts by public health officials to contain the disease, the frantic search for a vaccine to halt its spread and the loss of social order it causes. It was inspired by the 2002 SARS outbreak and the 2009 flu

pandemic and was praised for its scientific accuracy (*exactitude*), with one science writer claiming that “it shows how reconstructing the course of an outbreak can provide crucial clues, such as how many people an infected person can give a virus to, how many of them get sick, and how many of them die.”

flu [fluː], influenza	la grippe
Severe Acute Respiratory Syndrome (SARS) [sa:ɪs]	syndrome respiratoire aigu sévère (SRAS)
the H1N1 virus	le virus de la grippe A
swine flu, pig flu, H1N1 flu	la grippe porcine
bird flu, avian [ˈeɪvɪən] flu, avian influenza H5N1	la grippe aviaire
a flu strain	une souche de grippe
a case of avian flu	un cas de grippe aviaire
an outbreak of avian flu	un foyer de grippe aviaire

Herd immunity happens when enough people who have been infected have developed antibodies. It becomes much harder for the virus to spread in a population, the rate of infection slows and the virus dies out (*disparaître*).

lethal	mortel
lethality	léthalité
the death toll	le nombre de victimes
the elderly	les personnes âgées
a care home, a nursing home, a retirement home	une maison de retraite
to hospitalize sb	hospitaliser qn
to be in intensive care	être en réanimation
ICU, intensive care unit	service de réanimation, unité de soins intensifs
a ventilator	un ventilateur
health workers, medical staff	les (personnels) soignants
a nurse [nɜ:ɪs]	une infirmière
an assistant nurse	une aide-soignante
a hero (pl: -oes) [ˈhɪərəʊ]	un héros
to clap	applaudir
show solidarity with sb	être solidaire de qn

Apparently, we are at war. Except it's not Germans we're fighting this time—it's germs. But while there are similarities, we should be alarmed when politicians talk like this. It opens windows for flagrant abuses of power [...] The 1940s saw a series of measures which quietly deprived Americans of their liberties, all in the name of war. Days after Pearl Harbor, F.D.R. created the Office of Censorship, with the power to monitor (*contrôler*) private telegrams and telephone calls [...] In the months following 9/11, secret mass surveillance programs were approved to invade the privacy of ordinary Americans. Innocent Muslim Americans were detained, while hundreds of suspects were held at Guantánamo Bay with no due process whatsoever.

The New York Times, April 20, 2020

to combat the virus	lutter contre le virus
state of emergency	état d'urgence
prevention measures, health precautions	gestes barrière, comportements barrière
a tissue	un mouchoir en papier
to shake hands	se serrer la main
to kiss sb	faire la bise à qn
to wear a (face) mask	porter un masque
social distancing	la distanciation sociale
medical supplies	fournitures médicales
to stockpile	stocker
to run out of protective equipment	ne plus avoir d'équipements de protection
to be short of masks	manquer de masques
a shortage	une pénurie
gloves	des gants
to self-isolate	s'isoler
bleach [ˈbli:tʃ]	l'eau de javel
to disinfect public areas	désinfecter les lieux publics
an antigen test	un test antigénique
a vaccine	un vaccin
to vaccinate	vacciner
to get vaccinated	se faire vacciner
a vaccination campaign	une campagne de vaccination
a health pass	passé sanitaire

Antivaxers are turning to extremist beliefs and advocating violence against healthcare workers, an investigation by The Times has found. Analysis of the messaging app Telegram, popular with anti-vaccine and conspiracy theorists, found that the messages posted in group chats set up to oppose lockdown or vaccination have become more radical and violent. The inquiry that reviewed almost a million messages in the past year found increasing antisemitic material, the presence of far-right group members and greater discussion of broader global conspiracy theories... More messages are calling for violence or even the killing of scientists and healthcare workers involved in treating Covid-19 patients and administering or creating vaccines. Many refer to the Nuremberg trials held after the Second World War to prosecute those involved in the Holocaust and other Nazi crimes.

