WORD LIST · A1

Les aliments de base

le pain	bread	le lait	milk
le riz	rice	le yaourt	yoghurt
les pâtes (f. pl.)	pasta	l'œuf (m.)	egg
la farine	flour	le poulet	chicken
le beurre	butter	le poisson	fish
le fromage	cheese	la viande	meat

Name the food, then choose the amount

The dictionary-style article helps you remember gender. In an order, the intended amount may require another article.

> **J'aime le fromage. Je prends du fromage.**
> I like cheese. I am having some cheese.

Les pâtes is feminine plural when it means pasta. Keep the plural form in a phrase such as des pâtes.

WORD LIST · A1

Les fruits, les légumes et les boissons

la pomme	apple
la poire	pear
la banane	banana
l'orange (f.)	orange
la tomate	tomato
la carotte	carrot
la pomme de terre	potato
la salade	salad / lettuce
l'eau (f.)	water
le café	coffee
le thé	tea
le jus	juice

Count individual items

A counted item takes a countable noun phrase. Keep the noun's gender when changing its article.

> **une pomme, deux pommes**
> one apple, two apples

> **une orange, de l'eau**
> an orange, some water

L' hides the gender in writing: l'eau and l'orange are feminine, while l'œuf is masculine.