The Times, January 10, 2022

to quarantine sb [ˈkwɒrəntiːn]	mettre qn en quarantaine
to put / be under quarantine	mettre / être en quarantaine
travel ban	interdiction de voyager
travel restrictions	limitations de déplacement
to issue a stay-at-home order	ordonner le confinement
a curfew	un couvre-feu
lockdown, confinement	confinement
to self-isolate	s'isoler
to work from / at home	télétravailler
to furlough sb	mettre qn en chômage partiel
a videoconference	une visioconférence
panic buying	achats (sous l'emprise de la) panique

As is well known, the final phase of the First World War coincided with a global pandemic, as a lethal version of the influenza virus, [the Spanish flu], swept the world, killing tens of millions of people, particularly the young. It was not the only plague of the years between 1917 and 1923. A mutant strain of Marxism developed by the Russian Bolsheviks also swept across (*balayer*) the Eurasian land mass. New and extreme forms of nationalism produced virulent fascist movements in nearly every European country [...] There was an economic plague, too: the plague of hyperinflation, which wrought havoc (*faire des ravages*) not only in Germany but also in Austria, Poland and Russia. In the face of these plagues, people turned to pied pipers (*joueurs de flûte d'Hamelin*): men who offered charismatic leadership and drastic solutions. Like the people of medieval Hamelin, however, those who empowered such pipers paid with the lives of their children.

Niall Ferguson, *The Square and the Tower*, 2017

a waiver	une dérogation
to lift the lockdown	déconfiner
to ease, to loosen restrictions	assouplir les restrictions

Governments throughout the world have been criticized for their unpreparedness and mishandling of the crisis but some countries (South Korea, Germany...) have contained the outbreak much better than others (Italy, the US...). Some, such as Sweden, chose not to impose a full lockdown because of the potential economic fallout (*retombées*). There has been much speculation about the best way to put an end to or at least mitigate (*atténuer*) the effects of the crisis but the only certainty is that we are all in this together since the virus doesn't stop at national borders. Whether we like or not, we live in a globalized world, and like other issues that have dominated the news in the past decade or so (climate change, immigration, tax havens or terrorism) the coronavirus crisis is a global issue, which therefore calls for (*demande*) a global response. Science labs across the planet have collaborated to produce a vaccine. But governments too need to cooperate and this is proving to be particularly difficult at a time when many have rejected globalblization in favour of nationalist, isolationist and protectionist policies.

IDIOMS & PROVERBS

to come out of the blue	être complètement inattendu
to spread like wildfire	se répandre comme une traînée de poudre
to go viral [video, story...]	se répandre comme un virus
to nip sth in the bud	tuer qch dans l'œuf
to be in the same boat	être dans le même bateau
to take stock (of sth)	faire le bilan (de qch)
to look on the bright side	regarder le bon côté des choses
Every cloud has a silver lining	à quelque chose malheur est bon
United we stand, divided we fall	l'union fait la force

Traduire en français

1. Viruses were one of the first living things on earth but they need to hijack other living cells to replicate themselves.
2. The Black Death—the bubonic plague which reached England in 1349—is estimated to have killed between 30% and 60% of Europe's population.
3. Severe Acute Respiratory Syndrome (SARS), which struck in 2003, is believed to have killed 774 people in mainland China and Hong Kong.
4. The euro area is facing an economic downturn of a magnitude that is unprecedented in the postwar period.
5. The need to track those who have been infected once again poses the problem of the balance between security and privacy.
6. The New Zealand Prime Minister, Jacinda Ardern, imposed a 14-day quarantine on anyone entering the country as early as 14 March 2020.
7. The economy was brought to a standstill, with millions losing their livelihood or seeing their savings evaporate.
8. In the months following 9/11, secret mass surveillance programs were approved to invade the privacy of ordinary Americans.
9. The unpreparedness of the Brazilian government, the way it downplayed the threat and then mishandled the crisis was a shock for many.
10. This crisis could turn out to be a blessing in disguise: every cloud has a silver lining!

Traduire en anglais

1. Entre 1917 et 1920 la grippe espagnole aurait fait jusqu'à 100 millions de morts, plus que la première guerre mondiale.
2. Plus on est âgé, plus on court le risque d'avoir des complications et de se retrouver en réanimation.
3. Si le gouvernement avait écouté les soignants ces dernières années, le pays serait mieux préparé aujourd'hui pour affronter une telle menace.
4. Si vous avez du mal à respirer ou que vous êtes essoufflé, appelez les services d'urgence.
5. Le secteur aérien est un de ceux qui a été le plus gravement touchés : beaucoup d'entreprises pourraient faire faillite.
6. Ce qui ne me tue pas me rend plus fort (Friedrich Nietzsche).
7. On aurait dû stocker des millions de masques.
8. Avec un peu de chance, cette crise permettra de repenser notre rapport au monde animal et plus généralement à l'environnement.
9. Si j'avais su que tous les commerces fermeraient, j'aurais acheté une nouvelle imprimante.
10. Qu'est-ce qui est pire, le Covid-19 ou bien l'isolationnisme à la Trump ? L'histoire le dira.

Questions

What should be done to prevent a similar outbreak in the future?
Does the coronavirus crisis spell the end of globalization?
Will this crisis affect how we live together in a lasting way?

01. La traduction des mots suivants ne pose qu'un problème d'orthographe.

1. une épidémie • 2. un vaccin • 3. un désastre • 4. la diarrhée • 5. muter

02. Trouver les dérivés des mots racines à gauche.

<i>prédire</i>	to predict	<i>imprévisible</i>
<i>court</i>	short	a	<i>une pénurie</i>
<i>infecter</i>	infect	<i>désinfecter</i>
<i>fermer</i>	lock	<i>confinement</i>
<i>fatigué</i>	tired	<i>fatigue</i>

03. Placer les mots suivants pour former des noms composés et traduire.

ban – buying – distancing – flu – home – immunity – nurse – staff – system – toll

NOM COMPOSÉ	TRADUCTION
1. herd
2. assistant
3. care
4. social
5. travel
6. medical
7. swine
8. death
9. panic
10. immune

04. Trouver le mot adéquat pour compléter les phrases suivantes.

- I had a throat and had breathing so I called emergency assistance at once.
- The virus spread like in Italy and Spain, killing thousands.
- Health, doctors, nurses, orderlies were considered as heroes because of the risks they took to save patients.
- Boris Johnson, the British PM, had to-isolate after testing positive for the virus and was eventually sent to intensive care.

05. Compléter les phrases avec la préposition ou particule adéquate.

- Some of those infected the coronavirus show no symptoms at all and thus don't realize they can infect others.
- Those who were suddenly forced to work home because of the lockdown enjoyed not having to use public transport during the rush hour.
- All the passengers aboard the cruise ship were placed quarantine after disembarking.
- Hospitals ran of PPP (personal protective equipment) soon after the epidemic broke out.
- Look the bright side! You'll be able to spend all day with your children, seven days a week.

EATING DISORDERS

3

LES TROUBLES DE L'ALIMENTATION

you are what you eat

on est ce que l'on
mange

food	la nourriture
foodstuffs	les denrées alimentaires, les aliments
to feed oneself on sth	se nourrir de qch
to cook	cuisiner
to do the cooking	faire la cuisine
eating habits, eating patterns	les habitudes alimentaires
fruit and vegetable intake	la consommation de fruits et de légumes
daily salt intake	la consommation quotidienne de sel

The **body mass index** (or BMI; in French: *indice de masse corporelle, IMC*) is a measurement used to diagnose (*diagnostiquer*) weight problems. It is obtained by dividing a person's weight in kilograms by the square of their height in meters. A healthy person's BMI is between 18.5 and 25.

weight [wert]	le poids
to weigh [wei] oneself	se peser
to weigh 55kg	peser 55 kg
to put on, gain / lose weight	prendre / perdre du poids

Food safety scandals, such as mad cow disease in England and outbreaks of E. coli contamination in fast food hamburgers in America, have raised disturbing questions about how we are producing meat. At the same time, climbing rates of obesity and Type 2 diabetes has led many to wonder if perhaps Americans have developed a national eating disorder of some kind. Food, which is supposed to sustain us and give us pleasure, is making people anxious and sick. Why?

Michael Pollan, author of *The Omnivore's Dilemma*, *The Washington Post*, June 6, 2016

stomach	l'estomac
gut	l'intestin
liver	le foie
to be overweight	être trop gros, en surpoids
to be ten kilos overweight	avoir dix kilos de trop
overweight	le surpoids, la surcharge pondérale
fat	gros, gras
obese [əʊ'bi:z]	obèse
obesity	l'obésité
childhood obesity	l'obésité des enfants

plump
stout [staut], **corpulent**
the waistline
flab
a paunch

grassouillet, dodu
corpulent
le tour de taille
la graisse superflue
une bedaine, une panse

A group of health experts and academics come together to launch "Action on Sugar", a campaign which is calling on the food producers to dramatically reduce levels of sugar in everyday products. They are also asking companies to stop advertising sugary drinks and snacks to children claiming sugar has become 'the alcohol of childhood.' And they are calling on the government to fine those who do not meet reduction targets or impose a Sugar Tax. Professor of Clinical Epidemiology at the University of Liverpool, UK, Simon Capewell says, "Sugar is the new tobacco. Everywhere, sugary drinks and junk foods are now pressed on unsuspecting parents and children by a cynical industry focussed on profit not health. The obesity epidemic is already generating a huge burden of disease and death."

The Daily Telegraph, 9 January, 2014

bulimia [bə'li:mɪə]
bulimic
to be a compulsive eater
to binge [bɪndʒ] **on chocolate**
binge eating
binge drinking
to go on a binge

la boulimie
boulimique
ne pas pouvoir s'empêcher de manger
s'empiffrer de chocolat
les excès de nourriture
les excès de boisson
faire des excès
(de nourriture, de boisson...)

to resist temptation
to give in to temptation

résister à la tentation
céder à la tentation

Super Size Me is a 2004 documentary film directed by and starring Morgan Spurlock. For 30 days Spurlock dined at McDonald's restaurants three times a day, sampling (*goûtant*) every item on the chain's menu. He also "supersized" his meal (that is, he ate larger portions than usual). He consumed an average of 20.92 megajoules or 5,000 cal (the equivalent of 9.26 Big Macs) per day. The film shows the effects of this diet on his physical and psychological well-being (*bien-être*), and how the fast food industry encourages poor nutrition for its own profit. During the experiment, he put on 24½ lbs. (that is to say, 1¼ stone or 11.1 kg), and experienced mood swings (*sautes d'humeur*), sexual dysfunction, and liver damage (*problèmes de foie*). It took Spurlock fourteen months to lose the added weight.

a fast food restaurant
to eat junk food
processed foods
fatty foods
starch [stɑ:tʃ], **starchy foods**
vegetables
fruit
green vegetables, greens
sodas, fizzy drinks

un fast food
manger des cochonneries
les aliments préparés
les aliments riches en graisses
les féculents
les légumes
les fruits
les légumes verts
les boissons gazeuses

a chocolate bar
a chocaholic, a chocoholic
to be addicted to sth
addiction
addictive

une barre chocolatée
un accro au chocolat
être accro à qch
l'accoutumance, la dépendance
qui crée une accoutumance, addictogène

No one knows what triggers (*déclenche*) eating disorders. Emerging studies point to altered brain signals, but it is tricky to decipher (*déchiffrer*) whether the defective biochemistry is a cause or a result of poor eating. The reigning theory is the same as it is for so many syndromes with no known cause: some people are born with genes that make them highly vulnerable to environmental stimuli. “Genetics loads the gun, and environment pulls the trigger”, is what the experts always say.

The New York Times, July 13, 2009

thin
skinny, scrawny [ˈskrɔːni]
to be lean and muscular
bony
slim, slender, svelte [svelt]
to be underweight

maigre
maigrelet, maigrichon
être mince et musclé
anguleux, décharné
mince, svelte
être trop maigre, ne pas peser assez

A new kind of nutritional obsession, known as “**Orthorexia**” or “Orthorexia nervosa”, from the Greek “orthos” meaning right and correct, and “orexis” meaning appetite, is reaching worrying proportions. In this new type of eating disorder, people are becoming obsessed with eating to improve their health. In a quest to cure themselves of a specific disorder, or simply just taking healthy eating to extremes, orthorexics develop their own increasingly specific food rules. Working out how to stick to (*s’en tenir à*) their self-imposed dietary regimen takes up more and more of their time and they are compelled to plan meals several days ahead. They tend to take a “survival kit” of their own food with them whenever they go out, as they cannot eat readily available foods for fear of fat, chemicals or whatever their particular phobia might be.

anorexia [ænəˈrɛksɪə]
anorexic
to develop anorexia
to be diagnosed [ˈdaɪəgnəʊzd]
with anorexia
to starve oneself to death

l’anorexie
anorexique
devenir anorexique
être diagnostiqué anorexique
se laisser mourir de faim

Anorexia is not a common disease. It is estimated to affect 1% of adolescent girls and even fewer older women. But it is the most deadly mental illness... It is a disease normally associated with teenage girls...

The Guardian, April 29, 2008

meat
veggies, greens
carbohydrates, carbs
starch

la viande
les légumes
glucides
l’amidon

fiber	les fibres
to go on / be on a diet [ˈdaɪət]	commencer / faire un régime
a slimming diet	un régime amaigrissant
a healthy diet	une alimentation saine
balanced / unbalanced diet	une alimentation équilibrée / mal équilibrée
diet foods	les aliments basses calories
health foods	les aliments diététiques
a health food shop	un magasin de produits diététiques
organic food	la nourriture biologique, les aliments bio
an organic restaurant	un restaurant diététique
vegetarian [ˌvedʒɪˈtɛəriən]	végétarien
a nutritionist	un nutritionniste
a dietician, a dietitian [ˌdaɪəˈtɪʃən]	un diététicien

Chocolate may not be as dangerous as cocaine, but there's no doubt it is addictive (*créé une accoutumance*). Hence the word **chocoholic** [ˈtʃɒkəˈhɒlɪk], also spelled chocaholic, which refers to someone who is addicted to chocolate. It is a portmanteau word, that is to say a word combining two elements that come from two different words: choco- (from “chocolate”) and–holic (from “alcoholic”).

sedentary [ˈsedntri]	sédentaire
a sedentary lifestyle	un mode de vie sédentaire, la sédentarité
to lose weight	perdre du poids
to be fit	être en forme, en bonne santé
to watch / keep one's figure	surveiller sa ligne / garder la ligne
physical exercise	l'exercice physique
to do (physical) exercises	faire de la gymnastique
to take exercise	faire de l'exercice
to do sport	faire du sport
to practise a sport	pratiquer un sport
fitness	la santé, la forme
a fitness freak, a fitness fanatic	un mordue de culture physique
to go to the gym [dʒɪm]	aller dans une salle de gym
to work out	faire de la musculation

Weight is measured in pounds (one pound is 0,45 kg) and stones (one stone is 6,35 kg, that is to say 14 pounds). So for example, 7 stone is about 45 kg and 60 kg is 9 stone one.

IDIOMS

to be (all) skin and bones avoir la peau sur les os

to fight the flab lutter contre les bourrelets

to hit the bottle (se mettre à) picoler

the morning after the night before le lendemain d'une beuverie